

APRIL 2024

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7

Sunday Fun Day!
Pack a picnic and take a hike in on the QC area parks. Visit QC Trails at qctrails.org to find a park that you would like to visit.

8

Dine for a Cause
Enjoy **Bad Boyz Pizza** (Davenport or Moline) today, show or mention the EveryChild flyer and a portion of the proceeds come to us! Check out the flyer on the back for details.

9

Pinwheels for Prevention
Get creative by coloring your own blue pinwheel! Visit our website to print the coloring sheet. Use crayons, markers, paint with q-tips or cotton balls. Share your pictures with us using #EveryChildQC

10

Balloon Breathing
Deep breathing is great for relieving stress. One technique is to be a balloon. Interlock your fingers on top of your head. Breath in, raising your arms up, breath out and bring them back down.

11

Know the Facts
It's estimated that at least 1 in 7 children has experienced child abuse and/or neglect in the past year.

12

Dancy Party!
Music and dance are great stress relievers. Make a playlist of your family's favorite songs and have a dance party around the house!

13

Child Safety Saturday
There are more than 40 MILLION children online at any given time. Make sure to talk to your kids about online safety and make sure your browser is on safe search.

14

Sunday Fun Day!
Build a pillow/blanket fort, make a few snacks, and introduce your kids to your favorite childhood movies.

15

Monday Treat
In keeping with the blue theme, try making a blue Rice Krispie treat today! **Visit our website** for the recipe and don't forget to share your delicious treats on social media using #CAP2024 & #EveryChildQC

16

Moline PD Pinwheel Ceremony
Come help us plant a pinwheel garden at the Moline Police Department.

17

Drain Breathing
Another breathing exercise is drain breathing. Arms straight out in front of you; breathe in drawing your shoulders up to your ears. Slowly release making a "ssshhh" sounds and relax your shoulders.

18

Know the Facts
90% of sexual abuse victims know their perpetrator.

19

Stress Management
Work, school, and life in general can be stressful at times. Check out these **31 Ways to Manage Stress** and find what helps you!

20

Child Safety Saturday
Most family pets are nice, but could still be scared of new people. Teach your kids to always ask before petting an animal that does not live with you.

21

Sunday Fun Day!
Check out Malibu Jacks for Family Fun Day. Play laser tag, hop in a go kart, take a ride on the indoor coaster, or play some arcade games!

22

Mouthwatering Monday
A different take on a classic treat... make cookie monster popcorn! **Visit our website** for the recipe and share your delicious creation on social media using #CAP2024 & #EveryChildQC

23

Color Scavenger Hunt
Take your kids on a nature scavenger hunt and look for all the spring colors that are starting to come to life!

24

Pretzel Breathing
Cross one arm over the other, palms together, lock your fingers, pull your hands toward your chest. Slowly breathe in and out 3-5 times, letting go of your stress and tension.

25

Celebrate Every Child Gala!
Join EveryChild for their yearly fundraiser. Tickets can be purchased at foreverychild.org.

26

Favorite Book Friday!
Read your favorite childhood book with your family. Share your favorite stories with us using #CAP2024 & #EveryChildQC

27

Child Safety Saturday
Talk to your child about safe and unsafe touches - Safe: hugs, high fives, etc. Unsafe: unwanted touch, especially in private parts.

28

Sunday Fun Day!
Lego building day! Find a LEGO kit the whole family can build together or find kits each person can build.

29

Mouthwatering Monday
Another fun blue-themed treat... make ice cream in a bag. **Visit our website** for the recipe and share your delicious creation on social media using #CAP2024 & #EveryChildQC

30

DIY Bird Feeder
Make your own bird feeder to hang in your yard. **Visit our website** for a few options to get started!

April is Child Abuse Prevention Month. It is a time for the community to come together to show its support for children & families. Celebrate with us all month long by participating in events and sharing your pictures using #CAP2024 & #EveryChildQC

For more information or to register for trainings or meetings please contact Brooke Hendrickx at BrookeH@foreverychild.org

Visit www.foreverychild.org for the most up to date calendar of events.

EveryChild
A safe, healthy childhood starts here.

WEEK 1



JOIN EVERYCHILD FOR A FAMILY FUN NIGHT AT ANALOG!

- Where: **Analog Pizza & Arcade**,
1405 5th Avenue, Moline
- When: 5:30pm - 8:30pm
Wednesday, April 3rd
- Analog will kick back 15% of the
proceeds during our event to
EveryChild.

Any questions? Contact Brooke Hendrickx
309-736-7170 x.106
email: brookeh@foreverychild.org



WEEK 2

MONDAY'S ARE A GREAT
DAY FOR PIZZA!

BAD BOY'Z PIZZA FUNDRAISER NIGHT!

- MONDAY, APRIL 8, 2024
- 3:00 PM - 1:00 AM
- MOLINE & DAVENPORT
LOCATIONS

Mention the EveryChild fundraiser or
show this flyer at either Bad Boy'z
location and a portion of the proceeds
from your order will go to EveryChild.

BAD BOY'Z
Pizza and Pub

