

C.A.M.P

Celebrating Active Male Participation

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Maximize Your Holiday Presence

By Carey Casey

Dad, do you want to know how much your presence is worth this holiday season? That's "presence"--like your time, being there with your family--not "presents," as in gifts. What is your *presence* worth to your children? One answer comes from a boy named Connor, whose mom wrote to us. Connor's dad died when he was 4 years old.

During the holidays a few years back when he was 8, he asked Santa to bring back his dad-if only just 10 days! Connor even sweetened the deal for Santa, a 10-for-10 exchange. He would give up Christmas presents for the next 10 years if he could spend 10 more days with his dad!

That's a heart tugging example of how valuable you are, dad, and the holidays are the time when your kids especially want you there. This young man was willing to give up his *presents* for his dad's *presence*.

As true as that is, I know there are also dads who hear

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Links

- <http://www.fatherhood.org>
- <http://www.mnfathers.org>
- <http://www.downtoearthdad.org>
- <http://www.fathersnetwork.org>
- <http://www.fathers.com>
- <http://www.dadsadventure.com>

Free Fatherhood Podcast from www.fathers.com

FREE! Take fathering tips and encouragement with you wherever you go. Listen to broadcasts of Today's Father, our daily 3-minute radio program that challenges dads to "keep up the good work."

Go to www.fathers.com and scroll down until you see the podcast section. Click to listen.



Fatherhood Activity Night

Be on the look out for information about our next activity night scheduled for Tuesday Night, February 23rd!



Did you Know...

Research has shown that when both parents are actively and positively involved in their children's lives, children are more likely to lead healthy and productive lives.

To find out how you can become involved at Head Start or the Fatherhood program contact LeAnne or Aileen at 227-3010

Being a great father is like shaving. No matter how good you shaved today, you have to do it again tomorrow.
~Reed Markham

JOKE CORNER....

When my daughter was three, she was amazed at how mom and dad always knew what she was doing even when we were not looking at her. We explained to her that we had eyes in the back of our heads that she could not see. One day while my wife was driving, she tried to get her to look at the picture in the book she was reading. My wife said she couldn't because she was driving. My daughters response was: "Use the eyes in the back of your head!"



Dads and Kids Cookin Together

Apple Crisp

Ingredients:

CRISP:

- 4 cups sliced apples with peels
(about 4 medium apples)
- 1/2 cup brown sugar
- 1/2 cup flour
- 1/2 cup oats
- 1/4 cup butter
- 3/4 tsp ground cinnamon
- 3/4 tsp ground nutmeg

TOPPING:

- 1 1/2 cup low fat vanilla yogurt

1. CHILD STEP: Gather ingredients and utensils (except sharp knives) that are within child's reach.
2. PARENT STEP: Gather ingredients, sharp utensils, and utensils child can not reach.
3. CHILD STEP: Turn on dial on the oven to "bake" and 375 degrees. Have parent check. Grease 8x8x2 inch pan.
4. CHILD STEP: Measure the milk. Add it to the jar along with a dash of pepper and shredded cheese. PARENT: Screw the lid on the jar tightly.
5. CHILD STEP: Wash apples.
6. PARENT STEP: Core & cut apples into 1/4" slices.
7. CHILD STEP: Arrange apples in greased baking pan.
8. PARENT STEP: Microwave butter in medium sized bowl.
9. CHILD STEP: Measure remaining ingredients into the bowl with melted butter. Mix until blended. Sprinkle over apples.
10. PARENT STEP: Bake about 30 minutes or until topping is golden brown and apples are tender. Serve individual bowls and top with yogurt. ENJOY!!

Nutrition: 250 calories 3 g protein 8 g fat 42 g carbohydrate 123mg calcium 3 g fiber
<http://www.fathersworld.com/recipes/dadscokin/applecrisp.html>

Nine Steps for better Listening:

1. Adopt an open posture. Crossed arms and legs can suggest, "I'm not listening to you." An open posture may show your child that you are interested in what he/she is saying.
2. Put yourself on your child's level - kneel, lean towards the child. This can communicate, "You have my attention, and I'm listening."
3. Stay relaxed. If you fidget nervously when your child is talking, he/she may think you'd rather be somewhere else.
4. Listen for your child's feelings and needs.
5. Be available and listen when your child needs to talk.
6. Watch your child. Learn to read his/her non-verbal behavior: posture, body movements and gestures. Notice frowns, smiles and raised eyebrows. Listen to voice quality and pitch, emphasis, pauses and inflections. The way in which your child says something can tell you more than what he/she is actually saying.
7. Actively give your child non-verbal feedback - nod, smile, look surprised. These small signals can mean more than you realize. They'll encourage your child to open up even more and let you into his/her life.
8. The last step to listening is speaking. But, before you give your response, restate in your own words what your child has told you. This proves that you were listening, and it gives the child the opportunity to say, "Yes, that's it exactly"

or "No, what I really mean is this..."

9. Keep in mind that one of the goals of communication is to increase understanding.

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about how badly their kids want them there for the holidays and it only brings sadness and pain.

They would surely give up 10 years of holiday gifts to spend 10 days with their kids, but divorce or other circumstances may prevent that.

So I would say to those dads and all other dads, **make the most of the opportunities you have.** Whether it's everyday at home or just a few days at a nearby hotel; whether you interact with your children at meals and bedtime or through phone calls, emails, and text messages, maximize your presence.

You're creating memories that last a long time. Even if your kids won't admit it or don't even realize it right now, young Connor's sentiments should stay with you. Kids really do cherish your presence.

ACTION POINTS: 1) Ask your child what he/she would like to do with you-just the 2 of you-around the holidays, & set a time to do it.

2) Be sure to take the kids out to pick out presents or help them to make something (like a card) for their mom, even if you pay for it.

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