



Share the Love by Teaching Kindness

What are some ways that parents can help children practice kindness, empathy and compassion for others? Here are a few ideas to get you started

- **Acknowledge** your child's emotions. Let your child know that everyone has different feelings and all feelings are okay.
- **Show** your child that feelings are all around them. Share your feelings and point out the feelings of storybook characters.
- **Model** kind words and actions and point them out to your child.

Random Acts of Kindness

Another important step in teaching kindness is modeling these skills for your child. Spend some time with your child picking a few of these activities to try out this month!

- Donate used clothing to a charity.
- Write a thank you card together to show your appreciation for someone special.
- Walk around your neighborhood and see if there are ways to 'beautify' it by picking up trash or planting a flower.
- Call or video chat with a family member that lives far away to show that you care.
- Visit the United Nations World Food Programme website to answer fun trivia questions together.
- Download Vroom to learn new ways to play and learn together.
- Write a card to a child in the hospital via the organization "[Cards for Hospitalized Kids](#)."

For more articles like this one see

[Oregon Parenting Together](#)



April is Child Abuse Prevention Month

In April 1983, the United States announced its first *National Child Abuse Prevention Month*. For this month, let's make it a goal to bring families, and communities together to promote the overall well-being of children.

- 1. Be a nurturing parent.** *The best gift you can give your child is YOU.*
- 2. Be available.** *Develop the kind of relationships that allows your children to come to you for help and support for themselves or their friends.*
- 3. Get involved.** *Get to know your child's friends and the homes where your children play.*
- 4. Help yourself.** *If the big and little problems of your everyday life pile up to the point you feel overwhelmed or out of control- take time out. Don't take it out on your child.*
- 5. Monitor your child's activities.** *Keep the computer in a family area where you can keep an eye on its use.*
- 6. Help a friend, neighbor, or relative.** *Being a parent isn't easy. Offer a helping hand to take care so the parent(s) can rest or spend time together.*
- 7. Help to develop parenting resources.** *Learn about prevention programs in your school and throughout your community.*
- 8. Volunteer at a local child abuse prevention program.** *For information about volunteer opportunities call 2-1-1.*
- 9. Be informed.** *Talk to your child about the wanted and unwanted hugs or touches.*
- 10. Report suspected abuse or neglect.** *Trust your intuition: If you believe a child has been or may be harmed, call the Child Abuse Hotline at 503-378-6704.*

Source: [Marion County Child Abuse Prevention](#).

Blog of the Month



Children enjoy stories, whether the story stems from a book theme, family adventure, or even just on a whim. As a child I loved hearing the story of how my parents met told over and over. No matter how many times I heard it, it always made me feel special inside. I especially enjoyed the banter between them as they'd try to correct each other with comments like, "You're not telling it right. . . that's not how it happened."

[-- Read More --](#)

Salem Public Library will undergo a seismic and safety upgrade renovation in 2020. Design and Contracting teams are getting input from Salem residents about ways they currently use spaces and ways they want to use library spaces in the future.

HELP shape library services!! So far, most input has come from senior citizens.

We want all community voices heard - English and Spanish, young adults, parents of children of all ages, including teens. All Salem residents are invited 6:00-8:00 p.m. Tuesday, April 30 on the second (main) floor of Salem Public Library to see progress and provide input on design choices.

DO YOU LIVE IN SALEM?

**YOU ARE
INVITED!**

**Salem Public Library Seismic
and Safety Upgrade Project
Community Open House**

**Tuesday, April 30, 2019
6:00 p.m.-8:00 p.m.**

Second (Main) Floor
Salem Public Library
585 Liberty St. SE

Learn about the project and
provide input on design choices!

CITY OF *Salem*
AT YOUR SERVICE

Salem Public Library

503-588-6315

www.cityofsalem.net/library





Kindergarten Registration is OPEN NOW!

As students enter into the last section of their school year, some of our youngest are preparing to embark on their educational careers. Kindergarten registration for many school districts throughout Oregon open this month. By enrolling your child early, your school is able to prepare the best possible education for your child. Many schools offer a kinder jumpstart program to assist with transition into kindergarten. Visit [our website](#) for a list of all Elementary Schools in Marion and Polk Counties.



Upcoming Ready! for Kindergarten Classes

Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness.

Do you have a child between the ages of 2-3 or 4-5 then join one of the classes below for a fun-filled workshop for you and your baby to gain new abilities related to the wonderful changes that happen so fast at this age. There are three workshops but you do not need to have attended the first to attend the second or third. **Free dinner, take home toys, and childcare.**

Auburn Elementary *(English & Spanish)*

4-5 years old

4612 Auburn Rd NE, Salem, Oregon

Tuesdays- April 2, April 16 and April 30th

5:00-7:00pm

Call (503) 399-3128 to register

Washington Elementary *(English & Spanish)*

4-5 years old

3165 Lansing Ave NE Salem, Oregon

Tuesdays- April 23, May 21, and June 11th

5:00-7:00pm

Call (503) 399-3193 to register

Stayton Elementary *(English & Spanish)* 4-5 years old

873 N. 3rd Ave Stayton, Oregon

Tuesdays- April 16 and May 21st

5:30-7:00pm

Call (971) 718-6330 to register

Salem Keizer Coalition for Equality *(Spanish)*

2-3 years old

3850 Portland Rd NE #100, Salem Oregon

Wednesdays- May 15, May 22 and May 29th

10:00-12:00pm

Call (971) 239-9662 to register

Upcoming Parenting Classes

Make Parenting a Pleasure *(Spanish)*

Salem Keizer Coalition for Equality
3850 Portland Rd NE #100
Salem, Oregon
Every Wed., Feb. 20- May 1
10:00-12:00pm
Call (971) 239-9662 to register

Nurturing Parenting *(English & Spanish)*

Scott Elementary
4700 Arizona Avenue

Salem, Oregon
Every Thurs., Jan. 31 to May 2
4:45-7:15pm
Call (503) 399-3302 to register

For additional classes in Marion County
visit our [calendar!](#)



Make Parenting a Pleasure *(English)*

Western Christian School
9045 Wallace Rd NW
Salem, Oregon
Every Thurs., March 7-April 25
6:30-8:00pm

[Click here to register](#)

For additional classes in Polk County visit [Mid-Valley Parenting](#)

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Vroom
Brain building moments

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.

Vroom Tip

Encourage your child to think about her feelings and describe them using the weather. Does she feel sunny, cloudy, or rainy? Ask her to explain why. Share how you're feeling with her. Talk together about what to do if one of you is not feeling "sunny."

[More Vroom Tips](#)