

Join us in celebrating Positive Parenting Awareness Month this January!

Explore daily tips and engaging activities to create a hopeful and special time for you and your family this month, along with local events and activities!

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Take a moment for yourself today with a simple self-care activity.	2 Schedule moments to connect with other parents or friends.	3 Build a coping toolkit today.
4 Start a family Empowerment Jar.	5 Capture a joyful moment today.	6 Explore ways to move your body as a family.	7 Move it and groove it to some fun tunes with a dance party	8 Take a moment to connect with your child.	9 Boost your well-being with calming techniques.	10 Start a Connection Quest to encourage friendship.
11 Digital Detox: Take a break from electronic devices.	12 Take a moment for a personal wellness check.	13 Dedicate some time to a hobby you enjoy.	14 Create a Calm Learning Space.	15 Share one moment where you felt proud, brave or learned something new.	16 Help with transitions by singing a song or playing a game.	17 Take a moment for yourself today with a simple self-care activity.
18 Enjoy reading as a family.	19 Gather to establish house rules & routines as a family.	20 Talk openly about setbacks as a family to encourage resilience.	21 Recipe Roulette: Select an ingredient each to make a collective recipe.	22 Visit your local library and pick out books for the family.	23 Pick a favorite movie or show to watch together.	24 Explore the beautiful outdoors together.
25 Enjoy a self-care Sunday as a family activity.	26 Begin your child's day with affection and share a positive affirmation.	27 Make a set of "Empowerment Power-Ups" that give kids chances to choose.	28 Spend 10–15 minutes with each child, focusing on an activity they enjoy.	29 Put Together a Visual Schedule	30 Explore your creativity together—paint, draw, or craft as a family.	31 Look back on this month and celebrate your wins, big or small.

Laid Back Book Club (Available in both English and Spanish)

Read the featured book together, and express your reflections inspired by the story using library-provided art supplies. Enter your name into the raffle box by February 1st for a chance to win the books! **Participating libraries:**

- ❖ Watsonville Public Library
- ❖ Santa Cruz Public Libraries: Downtown, Felton, La Selva Beach, Live Oak & Scotts Valley Branches

Community Bridges Family Fairs

Explore local agencies and their services, meet the Triple P Parent Educators, and enjoy a fantastic event filled with food, games, and prizes!

- ❖ Jan. 24, 11 am – 2 pm • Santa Cruz MAH, Santa Cruz
- ❖ Jan. 31, 11 am – 2 pm • La Manzana Community Resources, Watsonville

Learn more about Triple P parenting support for families in Santa Cruz County:

<http://triplep.first5scc.org> or (831) 465-2217

Scan QR Code to view detailed Family Activity Calendar and discover



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