

# Family Support Month

KICK-OFF DAY TOOLKIT 2026



**Planting  
Positive Roots**

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# Introduction

Mark your calendars for the first week in April and get ready to become a champion for prevention! Promoting resilience and creating spaces for family well-being in our communities is a shared responsibility. Throughout the month of April, you will have the opportunity to work alongside fellow Oklahomans to make a positive impact.

This year, we are excited to launch National Child Abuse Prevention Month, often called Family Support Month, and we need your support to ensure the month is started in a big way to help make 2026 Family Support Month the most successful one yet! To support you, we've assembled this toolkit to provide you with everything you need to customize your CAP Month kick-off according to your unique circumstances and goals.

This toolkit is intended for all! Whether you're eager to enhance resilience individually or with loved ones, a provider or business owner aiming to foster a safer atmosphere for families while promoting awareness, or a community leader seeking resources to host events that unite people – this toolkit offers valuable insights for everyone.

No matter what your reasons are for needing this toolkit, we're thrilled to have you on board.

***Let's get to work!***



# The Power of Awareness & Prevention

The statistics from the most recent OKDHS Child Welfare Services report, revealing 14,338 substantiated child abuse cases in Oklahoma, emphasize the urgent need for concerted efforts to protect children. Each year, the month of April is dedicated to raising awareness about child abuse and neglect and critical steps we can take to prevent it. This observance serves as a powerful reminder of our collective responsibility to protect children and support families. While the number of substantiated child abuse cases referenced above may seem daunting, it also highlights an opportunity to harness the transformative power of **awareness, prevention, and community action**. To learn more about child abuse and neglect data across the state or in your county, please review the most recent [Oklahoma Child Abuse Neglect Statistics Report](#).

## Awareness as a Tool for Prevention

Awareness plays a crucial role in preventing child abuse and neglect by equipping communities with knowledge and empowering them to act. When individuals are informed about the signs of abuse, the importance of reporting, and the resources available, they can take proactive steps to intervene and support families in need. Education campaigns, mandatory reporter training, and accessible support services are essential components in breaking cycles of abuse and ensuring every child has a safe environment.



## The Role of Protective Factors

Building **protective factors**, as outlined by the FRIENDS National Center for Community-Based Child Abuse Prevention, is a proven strategy for reducing risks and promoting well-being. These factors include:

1. **Parental Resilience:** Helping parents manage stress and recover from challenges strengthens their capacity to provide stable, nurturing care.
2. **Social Connections:** Creating supportive networks fosters emotional and practical assistance, reducing isolation.
3. **Concrete Support in Times of Need:** Ensuring families have access to health care, housing, and financial aid helps them navigate crises effectively.
4. **Knowledge of Parenting and Child Development:** Educating caregivers about child development promotes healthier interactions and reduces harmful practices.
5. **Social and Emotional Competence of Children:** Teaching children to regulate emotions and build relationships helps them handle stress and foster positive connections.

The Oklahoma State Department of Health's Family Support and Prevention Service provides FREE training on Bringing the Protective Factors Framework to Life in Your Work!

Click [here](#) for more information.



## A Collective Responsibility

Strengthening, supporting, and ensuring the well-being of children and families is a societal obligation. Caregivers, educators, policymakers, and community members all play a part in fostering protective environments. By addressing the root causes of abuse, providing resources, and advocating for policies that support families, we create a foundation where children can thrive.

## Looking Ahead

The vision of reducing child abuse and neglect requires a commitment to awareness, implementation of protective factors, and community-wide involvement. Through these collaborative efforts, we can move toward a future where every child in Oklahoma is safe, supported, and given the opportunity to reach their full potential. This work begins with each of us recognizing our role in creating a safer, stronger community.



# Oklahoma Child Abuse Prevention Action Committee & Prevention Efforts

This toolkit is designed by members of the CAP Action Committee. The CAP Action Committee was founded nearly 20 years ago with the intention of implementing statewide collaboration to plan and execute a statewide campaign for National Child Abuse Prevention Month, during the month of April each year.

