

Community Action - Early Head Start
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C.A.M.P



Celebrating Active Male Participation

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www.dickinsoncap.org/camp/



Get Your Baby Moving

By Great Dad Writers

We know that exercise is important for our health as adults, but did you know that the same philosophy applies to babies? It is recommended that babies should work their muscles at least half-hour each day, although not necessarily all at once. Here are basic exercises that you can do with your baby, to stretch and tone the muscles:

Stretching

With your baby on his tummy, roll a ball in his direction so he has to extend his arms to grasp the ball and then roll it back to you. Alternately, you could sit facing each other with your feet bottoms touching and roll the ball back and forth, stretching in the process.

Standing

If your baby is trying to stand, encourage him by making him want to move towards you. Make sure you do this within the safety of a crib or on well-padded baby bedding. Play with a toy to get his attention and then re-position yourself on the other side of the crib or bed to get him to come to you. You can also make the stretching motion yourself and show him what it looks like when you stand up.

Crawling

Your infant's attempts to crawl are naturally going to help him exercise his little body since he will work hard to push himself forward with his arms and legs.

Motivate him to move by clapping your hands and motioning your child to come towards you. You can also use a noise-making toy to grab his attention.

Jumping

Toddlers require a more advanced activity like jumping to help practice motor skills. You can make a line on your carpet using a folded piece of construction paper and help your baby hop from one side to the other. To add to the excitement, make up rhyming tunes as you go or listen to music.

From www.greatdads.com



Helpful Links....

www.dickinsoncap.org/camp

www.greatdads.com

www.mnfathers.org

www.fathers.com

www.downtoearthdad.org

www.fatherhood.org

www.fathersnetwork.org

www.allprodad.com

www.firstthings.org

Did you Know.....

Fathers help children to individuate— he is typically more willing to let a child out of his sight that mom will. A father will let the child crawl twice as far away as mom before retrieving the child.

Taken From: www.nomas.org/node/121

To find out how you can become involved at Head Start or the Fatherhood program contact Melissa Pavlicek, Family Partnership Coordinator or Aileen Paluck, Case Manager at 227-3010 or email us at CAMP.Dads@sendit.nodak.edu

Definitions for Dads

FEEDBACK: The inevitable result when a baby doesn't appreciate the mashed carrots.

PUDDLE: A small body of water that draws other small bodies wearing dry shoes.

STERILIZE: What you do to your first baby's pacifier by boiling it and to your last baby's pacifier by blowing on it.

TOP BUNK: Where you should never put a child wearing Superman pajamas.

WHOOOPS: An exclamation that translates roughly into "get a washrag."

GUM: Adhesive for the hair.

MAYBE: No.

OCEAN: What the bathroom floor looks like after kids take a bath.

How to Bond with Your Baby

WRITTEN BY THE DADS @ FATHERS.COM

Here are five suggestions for how you can bond with your baby:

Get priorities straight. Take a close look at whether your time management truly reflects what's most important to you, and recognize that there are few things you'll ever do in life that will match the significance of building a close relationship with your children. Being a devoted father makes an impact that truly lasts.

Get on your child's level. Get close to her and talk in gentle tones. Crawl around on the floor a lot. Lie down on your back put him on your chest. And hold her often. Her field of vision is about the distance from your face to the crook of your arm, so you can make eye contact, smile, and talk to her. Let her get familiar and comfortable with you. Helping to care for her is a great way to do that, too. As she grows and develops, you can be her horse, bridge or jungle gym.

Spend time alone with your baby. It's good for Mom to get away and have some time to herself, and she needs to learn that she can trust you with the baby. The baby also needs to learn that you're dependable; he can rely on you to meet his needs. Plus, dad, you probably need practice caring for him alone, dealing with crying, and all of that. Your baby is special, and you need to take it upon yourself to figure out what makes him laugh and smile—funny faces, gentle tickling, favorite toys, and so on. If he does take a bottle occasionally, that's another great time to jump in.

Be willing to ask for help. You don't know everything, and you'll make mistakes. So ask the baby's mom how to do things. Tell her you know she's good at this stuff, but you want to learn it too. Talk together about joys and concerns that you have from day to day. Other dads, too, are a great resource. The baby is brand new to you, but you probably have friends with children a few years older than yours. Ask about how they handled things, and any secrets they stumbled on that made a difference.

Finally, remember: **one step at a time.** Fatherhood is a big responsibility, and sometimes it seems overwhelming. You might look at your baby and envision a star quarterback or a 17-year-old in her prom dress. Don't worry. There's plenty of time to prepare for that. Just think about what your baby needs from you today, tomorrow, and maybe a few months down the road.

If you're committed to be there and meet your baby's needs, you'll do fine.

Adapted from www.fathers.com - To view the complete article, go to:
http://www.fathers.com/content/index.php?option=com_content&task=view&id=638&Itemid=62

“Every father should remember that one day his children will follow his example instead of his advice.”

-Unknown



Dads and Kids Cooking Together



BANANA WRAPS

Ingredients:

- 2 to 3 tablespoons peanut butter, smooth or crunchy
- 1 (8-inch) flour tortilla
- 1 whole banana



Directions:

Wash your hands.

Gather ingredients and other items you'll need:

Plastic knife
Cutting board
Tablespoon

Spread peanut butter on one side of the tortilla.

Peel banana and roll up tightly in tortilla.

Slice into pinwheels or serve whole.

NOTE: Don't offer peanut butter to children younger than three or four years of age. To prevent choking, spread only a thin layer on bread or wraps.

Courtesy of: Kansas State University, Family Nutrition Program.