

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



C.A.M.P

Celebrating Active Male Participation



Volume 3, Issue 6
February 2011

www.dickinsoncap.org/camp/

Cheap and Easy Winter Fun

- Fill plastic containers with water and set outside to freeze. When frozen, dump out and use them to build ice sculptures.
- Make edible playdoh (recipe on back page). Color it with red food coloring for Valentines day.
- Draw letters in the snow. If you don't want to go outside, put some snow in a pan and bring it inside.
- Go on a color hunt. For example, talk about how snow is white and then have your child find other white things in your house.

C.A.M.P ACTIVITY OF THE MONTH

This Month you are invited to come spend sometime in your child's classroom during school hours. A flyer was mailed and/or sent home with your child to complete if you are interested. If you did not receive this and want to come visit your child's room during classtime, please call Aileen at 227-3010 to signup.

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

~Author Unknown



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**

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 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

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

Jokes to share with your kids.....

Q: What do monsters make with cars?
A: Traffic Jam

Q: What do you give a sick pig?
A: Oinkment!

Q: What game do cows play at parties?
A: Mooosical Chairs.

Q: What should you say when you meet a ghost?
A: "How do you boo?"

Do any of the statements below remind you of your preschooler?

**"Michael won't eat anything green, just because of the color."*

**"Kiana will only eat peanut butter sandwiches!"*

**"Bananas used to be Tyson's favorite food, now he won't even touch them!"*

**"Kira doesn't sit still at the table. She can't seem to pay attention long enough to eat a meal!"*

You are not alone. Picky eating is a typical behavior for many preschoolers.

It is simply another step in the process of growing up and becoming independent.

As long as your preschooler is healthy, [growing normally](#), and has plenty of energy, he or she is most likely getting needed nutrients.

If you are concerned that your child's picky eating has lasted for a long time or is very restrictive, speak with your child's doctor.

How Do I cope with a picky eater?

Remember-Picky eating is temporary.

If you don't make it a big deal, it will usually end before school age. You can do many positive things to deal with picky eating and help your child learn to try [new foods](#).

- Let your kids be "produce pickers." Let them help pick out fruits and veggies at the store.
- Kids like to try foods they help make. It's a great idea for helping your picky eater try fruits and vegetables. Children also learn about fruits and vegetables when they help make them. And all of that mixing, mashing and measuring makes them want to taste what they are making. See a list of [kitchen activities](#)
- Try to make meals a stress-free time. Talk about fun and happy things. If meals are times for family arguments, your preschooler may learn unhealthy attitudes toward food.
- Offer choices. Rather than ask "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?"
- Offer a variety of foods and let your child choose how much of these foods



● Offer the same foods for the whole family. Don't be a "short-order cook," making a different meal for your preschooler. Your child will be okay even if they don't eat a meal now and then.

● Make food fun! Get creative in the kitchen with these [cool ideas](#).

From: [Picky Eaters](#) at <http://www.mypyramid.gov/preschoolers/healthyhabits/pickyeaters/index.html>

Five Goals for Live-Away Dads

Written by the Dads at [Fathers.com](#)

A peaceful divorce or breakup? Possibly. A pain-free divorce or breakup? That's exceedingly rare. The adjustments for dad, mom and kids are major. William Klatte has written an insightful book called [Live-Away Dads](#). In it, he suggests five beneficial actions you can take: goals you can focus on when you don't know what to do next.

First, **keep your promises**. Your kids are depending on you, and kept promises are an important way you can create stability during a time of uncertainty. Each broken promise, no matter how small, reduces their trust in you a little bit, and can really erode over time. So, think before you speak, and do everything you can to keep your word.

Second, **show your kids that you'll be okay**. For them to feel confident and at peace, they have to see that you are. If it's obvious that you're devastated, they'll be insecure. That doesn't mean you never show weaknesses; honesty is critical. But show them in words and actions that you can make it through the tough times.

Also, **support their mother**. Impossible, you say? It's a vital element of any healthy family—intact or otherwise. Recognize that cutting her down lowers you in the long run. Help them honor her as their mother. Work out disagreements in private.

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/

Fourth, **be the best parent you can be**. That's all you can control anyway. They need patience and understanding, fair limits, balance and consistency from you, so don't try to counteract their mom's parenting style. It brings more harm than good.

Finally, **be involved for the long haul**. It sounds obvious, but it's amazing how many divorced dads get sidetracked by a new job, a different city, or a new relationship—maybe with a new family—and lose track of the sincere commitments they made to their children. Being a positive influence in your kids' lives means being there when they need you, for small and big things.

Don't let your motivation as a dad fall off through the years because of frustration or the tedium of routine. You are important to your kids even if they don't always show it.

Reprinted with permission from www.fathers.com