To this day, the CAP Action Committee continues to foster the original mission of bringing partners together to equip them with information, resources, and tools that prioritize the well-being of children, youth and families by supporting National Child Abuse Month and primary prevention efforts throughout the year. The goal of the CAP Action Committee is to empower its members to take the lead in developing, organizing, and implementing prevention efforts throughout the year.



## Protective Factors as a Foundation

Although not always directly referenced, the Protective Factors serve as the underlying framework for the prevention strategies in this guide. These factors—such as parental resilience, social connections, and knowledge of parenting—are proven to strengthen families and reduce risks.

### By integrating these principles, the toolkit encourages actions that are:

- **Family-Centered:** Built around authentic partnerships with families.
- **Collaborative:** Designed to bring people together for greater impact.
- **Culturally Responsive:** Adaptable to different cultural and familial contexts.

## Authentic Partnership and Collaboration

The most successful prevention efforts are achieved through authentic partnerships with families and collaboration with various partners. This requires understanding and respecting a wide range of experiences and needs, as awareness and prevention strategies may be universal but manifest differently across cultures and communities.

Whether you're working at the individual, community, or organizational level, this toolkit is here to help you take that first step. Together, we can build stronger families and safer communities for every child.





## Toolkit Categories

**Individual Level:** This section offers ideas for activities you can do personally or with close friends and family. Some examples might include small, impactful steps like reading to children, creating care packages, or sharing resources on social media.

**Organizational Level:** This section offers ideas designed for workplaces, schools, places of worship, or charity groups to address larger-scale opportunities for positive change. Some examples might include planning awareness campaigns, creating mentorship programs, or organizing donation drives.

**Community Level:** This section focuses on initiatives you can undertake with neighbors or local groups to foster a stronger, safer environment. Some examples might include hosting neighborhood safety workshops, organizing a community clean-up, or starting a resource-sharing hub.

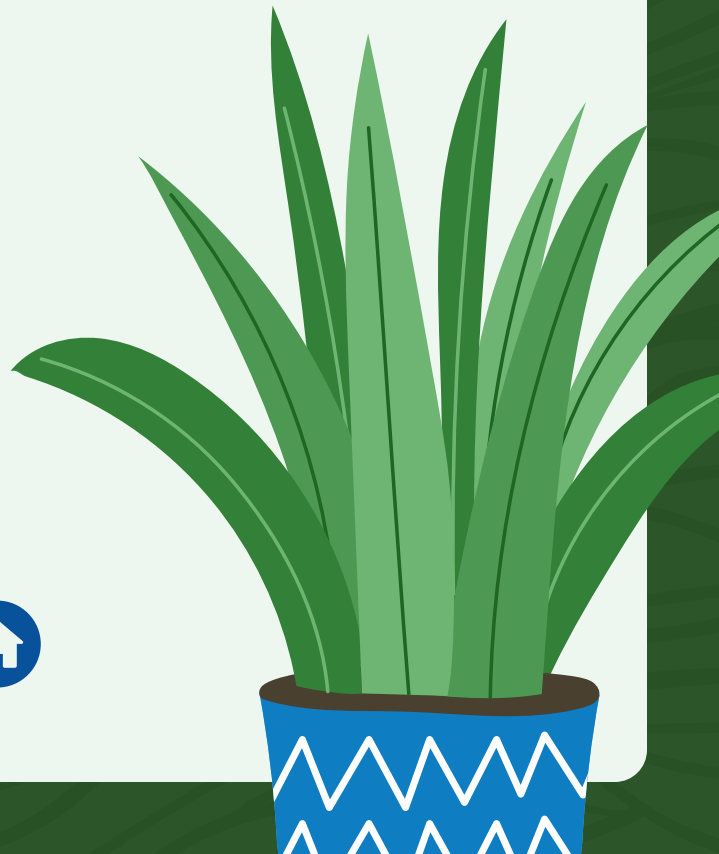
## This toolkit is a starting point, not the final destination. We encourage you to:

- **Explore and Innovate:** Use these ideas as a foundation to create unique, impactful actions tailored to your context.
- **Share Your Activities and Events:** Whatever the activity or event you plan for, we want to hear from you! Share your efforts using **#OKCAP2026** on social media so your great ideas and actions can inspire others. Let us know your plans for the state-wide kick-off day by clicking [here](#). Together, we can showcase the collective impact of our efforts and create momentum for meaningful change.



