



1

SAY YES!

Take up the daily challenge to eat as a family during the month of April

2

COLOR

Color the date every day you have a family mealtime

3

CAPTURE

Capture your family mealtime thoughts/pictures/photos

4

#SHARE

Join the movement to strengthen families during Child Abuse Prevention Month
#COTRLetsEat

5 Ways to Strengthen your Family



PARENTAL RESILIENCE

Be strong, not stressed!

Make a positive plan to help you through times of stress. Find people in your support circle that can walk it out with you.



KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

Learn more so you can parent better!

There is no such things as a perfect parent, but knowing what to expect does make the job a lot easier.



CONCRETE SUPPORTS

Get help when you need it!

Know where to get help in your community during tough times.



SOCIAL CONNECTIONS

Get and give support!

Create a network of positive, supportive people to help you feel secure, confident, and empowered to be a better parent.

Ways to get connected:

Download the Church on the Rock App to stay up to date on groups, opportunities, and events.

Follow ROCK MatSu on Facebook for free and low cost events happening in the Mat-Su.



SOCIAL EMOTIONAL DEVELOPMENT OF CHILDREN

Help your child manage feelings and relationships.

Help children express and control big feelings. Model kindness, positive interactions and language.



NEED HELP WITH FOOD?

For a list of food pantries and meal programs visit <https://www.foodbankofalaska.org> or use your smart phone camera to scan the QR code.