

Community Action - Head Start
Phone (701) 227-3010 or Toll free 1-877-546-9420



C.A.M.P



Celebrating Active Male Participation

www.dickinsoncap.org/camp/

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Monkey See, Monkey Do

Want your child to accept baked potatoes instead of fries, and to prefer milk to sugary soft drinks? Then you must, too.

"Studies show that children adopt their parents' eating habits starting early in life," Johnson says. "Don't expect your child to eat better than you do."

Little ones love to imitate adults, and they will mimic your eating habits, whether they are good or in need of improvement. Capitalize on a youngster's natural curiosity by substituting healthier foods at the dinner table. Chances are, he'll have what you're having, and you'll be broadening his food horizons while arousing a minimum of suspicion.

Here are some suggested stand-ins that offer variety and good nutrition:

- Couscous instead of white rice
- Sweet potatoes for white potatoes
- Canadian bacon for bacon
- Mashed potatoes made with reduced-fat milk for french fries
- Fig bars for high-fat cookies
- Tube yogurt (freeze first for easier handling) for ice cream
- Reduced-fat cheddar for regular cheese

<http://www.webmd.com/diet/guide/serve-up-good-nutrition-for-preschool-children>

Ideas to Try This Winter with Your Child



Go sledding

Make A snow sculpture

Do a puzzle together

Put food coloring and water in a spray bottle and go color the snow

Build a snow fort

Go for a walk in the snow

Go ice skating

Go through family photo albums

Build a snowman

Play catch with snowballs

Play a new board game



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.....

A recently released National Fatherhood Initiative analysis found that of the 102 prime-time network TV shows in 1998, only **fifteen** featured a father as a central character. Of these, the majority portrayed the father as uninvolved, incompetent or both.

~National Center for Public Policy Research~

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

Bug House Building Night 2010



"One father is more than a hundred schoolmasters."



When Kids Get Sassy

Written by the Dads@fathers.com

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Dad, we need to be self-controlled. And teach self-control. But how? How do you teach right behavior so it sinks in—without yelling, making threats, or other emotional fireworks? ❄️

First, it's important to avoid heated emotions. Your child probably thrives on getting a reaction out of you, and if you do get angry, you're essentially letting her control the situation.

But, as Foster Cline and Jim Fay describe in their book *Parenting With Love and Logic*, there is a way to maintain control and let your child save face—by giving her choices. The important thing is to offer her two or three choices that are all agreeable to you.

You can't reason with a child when she's sassing you, so give her choices with the goal of getting her away from you until she can speak calmly. You could say, "Honey, would you like to go to your room, or outside, or down to the basement? You're free to come back when you can talk calmly like I'm doing."

Just keep urging her-politely-to relocate until she can be polite. Then, once tempers have cooled off, try to figure out your child's reasons for being disrespectful. Discuss it with the purpose of really learning about your child—not just stopping an ugly behavior. ❄️

Maybe she's just being hyper, letting off steam. Or, maybe it happens when you've asked her to do something and she doesn't want to do it. Does she feel put down? Or like she's being controlled? Does she really mean the rude words she's saying? Draw your child out, and listen without being judgmental or defensive. You still reinforce the fact that the behavior is unacceptable—that's important—but you help your child come up with a better way to satisfy her desires in a polite and more effective way. Dads, we can maintain control and teach our kids a better way. ❄️ ❄️



Bug House Building Night 2010



For More information on Love & Logic Classes contact the West Dakota parent & Family Resource Center at (701) 456-0007

We hope you enjoyed the Bug House building night!

HUGE HUGE THANKS to Bosch Lumber, Newby's ACE Hardware, & Wal-Mart!!! Bosch Lumber generously donated all the wood & Newby's Ace donated the screen, and Wal-Mart donated money for the staplers, staples, & rope for our Bug House projects.

Dads and Kids Cooking Together



Banana Pudding



Ingredients

- 1 can sweetened condensed milk
- 1 1/2 cups cold water
- 1 small box instant vanilla pudding
- 2 cups whipped cream-whipped
- 36 vanilla wafers (like Nilla Wafers)
- 3 medium bananas

Directions

Combine sweetened condensed milk and water. Add pudding and beat well. Let chill 5 minutes. Fold in whipped cream. Spoon 1 cup pudding mixture into bowl and top with bananas. Add vanilla wafers. Keep layering until ingredients are gone. Garnish with Cool Whip and cookie crumbs.

