



H.O.P.E. WEEK

is a dedicated week in May that focuses on helping children reach their full potential, by creating Healthy Outcomes from Positive Experiences (H.O.P.E.) activities.

Childhood is a time of rapid growth and development, and the experiences children have during this time can have a lasting impact on their health and well-being. H.O.P.E. (Healthy Outcomes from Positive Experiences) is a way of seeing and talking about experiences that support children's growth and development into healthy, resilient adults.

HOW CAN PARENTS PARTICIPATE IN H.O.P.E.?

Parents play a critical role in helping their children experience H.O.P.E. Here are a few ways that parents can participate:

Nurture Relationships: Spend quality time with your child, listen actively to their concerns, and be a positive role model. Foster strong relationships with other family members and supportive adults who can provide additional support and encouragement.

Provide a Safe Environment: Ensure that your home and community provide a safe and stable environment for your child. This includes providing a safe physical environment, as well as a safe emotional environment where children feel valued and supported.

Encourage Social and Civic Engagement: Support your child's involvement in community activities and encourage their participation in civic engagement. This could include volunteering, participating in community events, or joining clubs or groups that align with their interests.

Foster Emotional Growth: Encourage your child's emotional growth by providing opportunities for play and interaction with peers. Support their emotional development by helping them understand and manage their emotions, and by teaching them coping skills for managing stress and adversity.

Be Involved in Your Child's Education: Stay involved in your child's education and be an active participant in their school community. Attend parent-teacher conferences, volunteer at school events, and help your child with their homework.



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FOR MORE INFORMATION ABOUT H.O.P.E!

