

Community Action - Head Start  
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# C.A.M.P

Celebrating Active Male Participation



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## Encouraging Success

[www.fatherhood.org](http://www.fatherhood.org)

It's important to encourage your kids, but it's also easy to put too much pressure on them. Here are some principles for helping them to succeed without pushing them to the edge.

**Focus on the Good.** Make sure your child knows how proud you are. As soon as they do it, praise them for what they did well and don't focus on what they may have done wrong. Example - When the recital is over, tell her how well she did with that section she'd been practicing so hard on.

**Pick One Area for Improvement. Pick one area** - not three, or four, or five - your child needs to improve and, after you focus on the positive, talk with her about how she might do better next time. Encourage, don't belittle.

**Don't Live through your Child.** It's easy to get caught up in living out your own dreams through your child's pursuits. Remember that your child is his own unique person with unique skills and

talents. Don't pressure him to be who you were or to achieve something you've always wanted. Guide her to be the best version of who she is.

**Take a Break.** With sports, it can be hard not to get emotionally involved in your child's game. If you find yourself getting frustrated and/or starting to yell, step back and take a break. Walk away for a quick breather so you can put things in perspective.

**Teach Bigger Lessons.** Use your child's pursuits to reinforce other lessons you're teaching her - the importance of self-discipline, teamwork, practice, etc. Talk to your child about how these activities will help him succeed in other areas and why these qualities are so important. Dad, be there for your child's practices, games, and recitals and encourage him/her to do his/her best. Your child will thank you for your encouragement

From National Fatherhood Initiative's Email™, Encouraging Success, 10/14/09." [www.fatherhood.org](http://www.fatherhood.org)

Visit our new Website at:  
[www.dickinsoncap.org/camp/](http://www.dickinsoncap.org/camp/)



## Did you Know.....

**Children with involved, loving fathers are significantly more likely to do well in school, have healthy self-esteem, exhibit empathy, and pro-social behavior, and avoid high risk behaviors such as drug use, truancy, and criminal activity compared to children who have uninvolved fathers.**

To find out how you can become involved at Head Start or the Fatherhood program contact the Family Partnership Coordinator LeAnne Berry or Aileen Paluck, Case Manager at 227-3010 or email

Activity night...February 23rd. Be on the look out for more information soon!

*My father gave me the greatest gift anyone could give another person: he believed in me.*  
~Jim Valvano

## TALKING TO YOUNG CHILDREN

Written by the Dads@fathers.com

### You can talk, but will they listen?

Researchers say that "the amount of language directed to a child [is] perhaps the strongest indicator of later intellectual and linguistic and social development."

Sounds great. But what about real life? Sometimes we dads can get pretty monosyllabic and ineffective. We say "Don't do that," "Pick up your toys," "What's the magic word?" **We don't want to communicate, we just want cooperation.** Let's look at some ways to increase the chances that your child hears you and responds.

**First**, give information more than thoughts or feelings. For example, instead of saying, "I've told you a hundred times not to jump on the couch!" try simply, "Couches are not for jumping on." Sometimes even a one-word statement, like, "Pajamas!" will get a better response than a drawn-out explanation about why it's time to start getting ready for bed.

**Second**, children often need specifics. Saying, "Clean up your mess" is vague. Let them know exactly what you expect.

**Third**, mean what you say. There are some common parenting pitfalls in this category. One of them sounds like this: "Can you please help clean up your room?" It's asking a question

or offering a choice when there's really no other option.

Or, then there's the classic scene that you see on a regular basis at the grocery store. A dad says, "No," to a misbehaving child, and then doesn't follow through. Does the child stop? No way. Idle threats only teach the child to continue disobeying. Or, worse, a dad keeps repeating the same command over and over, which, first of all, insults the child's intelligence, and teaches him to not obey until the fourth or fifth time.

Finally, accentuate the positives. Kids often just want our attention, and if they can get it for good behavior, they may not resort to bad behavior. And be specific with praise. A repeated phrase like, "Great job" is good, but over time it can lose its impact. Try, "Wow, did you put all your blocks away by yourself?" It's more satisfying, and it could lead to more conversation.

These ideas are pretty basic, but a few adjustments here and there could make a big difference for your child's behavior—and in the long run, for your relationship with him.

## 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



### PURPLE COW

#### Ingredients:

- 1 pint (2 cups) vanilla ice cream
- 1 (60z) can frozen grape juice concentrate
- 1 1/2 cups reduced fat milk

**Child:** Soften ice cream by taking it out of the freezer & setting it on the counter

**Parent:** Open the can of frozen grape juice

**Child:** Use a rubber spatula to empty the can into the blender. Measure the milk and add it to the blender.

**Parent:** Use the spatula to spoon the ice cream into the blender.

**Child:** Cover the blender tightly with the lid.

**Parent:** Blend until smooth. Serve immediately

[www.fathersworld.com/recipes](http://www.fathersworld.com/recipes)  
Source: Better Homes & Gardens Step by Step Kid's Cookbook

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



Nutrition:  
256 calories  
Fat 9 g  
Protein 6g  
Calcium 205mg  
Fiber 1g  
Makes 8 servings