

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

Celebrating Active Male Participation



Volume 2, Issue 4  
March-April-May 2010

## Balancing Work & Family

### 1. **Have family dinner.**

Studies have shown that families that eat together have children who do better in school and are less likely to be involved with drugs. Remember to ask your children about their day and ask questions about what they tell you.

### 2. **Leave work at work.**

This can be difficult, and not always possible, but try. During kids time (baths, dinner, reading, or anytime you are focusing on your children) turn off your cell and computer and be there for them.

### 3. **Take each child out once a month for one on one dad time.**

This doesn't have to be anything elaborate or expensive, a trip to a park would work well.

The important thing is to focus on your child and have fun together.

### 4. **Use your vacation time.**

People are using less and less of their vacation time. Use your time and take your family on a road trip, camping or other fun adventure. Make sure to leave your laptop & work at home. Family vacations create wonderful childhood memories. Don't deny yourself and your children by being a workaholic.

### 5. **Make it to your kids activities.** Just to see you in the stands means more than you know to your children. If you must, bring work with to do during halftimes or breaks.

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**CAMP Website:**

<http://www.dickinsoncap.org/camp/>

## Did you Know.....

**Fatherless children are twice as likely to drop out of school.**

Source: U.S. Department of Health and Human Services. National Center for Health Statistics. Survey on Child Health. Washington, DC: GPO, 1993.

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



## C.A.M.P Activity Night

**Tuesday~ April 27th**

**5:30-7:30pm at Heart River**

**Elementary School Gym**

## Helpful Links....

[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.dickinsoncap.org/camp/](http://www.dickinsoncap.org/camp/)

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

[www.daddy123.com](http://www.daddy123.com)

## Eight Tips for Dads Trying to Feed Finicky Eaters

By Great Dads Writers  
<http://www.greatdad.com/>

Trying to feed kids can be very frustrating. Cooking is hard work and you also want to make sure they get the foods they need and learn good eating habits. Here are eight tips to help you feed the picky eater:

1. Use smaller portions so neither you nor your toddler feel that the goal is impossible. The correct serving for a toddler is roughly  $\frac{1}{4}$  or less of what you would eat.
2. Remember that some kids just have more sensitive palates than others. Additionally, this sensitivity can also be toward color and texture of the food. Think of foods you hated as a child and how the entire experience was distasteful. Some kids just are more choosy about their foods due to this sensitivity and it is not an indication that they are spoiled or have some character flaw that you can "cure."
3. Look for ways to make sure your child gets nutritional value from the meals he does eat by sneaking in protein or fruit into things that he eats without any problems.
4. Try to minimize distractions at the table. Toys, cartoons, other playing children nearby all can work to distract a child who might otherwise eat.
5. Take time at the dinner table to make sure your child eats without a fight.

Moms will often rush to find other eating solutions, including feeding a child dessert to make sure he gets something in his stomach. Dads quite often are willing to engage in the battle of the wills to see who will break first. If dad is positive and encouraging, he'll often find an eater at some point.

6. Don't use sugary foods to get your child to eat more. You're just setting him up for rejecting a broader range of foods.
7. Try to offer new foods when you know your child is hungry. If your child had a snack an hour before dinner and you choose that meal to introduce lima beans, you're heading for a failure.
8. Serve a broad range of foods at every meal and don't make a big deal out of a new food. Kids take a lot of cues from you and will be wary if they see you acting suspiciously.

**Bon Appetit!**

### Summer Activity Links:

<http://familyfun.go.com/playtime/sports-athletic-games/>

<http://discoveringdad.net/top-10-summer-activities-for-dad-and-kids/>

<http://discoveringdad.net/15-fun-activities-for-dads-with-preschoolers/>

### Continued... "Family"

6. **Schedule Family Fun Nights Weekly.** This needs to be a priority, so make it one. Don't schedule anything else on that night. You can do anything from playing boards games, watching movies, or going for a walk & getting a treat.
7. **Putting your children to bed at night.** Kids love to be read to and love to have a set routine. They will remember forever how you took the time every night to tuck them into bed and read to them. You might even find yourself looking forward to this quiet time with your children.

## Dads and Kids Cookin Together



### SUPER DUPER DADDY MEATLOAF

#### Ingredients:

2 pounds ground beef  
1 can cream of mushroom soup  
1/2 cup uncooked oatmeal or  
breadcrumbs  
1 small onion, finely chopped  
1 egg  
1 teaspoon salt  
1/2 teaspoon pepper  
1 dash of Worcestershire sauce  
1 teaspoon ketchup

#### Directions

Put all ingredients out on the table or counter along with a mixing bowl. Have your child assist you in adding ingredients one by one into a bowl. Mix all together with your hands. Mold and shape in a loaf pan. Bake at 350 degrees for 1 hour and 15 minutes. Remove from the oven and have an adult drain the hot grease. **Enjoy!**

