

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

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www.dickinsoncap.org/camp/

Coping with a Child's Temper Tantrum By GreatDad Writers

Temper tantrums are a father's worst nightmare. Most children throw themselves on the floor, cry, or scream to get what they want. Some dads feel helpless as they do not know what to do, others get angry, while some are embarrassed when their kids act out in public.

Before reacting, dads need to remember that most temper tantrums occur because children are hungry, thirsty, or craving for attention and do not know how to express themselves. Dads need to tune in to their parenting skill and remind themselves that their child is probably expressing the right feelings through inappropriate behavior.

David Cross, a single dad from Syracuse, New York has experienced many temper tantrums thanks to his 2 year-old daughter. He says, "My daughter wanted juice for breakfast. When I gave it to her, she started crying for a glass of milk instead. The glass of milk promptly was thrown on the floor as well, followed by bouts of crying." Self control in such situations is of prime importance. Talking

calmly or ignoring the tantrum is a great way of setting a good example. Many child psychologists agree that trying to understand the reason for the tantrum is a step in the right direction to avoid uncomfortable circumstances in the future.

The best way to handle a temper tantrum in a public place is by taking the child to a quiet room, bathroom, or even the car if necessary to help them get through it. After the worst is over it's best to sit down and explain to the child that tantrums are unacceptable.

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www.greatdad.com



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...

- that there are 64.3 million fathers in America?
- one in five single parents with primary custody is a dad?
- 11% of Dads are stepdads, living full-time with their spouse's children?

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

Just for Laughs.....

No matter how hard we try, it seems we can't avoid turning into our own moms and dads. How many of these things have you said (or at least thought) when dealing with your own kids?

- "This hurts me more than it hurts you."
- "Of course it stung you; wasps don't like to be petted."
- "No honey, her face is not melting. Those are called wrinkles."
- "Don't let your mother catch you doing that!"
- "Stop riding the dog."
- "No, that man with the big tummy is not pregnant."
- "Two wrongs don't make a right."
- "When I say no, I mean no. Why? Because that's why."
- "Close your mouth and eat your food."
- "Because I'm the daddy. That's why."
- "If Chris told you to jump off the bridge, would you do it?"
- "Don't get into the water until you learn to swim."
- "If you break your legs, don't come running to me!"

GETTING THE SLEEP YOU (AND YOUR FAMILY) NEEDS

Bedtime can be a battle, but it's essential your kids get the sleep they need. Not only are tired children cranky, but they also don't perform as well in school.

Here are some sleep strategies for you and your family.

Have a Routine. Not only do kids like knowing what to expect (even if they'll never admit it), their bodies want routines, too. By doing the same soothing activities every night, your child's body will start to relax itself in preparation for bedtime.

Start the routine at least an hour before you want your child in bed. Bath time, stories, prayer/meditation and reflection time - these are all soothing activities that contribute to a successful bedtime routine.

Note: Bedtime routines aren't just for little kids. Your teens need them and so do you. Make sure you and your teens start to wind down about an hour before bedtime with a good book, a mug of hot chocolate, or another soothing activity.

Turn Off Distractions and Electronics.

Flashing screens and graphics can overstimulate your child's brain (and yours). When bedtime routine starts, turn off the computer, the TV, and the smartphone and let everyone's brain take a break. It's especially important that your teen not sleep with her phone and text friends all night. She most likely won't take a break from her phone unless you make her do so.

Ease Into Change. As your child approaches the preschool years, he will inevitably be afraid to sleep alone in their room and may try to climb into your bed - which means that nobody sleeps.

After putting your child to bed, promise that you'll check in on him in a few minutes - and then keep that promise. Or go to comfort your child when she is scared, but wait progressively longer each time to check in. You'll be surprised at how your child learns to soothe herself without immediate intervention from you.

Affirm Good Sleeping Behavior. Don't just stop at a chore chart - create a family sleep chart and give stickers or other rewards when your child stays in her own bed or goes to bed on time.

Single Dads & Expectations

From Dads @ www.fathers.com

If you're a recently divorced (or separated) dad, be prepared to see a side of your kids you've never seen before. Kids who have been through a divorce often act in certain ways. As a single dad, you need to know what to watch for—and how to respond.

Here are some common things to look for, from Ken Parker and Van Jones in their book, *Every Other Weekend*.

First, kids sometimes take advantage of two different sets of house rules. "Mom lets me do this at her house!" They may be telling the truth, or pulling a scam. The best thing you can do is to help them understand that you're going to stand behind your rules—and the values they represent. Express confidence that they can adjust when they're staying with you.

Second, your child may purposefully break your rules. Correct her in love, but also use the opportunity. She could be expressing anger. Or she maybe testing your love and limits. In either case, be firm but gentle. Don't respond in anger, instead talk with her about the way she's adjusting, what she's going through, and how you can help. Just listening may be all she really needs.

The third typical response is for a child to complain about someone at the other household—his mother or stepfather. You need to be very discerning here.

On the one hand, you're probably only hearing one side of the story. You could try calling his mother—not to make accusations, but simply to communicate what you've heard and gather facts. Often,

getting the rest of the story will give you a better appreciation for her point of view, and you'll be able to back up her actions.

On the other hand, what if your child has a legitimate concern? That phone call to Mom could betray his trust, and could get him into trouble at home.

These situations illustrate the importance of communicating with your child. Does he need you to act on his behalf and look into the situation? Or does he simply need someone to talk to?

For all dads, regular healthy communication will build a trust level that's going to come in handy when stresses and crises come along. For divorced dads, you've got to work at it twice as hard in half the time. May God bless you.

Dads and Kids Cooking Together



BANANA WRAPS

Ingredients:

- 2 to 3 tablespoons peanut butter, smooth or crunchy
- 1 (8-inch) flour tortilla
- 1 whole banana

Directions:

Wash your hands.

Gather ingredients and other items you'll need:

Plastic knife
Cutting board
Tablespoon

Spread peanut butter on one side of the tortilla.

Peel banana and roll up tightly in tortilla.

Slice into pinwheels or serve whole.

NOTE: Don't offer peanut butter to children younger than three or four years of age. To prevent choking, spread only a thin layer on bread or wraps.

Courtesy of: Kansas State University, Family Nutrition Program.

“Every father should remember that one day his children will follow his example instead of his advice.”

—unknown