## Your efforts to kick off National CAP Month can make a big difference. As you plan, you are encouraged to remember that you could be:

- **Inspiring Others** - Spark new ideas and motivate others to take action in their communities by showcasing or duplicating your impactful initiatives.
- **Contributing to a Collective Impact** - You will be part of a larger movement by helping us visualize progress through shared projects, such as a community map of efforts.
- **Strengthening Networks** - You will build connections with like-minded individuals and organizations that share your vision for creating a better future.
- **Improving Future Toolkits** - Your creativity and successes can help us gather innovative ideas, ensuring that next year's toolkit is even more effective and comprehensive.



# Individual Level

## Activities in this category focus on:

- Tools and activities you can do on your own or with close friends and family
- Building mindful and resilient habits in your personal life
- Developing new tools and skill sets for everyday scenarios

## Some examples of individual-level activities include:

- Affirmations and self-esteem builders are simple yet profound activities that can uplift spirits, strengthen relationships, and nurture a positive outlook on life. Make it a regular practice and enjoy the ripple effect of encouragement and empowerment! These practices are good for adults and children.
- **Individual Practice:** Stand in front of a mirror, repeat affirmations, and reflect on the meaning behind the words.
- **One-on-One Sharing:** Share affirmations with a friend or loved one. You can say them to each other or write personalized affirmations for one another.
- **Group Setting:** Encourage each participant to pick or create their own affirmation and share what it means to them if they feel comfortable.



## Affirmation Examples You Can Try:

- **Self-Worth:** *"I am valuable and deserve to feel confident in who I am."*
- **Self-Acceptance:** *"I embrace all parts of myself; I am complete just as I am."*
- **Growth:** *"I am always learning and growing; my potential is limitless."*
- **Resilience:** *"I am strong, capable, and able to handle any challenges that come my way."*
- **Self-Love:** *"I am worthy of love, respect, and kindness – from others and from myself."*

## Self-Esteem Builder Examples You Can Try:

- **Compliment Exercise:** Make it a habit to give yourself at least one genuine compliment each morning in the mirror.
- **Strengths List:** Write a list of your skills, achievements, and strengths. Keep it in a place you can see regularly, like a journal or your phone, to remind yourself of your positive attributes.
- **Visualization Exercise:** Visualize yourself accomplishing a goal or overcoming a challenge. Imagine the pride and confidence that would accompany it.
- **Self-Care Rituals:** Develop small self-care routines, like a calming morning ritual or weekly treat, to remind yourself that you're worthy of love and care.
- **Personal Wins Journal:** Document daily or weekly wins, no matter how small, to reinforce a sense of accomplishment and capability.

## Activity Calendars to Promote Family Well-Being

- Create daily schedules with your child. Let them draw pictures of the activity so that they will know when to expect each activity throughout the day.
- Include simple activities on your calendar each day, such as telling your child that you love them, identifying something that your child is great at, going to the park, reading a book, or any other simple activity that your family finds positive

## Emotion Wheel and Deep Breaths

- Download and print this [emotion wheel](#), hang it where your children can see it, and use it throughout the day.
- Before your child goes to bed each night, sit with them and talk about how they feel and where they might be on the emotion wheel.
- If they have big feelings, take three slow breaths with them and then ask how they feel afterward.

## Create a Kindness Jar

- Write down all the acts of kindness you see your children doing. Then, every so often, select a paper from the jar and read it out loud with your family.

## Start a Family Huddle

- Have everyone in the family come together at the end of the day. Each person can share the highs and lows of their day, and any other things that are important to your family.

Remember to register any and all activities and events that you plan for the first Friday of April by clicking [here](#) and to use **#OKCAP2026** when posting about events or activities on social media!

