

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/](http://www.dickinsoncap.org/camp/)

## Cheap and Easy Indoor Fun

- Make edible playdoh (recipe on back page). Color it with red food coloring for something different.
- Bring some snow inside and place in large tub or bowl for the child to play
- Let your toddler help make colored ice cubes to play with by adding food coloring. Use them to paint on white paper.
- Build a blanket tent and watch some movies.
- Read Stories.



**A truly rich man is one whose children run into his arms when his hands are empty.**

~Author Unknown

## Did you Know that...

-one in four dads who work outside the home spend less than an hour a day with their kids?

-38% of working dads say they would take a pay cut to spend more time with their kids?

From [www.daddyoutpost.com](http://www.daddyoutpost.com)

**To find out how you can become involved at Early Head Start or the Fatherhood program contact Melissa Pavlicek , Family Partnership Coordinator (701) 227-0131**

## **PATIENCE** Written by Ken Canfield at Fathers.com

What's the one thing that all dads of infants and preschoolers need? At the National Center, we isolated one hundred men in the early stages of fathering and asked them, "What is the biggest struggle you face in wanting to be a good dad?" The two most common answers were

- A) the sacrifice of time involved in "being there for my children" and
- B) **a lack of patience.**

When mothers have a baby, it's common for the hospital to send them home with a diaper bag or a car seat. If I could send new fathers home with anything, I'd give them a good dose of patience.

Patience is crucial because your child moves at a different pace, and operates at a different size than you. And that's all happening while your upwardly mobile career aspirations are digging into your family time. Realize quickly, young dad, that kids are going to slow you down. A simple trip across town can become a major operation. Did you remember the diaper bag, baby bottle, pacifier, playpen, car seat and high chair? Did you remember the baby? It takes patience. Patience for the 3:00 a.m. feedings; patience for teething; patience for toilet training; patience for the dreaded "terrible twos"; patience for your child's first outright defiant act.

And then, they learn how to talk: "Daddy, why do birds fly?" "Daddy, what's in your briefcase?" "Daddy, where do babies come from?" Patience will help you treat these questions with respect, giving them brief, confident answers and showing your child that you consider him important enough to take time and listen.

You'll also need patience when it comes to your wife. Her body has undergone profound changes—physically, mentally, and chemically. All her energy goes into chasing a toddler. You'll need to be patient when she has no energy to cook dinner, or go for walks, or even ... well, just be patient. Cut her some slack, dad. It isn't easy being a mother and wife during this stage, either.

Fathering young children involves sacrifice. You'll be asked to change or put on hold some of the things you have enjoyed in the past. But, believe me, it's worth it. Through patience, you are laying the groundwork for a lifetime of intimacy with your kids.

# TODDLER TALK

Written by the dads @ fathers.com

If you want your toddler to learn to talk, then you better start talking ... and listening ... and encouraging.

Some child development experts believe that the more verbal interaction a child has during his toddler years, the better his chances are for being advanced later in life in terms of intellect, language skills, and social development. And I tend to agree.

Communicating with a toddler can be a challenge—sometimes a guessing game, sometimes a frustration, sometimes a laugh riot. But here are some ideas for making the most of those critical early years.

First, talk to your child. Even though it happens naturally, we also have to be intentional about it. Even if you aren't an outgoing, highly verbal person by nature, your toddler will benefit from an ongoing commentary as you spend time together. Just give a two-year-old-level play-by-play on what you're doing. It can be as simple as this: "I'm fixing your cereal. Let's put your bib on so we can eat breakfast. Now, where did that spoon go? Oh, these mashed brussel sprouts are so good!"

Remember, your toddler has an incredible capacity to soak things in right now, and the more words and ideas you run past him, the better.

The next recommendation is strive to be positive. Learning language involves a lot of trial and error, and your child will get a lot of words not quite right as she learns to make all the right sounds. She might call a bottle a "baba," or a lawn mower a "naw-mo"—you just never know.

Continues in next column....

Once she starts putting sentences together, correct grammar will be even more challenging.

We should teach our toddlers the correct way to speak, but do so in a positive way. So, instead of saying, "No, that's not a naw-mo, it's a lawn mower"—which sends a negative message, affirm your child's enthusiasm as you correct her. Something like, "Yeah, you like the lawn mower, don't you?"

You want to help your young child learn correct English, but you also want to promote a positive attitude about what she is learning. And a positive attitude may be your child's best asset as she learns about words, ideas, emotions, and her own endless possibilities in life.



## Helpful Links....

[www.dickinsoncap.org/camp](http://www.dickinsoncap.org/camp)  
[www.greatdads.com](http://www.greatdads.com)  
[www.mnfathers.org](http://www.mnfathers.org)  
[www.fathers.com](http://www.fathers.com)  
[www.downtoearthdad.org](http://www.downtoearthdad.org)  
[www.fatherhood.org](http://www.fatherhood.org)  
[www.fathersnetwork.org](http://www.fathersnetwork.org)  
[www.allprodad.com](http://www.allprodad.com)  
[www.firstthings.org](http://www.firstthings.org)

## Dads and Kids Cooking



### Edible Play dough

#### Ingredients:

1 box name brand white cake mix  
1 stick soft but not melted margarine  
+ - 3 tablespoons water

#### Directions:

Mix cake mix and margarine in large bowl. When it is well mixed add 1 teaspoon of water at a time and mix until the desired consistency. I give each [child](#) a plastic zip seal bag for storage (if there's any left!)

From Jody, a teacher, Sarasota, FL  
[http://www.makeplaydough.com/edible\\_play\\_dough/](http://www.makeplaydough.com/edible_play_dough/)

### **Education for Families in Divorce Transition**

Parents Forever is a research-based educational program that puts parents on the path to minimizing stress for themselves and their children. Participants learn how to make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents. There is a \$25 fee for the classes at the Dickinson location.

**Call 701-456-7665 to sign up or for more information**