

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



C.A.M.P

Celebrating Active Male Participation



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www.dickinsoncap.org/camp/

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

*Nothing I've ever done has given me more joys and rewards than being a father to my children.
~Bill Cosby~*



Helpful Links...

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 than 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 LeAnne Berry, 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.
- WHOOPS:** 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 You Communicate with Preschoolers

Sourced from the Raising Children Network's comprehensive and quality-assured Australian parenting website <http://raisingchildren.net.au>

Try to give your preschooler full attention, watch your body language, and tune in to your child's emotions.

Give your preschooler your full attention. Even a quick but focused connection can fulfill your child's need for communication. If your child says, 'Play with me', and you're not available, you might explain why. You could say, 'I had a hard day at work today. I need three minutes to change. Then I can play with you'. Preschoolers can understand your feelings – to a point – and will appreciate your honesty.

Be aware of your tone. Because preschoolers are new to sentence-making, they might have a heightened awareness of your tone and body language.

Reflect your child's unspoken emotions. This helps put your child's feelings into words. If your child didn't get a turn at the playground, you might say, 'You wanted to play with the ball next, didn't you?' or 'I can see you feel really cranky!'

Enlist your preschooler's help in figuring out a problem. For example, you might say, 'Did something in that movie scare you?' If your child doesn't answer, you might follow up by saying, 'Could it have been the look on that person's face?'

Help your preschooler develop emotional awareness. Even if there is misbehavior – you can talk about it together. Most preschoolers can understand a sentence like, 'Sometimes, I get mad too. It helps me to go into another room and take some deep breaths'.

Offer limited choices. Preschoolers gain a sense of control by making their own decisions. You might say, 'Do you want to get dressed before or after breakfast today?'

Don't end your sentence with 'OK' unless you are ready for your child to say 'No'. Asking your child if an activity is OK can lead to a lengthy discussion and even a power struggle.

Grant a preschooler's wish in fantasy. If your child expresses sadness that a toy has to be shared, you might say, 'Would you like it if you had the toy all to yourself? What would you do with it?' By expressing a wish and talking it through, even if it can't be granted, a child begins to calm down.

Create safe opportunities for preschoolers to express their BIG feelings. For example, if your child is extremely angry, instead of saying, 'Stop yelling', you might say, 'Go in the bathroom and scream as loud as you can for one minute'.

Don't over-explain. Simple explanations can be more effective than long discussions. If your preschooler is having a tantrum, holding your child close – or just staying nearby – can mean more than any words you can say.

Solve problems playfully 'Preschoolers love to play and three minutes of play can save you 10 minutes of struggle. If your preschooler refuses to leave, a question like, "Would you like to hide under the table so no-one sees you escape?" turns a potential battle into a game. It's a lot more fun for both of you – and actually can save time!'

Gillian McNamee, PhD
Director of Teacher Education
Erikson Institute



raisingchildren.net.au
the Australian parenting website



Dads and Kids Cooking Together



The Kitchen Is A Classroom

In addition to being fun, your kitchen is also one of the most valuable classrooms in your house from the moment your baby can sit up. Colors shapes and numbers are all there waiting to challenge your child each step of the way. Babies will pass up their fancy toys every time for a chance to match up pots and lids or stack plastic containers. Toddlers love to "sort" silverware and fold napkins into triangles. Next time you need 60 marshmallows for Rice Krispie treats, have your preschooler count out 6 groups of 10 marshmallows each and teach fractions with sticks of butter.

Rice Krispie Bars

Stove Top Directions

In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.

3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

MICROWAVE DIRECTIONS:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

-For best results, use fresh marshmallows.

-1 jar (7 oz.) marshmallow crème can be substituted for marshmallows.

-Diet, reduced calorie or tub margarine is not recommended.

-Store no more than two days at room temperature in airtight container.

<http://www.ricekrispies.com/#/recipes/the-original-treats>