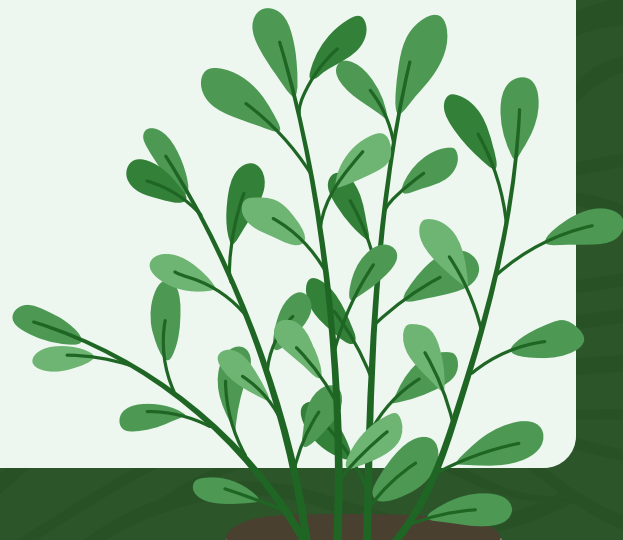
# Organizational Level

## Activities in this category focus on:

- Tools and activities organizations can use to enhance prevention efforts that focus on the whole family.
- Aligning and coordinating services with other community partners to meet the needs of all family members.

## Some examples of organizational-level activities include:

1. Organize a diaper or book drive to benefit a local non-profit organization providing concrete support to needy families. One resource for a diaper drive is to partner with Caleb's Cause and one resource for a book drive is the Children's Book Project.
2. Distribute the toolkit to all the employees and encourage sharing with other organizations.
3. Host a Child Abuse Prevention Event where children can learn non-violent social games.
4. Have a “wear blue” day for your staff. Take pictures of staff or individual members and post them on social media to show your support. Remember to include **#OKCAP2026** on all social media posts.

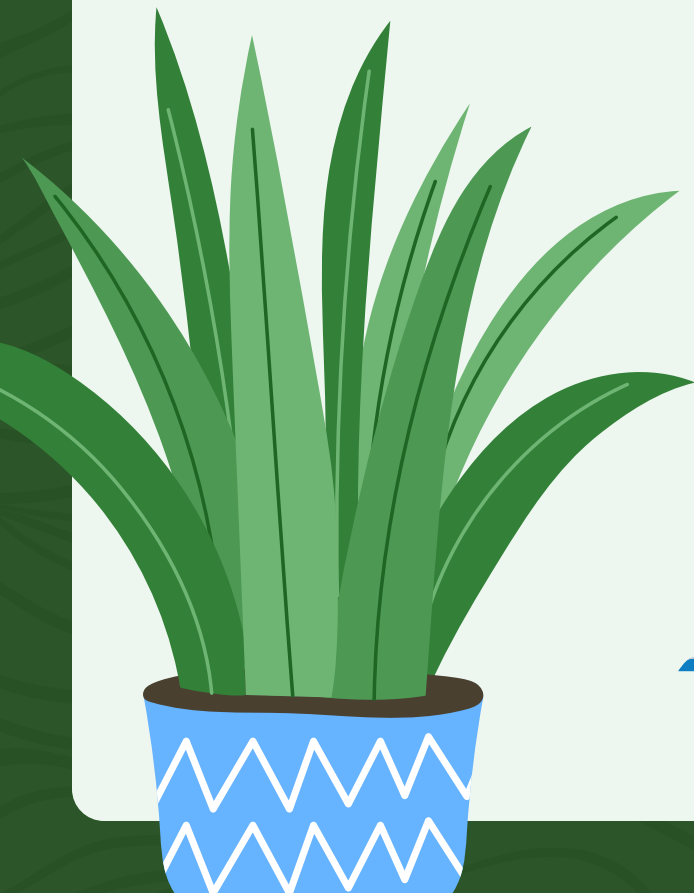


5. Host a local press conference at your agency/organization with local representatives, partners, families, and community members. If possible, involve local news or media outlets.
6. Organize a proclamation signing by an organizational or community leader. Access the [2026 Proclamation Template](#). This template is fillable and easy to use with an area at the bottom for an official seal.
7. Plant a “protective factors” pinwheel garden to represent how we can protect children and families in our community.
8. Decorate a tree with blue ribbons or hang blue ribbons around your organization.
9. Decorate your organization with blue lights.
10. Host a volunteer day at your agency. Set up activities for volunteers to support your agency and programs. Educate volunteers about your work in the community, local or state statistics on child abuse prevention, and ways they can prevent child abuse and neglect.
11. Host a social media campaign. Change your picture or banner to the CBCAP logo and plan posts throughout the month related to child abuse and neglect prevention. Share local resources, post pictures of your staff wearing blue, or post about other activities you do for CAP Action Month.



