

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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Check us out at: [www.dickinsoncap.org/camp](http://www.dickinsoncap.org/camp)

## Read Aloud to Your Kids

By GreatDad Writers

Reading aloud to your kids has many benefits. In the case of young babies and infants, it hastens their ability to start speaking. While they are growing, reading to your kids helps in their language development. Equally importantly, reading is a great way for moms and dads to connect to their kids.

Here are some tips on reading to your kids:

- Reserve a specific time of the day for reading to your child. This will help your child expect it and look forward to it. Select a quiet time of the day when your child is likely to be attentive.
- Select a room where your child is least likely to be distracted. Also, ensure that your child is relaxed and comfortably seated.
- You do not have to read a new book everyday. In fact, children benefit from repetition, so you can safely read the old favorites over again. Also, ask your child to decide what you should read.
- Choose books based on your children's interests. While reading, draw parallels between the story you are reading and your child's own experiences. This will help your child relate better to what you are reading.
- Children love to feel things in their hands. Allow your child to hold the book, turn the pages, and point to the pictures. It will enhance your child's appreciation of books and reading.

Encourage your child to learn to love and value books. Build up a collection for your child. Provide a special place, whether an elaborate bookshelf or simply a cardboard carton, where your child can store the books.

[www.greatdad.com](http://www.greatdad.com)

## Did you Know.....

*Children who have fathers who regularly engage them in physical play are more likely to be socially popular with their peers than children whose fathers do not engage them in this type of play.*

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

**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](mailto:CAMP.Dads@sendit.nodak.edu)**

## 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)



## 8 Ways to Put an End to Bedtime Battles

**1. Observe your child to learn when he/she is really tired.** It is important that you help your child get to bed when he/she is tired, rather than too early or too late.

**2. Make a plan.** Talk through the bedtime routine before you are in the middle of it. Since everyone is tired by the time bedtime rolls around, it is easier to decide on a plan earlier in the day. Talk together with your spouse or significant other to come up with a time, a routine and a way to set limits, if necessary.

**3. Create a routine which fits everyone's needs.** Bedtime routines can include: bathing, teeth brushing, stories (books and story-telling), songs, cuddling, massage, listening to music, recalling events from the day, talking about feelings, laying down together until the child falls asleep, saying prayers, saying "good-nights" to people present and not present, talking about the next day, meditating, visualization or thinking about up-coming dreams.

Ideally, these activities should be enjoyable for both parents and children. For many children, having a predictable, consistent routine helps them by giving them a familiar sequence they can begin to relax too. Once you have decided on your routine, you can tell your daughter what will be happening: "Tonight at bedtime, after you brush your teeth, you can choose a story to read and then I will rub your feet while I sing you a song. After that, it will be time for you to rest. Mommy and I will kiss you good-night and leave so you can go to sleep. Do you want your door open or closed?"

**4. Help your child make a plan for what she can do.** You can talk to your child ahead of time about how he or she can help himself/herself to fall asleep. "If you are still awake after we leave the room, you could help yourself go to sleep by thinking of your favorite friend, or by holding your bear." If you think your child is experiencing separation anxiety, you can offer to put pictures of you around her bed or let his/her listen to a tape of you singing or telling her stories.

**5. Decide on a plan for follow-through or limit-setting if necessary.** Once you have completed your sweet little routine, you child will, no doubt, call for you, cry or get up out of bed. At that point, you need to be clear about how you are going to respond. If you really want your child to go to sleep by herself, your actions need to convey this to him/her. When he/she calls you or cries, you can peek your head in once and remind her that it is bedtime and that he/she can help herself go to sleep. You can tell him/her that if he/she needs to keep calling or crying, he/she can, but you won't

be coming in any more. If he/she gets out of bed, you can gently, firmly and without anger, talking or fanfare, put him/her back in bed. You may need to do this many times before he/she gets the message that you are clear that he/she needs to stay in bed.

If you understand that he/she needs to test you many times in order to learn you are serious, it may prevent you from feeling angry. It is more effective if you stay calm, clear, gentle and quiet. If you keep talking to him/her, lecturing him/her, bribing her or getting angry, he/she may feel compelled to continue the interaction longer.

**6. Tell your child the plan.** "Once we leave the room, it will be your job to stay in bed and help yourself fall asleep. You can cry or call if you need to. If you get out of bed, we will put you back in bed, because it is your bedtime."

**7. Give your child information about the importance of sleep.** "Your body needs sleep so you can have energy to play tomorrow. Sleep helps you feel better, grow and be strong."

**8. Make time to connect with your child during the day and/or early evening hours.** If you feel like you have had enough time with your daughter, it will be easier to be clear about her bedtime and to give her consistent messages that it is time for her to rest. There are many ways to help children find sleep. All of these suggestions have been geared to helping a child go to sleep independently in her own bed. Many families prefer to sleep in a family bed. There is no one right way. Your family can discover the way that works the best for you.

<http://www.ivillage.com/bedtime-rituals-8-ways-end-bed-battles/6-n-146443>



It is much easier to become a father than to be one.

~Kent Nerburn,~  
*Letters to My Son: Reflections on Becoming a Man,*  
1994

Just for Laughs....

### What Dads Can Learn from Kids

No matter how much jello you put in a pool, you still can't walk on water.

Pool filters don't like jello .

When hear the toilet flush and the words "Uh-oh", its already too late.

If you hook a dog leash over the ceiling fan, the motor is not strong enough to rotate a 42 pound boy wearing a cape.

It is however strong enough to spread paint on all four walls in a 20 by 20 foot room.

### **Dads and Kids Cooking Together**



#### **Banana Sherbert**

##### **Ingredients**

- 3 ripe bananas
- 16 oz crushed unsweetened pineapple
- 3 oz orange juice concentrate
- 1/8 cup of low fat milk

##### **Directions:**

- Puree all ingredients in a blender until smooth.
- Pour mixture into paper cups and freeze until slushy.
- Insert plastic spoons or craft sticks and freeze until solid.

**Makes 8 servings.**

These wonderful treats are loaded with many vitamins and minerals. The pineapple and orange juice adds lots of vitamin C, which is very good for your skin and helps in wound healing. Encourage your children to eat more fruits and vegetables.