SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Give them a bubble bath.

HELP FOR PARENTS. HOPE FOR KIDS.

FOCUS 15

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have a sunset picnic at a park or beach. Even if it's just easy sandwiches and chips.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Visit Family.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go to a pool.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play freeze tag.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Read a short story to your children about The Declaration of Independence.

HELP FOR PARENTS. HOPE FOR KIDS.

WEEK 1

ABUSE-0117_Focus15s_All.indd 1 9/4/12 3:34 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Write a story to read at bedtime.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make homemade mini pizzas.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Roast marshmallows.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play dress-up.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go for a walk and explore the neighborhood.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Bake cookies with your kids after dinner.

HELP FOR PARENTS. HOPE FOR KIDS.

WEEK 2

ABUSE-0117_Focus15s_All.indd 2 9/4/12 3:34 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go to the library.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Rent a movie and make popcorn.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have a reading marathon with your kids.

Who can read the most books in a week?

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Write letters to family.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Create a family book with notes and pictures about each family member.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make milkshakes.

HELP FOR PARENTS. HOPE FOR KIDS.

WEEK 3

ABUSE-0117_Focus15s_All.indd 3 9/4/12 3:34 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Blow bubbles.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go people-watching and make up stories about who you see.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go on a hike.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go to a museum. Check for times you can get in for free.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Create a fort in your living room out of blankets or cardboard boxes.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have a friendly pillow fight.

HELP FOR PARENTS. HOPE FOR KIDS.

WEEK 4

ABUSE-0117_Focus15s_All.indd 4 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Create a treasure hunt and leave clues around the house or yard.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Tell stories.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Fly kites.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play board games.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Get up early, pack breakfast, and watch the sun rise.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go to a playground.

HELP FOR PARENTS. HOPE FOR KIDS.

WEEK 5

ABUSE-0117_Focus15s_All.indd 5 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Toss bean bags into a bucket from 5 feet away, 10 feet away, and then 15 feet away. Measure the distance with your feet.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Roll a ball back and forth on the floor while practicing the ABCs.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Start a rock collection or make a rock garden.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Read your child a bedtime story.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Draw a picture of your favorite animal to put on the fridge.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go to the park.

HELP FOR PARENTS. HOPE FOR KIDS.

WEEK 6

ABUSE-0117_Focus15s_All.indd 6 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Give your child a piggyback ride.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Practice writing this week's spelling words on a mirror with dry-erase markers.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make and try on paper hats.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Get a blanket and stargaze with your child before bedtime.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Plant a flower or vegetable garden together.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Teach your child to tie her shoes.

HELP FOR PARENTS. HOPE FOR KIDS.

ABUSE-0117_Focus15s_All.indd 7 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Do the hokey-pokey and turn yourself around...

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make a shoe-box train for some stuffed animals.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Act out a story from a favorite book.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have a sock puppet show.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Teach your child shapes with paper cutouts.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make your child a special lunch and put a handwritten note inside.

HELP FOR PARENTS. HOPE FOR KIDS.

ABUSE-0117_Focus15s_All.indd 8 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Find shapes in the clouds.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Teach your child numbers using a deck of cards.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Teach your child to whistle.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Use a paper towel tube as a megaphone and make up rhymes.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Draw with chalk on the sidewalk.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make a pillow pile to jump on.

(Make sure you keep it clear from any hard surfaces, including walls and sharp corners)

HELP FOR PARENTS. HOPE FOR KIDS.

ABUSE-0117_Focus15s_All.indd 9 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Jump rope.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have your children help set the table.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make a superhero costume out of things you find around the house.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Ask your child to name 3 things he learned at school, then discuss them with him.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go for a bike ride.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Put a puzzle together.

HELP FOR PARENTS. HOPE FOR KIDS.

ABUSE-0117_Focus15s_All.indd 10 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Paint your daughter's toenails.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play tic-tac-toe.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play dress up in Mommy's or Daddy's clothes.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have a tea party.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play the name game.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Have your child help make and write the grocery list.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

ABUSE-0117_Focus15s_All.indd 11 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play peek-a-boo.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make a list of 5 reasons you're proud of your child, then tell him.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Let your child decorate a peanut butter and jelly sandwich.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Give your child $5 when you go to the dollar store and let her help you shop for items on your list.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play with stickers.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play "Go Fish" with a deck of cards.

HELP FOR PARENTS. HOPE FOR KIDS.

ABUSE-0117_Focus15s_All.indd 12 9/4/12 3:35 PM

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make breakfast together.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play Simon Says.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Play catch with a foam ball and praise your child's efforts.

HELP FOR PARENTS. HOPE FOR KIDS.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Make a bingo board and play.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Go on a nature walk.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:

Practice counting money.

HELP FOR PARENTS. HOPE FOR KIDS.

GIVE YOUR CHILD FOCUS 15 15 MINUTES

WEEK 13

ABUSE-0117_Focus15s_All.indd 13 9/4/12 3:35 PM