12. Host a lunch and learn for stakeholders to learn about the work that your organization does.
13. Host a parenting seminar for parents of new babies, toddlers, or children of different age groups.
14. Kick off a regular weekly or monthly parent support group such as Circle of Parents. Click [here](#) to find on going Circle of Parent groups and more information about how to start your own.
15. Host a staff professional development opportunity around awareness and prevention of child maltreatment and ways to increase supports for families.

Remember to register any and all activities and events that you plan for the first Friday of April by clicking [here](#) and to use **#OKCAP2026** when posting about events or activities on social media!





# Community Level

## Activities in this category focus on:

- Tools and activities that can be achieved by organizations, families, and other individuals collaborating and engaging in their communities
- Building meaningful partnerships with parents, caregivers, and youth to encourage a shift towards flexibility in engagement activities and outcomes
- Creating a welcoming community for all families

## Some examples of community-level activities include:

1. Host a community Blue Lighting event at a notable location in the community (park, courthouse, monument, main street, etc.).
2. Provide blue pinwheels and signage for businesses to plant pinwheel gardens and utilize signage to raise awareness about child abuse prevention.
3. Tie blue ribbons on trees or light poles throughout the community along with signage to inform and raise awareness about child abuse prevention.
4. Organize an Awareness Walk that encourages the community to “Walk for Prevention”.

5. Organize a “Stroller Parade” where families can decorate strollers and wagons and walk through a parade route.
6. Plant the seeds for children to grow up strong, healthy, and happy by starting a community garden.
7. Organize a family-friendly “Movie at the Park” night with a movie, food trucks, and games for all ages.
8. Organize a community-wide resource fair for families to learn about services available to them in the community.
9. Organize a “read-in” at the local library. Collaborate with the library to set up parenting sections in multiple age levels that include books and other materials related to that specific state of child or youth development, behaviors, emotions, etc.
10. Organize an annual community swap event for families to trade children's and youth apparel, books, and toys.
11. Collaborate with groups such as realtors, faith-based groups, and the PTA to create a community standard for welcoming new individuals and families into the community.
12. Collaborate with early childhood professionals, health care providers, and parents or other caregivers to share resources with family-friendly businesses on protective factors, child development, parenting skills, and stress reduction.
13. Connect with Andrea Salguero (andrea.salguero.ctr@health.ok.gov) to see how easy it is to develop a Family Resource Center in your community and all of the benefits that it could include. View the [Roadmap to Becoming a Family Resource Center](#) to get started!

14. Collaborate with business leaders and local financial institutions to host a financial literacy workshop for families.
15. Collaborate with parents or other caregivers, early childhood professionals, and health care providers to develop a list of parenting tips and ask local businesses to consider including them in their advertising, packaging, or signage.

Remember to register any and all activities and events that you plan for the first Friday of April by clicking [here](#) and to use **#OKCAP2026** when posting about events or activities on social media!



# Conclusion

Strengthening children, families, and communities is a collaborative effort that requires commitment, creativity, and compassion. By focusing on the primary and secondary child abuse prevention strategies throughout this toolkit or any similar strategies you develop, you are helping to create conditions where all families can thrive. To learn more about different types of prevention, please view the Levels of Prevention guide [here](#).

Go and be part of the movement to create stronger, safer communities for children and families across Oklahoma! We're excited to see how you use this toolkit to make a difference. Start where you are, use what you have, and reach out when you want to share or collaborate! Together, we can make meaningful change.

For further support or if you have questions about organizing any activities for Child Abuse Prevention Month 2026, please reach out to:

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