



**Community Action - Headstart**  
 Phone: 701-227-3010 toll free 877-546-9420

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# C.A.M.P



Celebrating Active Male Participation

## Calling All Men!

Welcome to our first edition of the CAMP Newsletter

### Low Cost Winter Fun

**Build an Inside Fort-**Get some chairs, some sheets, some blankets and get creative! Even that Disney movie they've seen a thousand times is more fun when viewed from inside an indoor fort. Go indoor camping..Sing camp songs and make s'mores in the microwave. Pretend to go fishing.



**Board Games-**Break out the family favorite like Uno and Checkers. Don't have a lot of games? Invite other friends and families-over and ask them to bring some.

This is a great way to keep big kids (aka: adults) amused, too.

**Go to the Park-**Winter or Summer, a park can be great fun. Just dress for the weather. Go sledding. Take a walk and look for animals and tracks.

**Movie Night-**Check out a movie from the library. Make some popcorn and hot chocolate.

**Read a Book**

**Go to a local School Basketball game**

**Catch-**Play catch indoors with a soft ball.

**No matter what you do, your children will be happy just because you spent time with them.**

### Did you Know...

**25 Million.....**

There are 25 million children affected by father absence.

25 million is a big number. To put it in context, that is more than the number of Americans living with all types of cancer, Alzheimer's, and AIDS combined. Father absence is a wide-spread disease, affecting our families and communities.

To find out how you can become involved at Head Start or the Fatherhood program contact Family Patnership Coordinator  
**LeAnne Berry at 227-3010**

*I cannot think of any need in childhood as strong as the need for a father's protection. \*Sigmund Freud*



**Coming Soon.....**

**Activity night...watch for information to be sent home.**



## The Importance of Positive Male Role Models

Many boys today do not know what it means to be a man because they don't have a man in their lives. Many children will go to bed tonight without saying goodnight to their father because he just isn't there.

Nearly one-fourth of America's children live in mother-only families. Out of the families living in Hamilton county, 39 percent of them are headed by a single mother.

Of the children living with their mothers, 35 percent never see their father and 24 percent see their fathers less than once a month.

These children live with a woman and more than likely, they are taught by a woman at school. Where do they see and interact with positive male role models? Or, if they are a boy how do they learn what it means to be a man? Television? Movies? On the street?

Even in homes where the father is present research shows that the average father spends less than 10 minutes a day one-on-one with his child. We are living in a society where emotional and spiritual fatherlessness is becoming the norm.

Many of today's fathers did not have positive role models to show them what it means to be a father to a child, so they are not there to show their children what it means to be a father.

No matter how great a mother is, she cannot replace what a father provides to a child. Irrefutable research shows that mothers typically are nurturing, soft, gentle, comforting, protective and emotional. Fathers tend to be challenging, prodding, loud, playful, encourage risk taking, and physical. Children need a balance of protection and reasonable risk taking. If a positive male role model is not present in the life of a child there is a void in this area. Children who live in this environment are more likely to be involved in criminal activity, premarital sexual activity, do poorer in school and participate in unhealthy activities.

Studies have shown that involvement of a father or a positive male role model in the lives of children has profound effects on them. Father-child interaction promotes a child's physical well being, perceptual ability and competency for relating with others. These children also demonstrate greater ability to take initiative and evidence self-control.

*Kids need a Male Role Model in their life....will it be you??*

### Links

<http://www.fatherhood.org/>

<http://www.mnfathers.org>

<http://www.downtoearthdad.org>

## SEVEN SUPER THINGS MEN & FATHERS CAN DO

- 1 Talk often with your children from the day they are born.
- 2 Hug them, hold them, and respond to their needs and interests.
- 3 Listen carefully as your child communicates with you.
- 4 Read aloud to your children every day, even when they are babies. Play and sing with them often.
- 5 Say "yes" and "I love you" more than you say "no" and "don't."
- 6 Ensure a safe, orderly, and predictable environment, wherever they are.
- 7 Set limits on their behavior and discipline them calmly, not harshly.

*Early Childhood Head Start Task Force*

*U.S. Departments of Education and Health & Human Services*

### Dads and Kids Cookin' Together

#### Fruit and Cream Cheese Sandwich

Put a smile on kids' faces when you turn this easy recipe into a Saturday morning cooking activity! Older kids can prepare this recipe themselves. Top it off with a glass of milk.

Makes one sandwich.

#### Ingredients:

- 2 slices of cinnamon raisin bread
- 2 Tablespoons cream cheese
- 3 medium strawberries or 1/2 medium banana, sliced

1. Child/Parent Step: Toast cinnamon bread.
2. Child Step: Spread one slice of toast with cream cheese.
3. Child Step: Slice fruit with serrated plastic knife. Arrange fruit

On top of the cream cheese. Add remaining slice of toast. Enjoy!

Nutrition Analysis per sandwich:

235 calories    5 g protein  
 11 g fat        29 g carbohydrates  
 44 mg calcium    2.5 g fiber

Source: American Dairy Assoc, [ilovecheese.com](http://ilovecheese.com), 1999