

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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www.dickinsoncap.org/camp/

Don't forget to check our past newsletters on our website, as well as other information for Male Role Models!

Catch them being good

Catch your child doing good.

Sounds simple, but yet many parents focus on "bad behaviors". Believe it or not, **every child does something good everyday!** The best way to motivate your child to be good is to reward the good actions.

Want your child to behave good all the time? Try the following:

- Be specific in praising your child. "I am pleased you put your toys away today" or "you are sharing your toys with your brother, and that makes me happy".

- Offer occasional rewards. There is a difference between reward and bribery. Rewards happen after the fact, after the good deed is completed. "Since you listened well today at the store I am going to let you choose a treat". This is a REWARD, "if you follow the rules today at the store I will buy you a treat" is a BRIBE. Bribes teach children to behave for a reward.

Reward-based parenting tend to help children to become more confident, secure, responsible and creative.

- Children become what you tell them they are. If you tell your child she is good, she will behave that way, if you tell your child she is a brat, she will prove you right!

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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 the federal government spends \$99.8 billion dollars every year on programs - such as child support enforcement and anti-poverty efforts - that support father-absent homes.

<http://www.fatherhood.org/Media/NFINews/pr-121008.asp>

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



Game Night
2009

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.
~Charles Wadsworth~



5 Daily Steps to Balance Work & Family

Written by the dads @ fathers.com

In today's world, one of the most common and urgent needs among fathers is tips for managing their time. The ability to do this is a key to success at work and with your family, and the beginning of a new year might be a great time to start some new habits in this area.

A recent article offered time-management tips from Muhtar Kent, the CEO of Coca-Cola. His strategy involves five key tasks every day, which add up to a 60-minute investment that reinforces his top priorities.

Here is Mr. Kent's approach:

- He spends 15 minutes a day "**rehearsing**" so he can effectively communicate the company's vision.
- 10 minutes a day are devoted to **getting advice** from someone.
- Usually near the end of the day, he takes 20 minutes to **be responsive** and communicate to people in a timely manner.
- For 5 minutes a day, Mr. Kent **keeps a journal**.

These first four ideas are seemingly all about succeeding at work, but we could also apply them to fathering: rehearse communication; get advice; keep a journal; be responsive. Those are great habits for dads. But the fifth task for the remaining 10 minutes is what really caught our attention:

- **Phone home.** No matter how busy we are, it's vital, sometime during the day, to connect with the people closest to us. We can catch up on things, but this also grounds us and reminds us of what's most important.



ACTION POINTS

- Call home to check in with family members -- **every day**.
- Make unstructured time with your family members a high priority. (They probably don't like being squeezed into your busy schedule.)
- What time-wasting habits do you need to change? Ask those around you -- co-workers and family members.
- Use your errands and household projects as opportunities to spend more time with each of your children. (And expect the projects to take a bit longer than usual.)
- Renew your commitment to do regular one-on-one activities with each of your children this year -- maybe near their birthdays, half-birthdays, quarter and three-quarter birthdays.

Recommended Resources:

- [Business Dad: How Good Businessmen Can Make Great Fathers \(and Vice Versa\)](#) by Tom & Julie Hirschfeld
- [Balancing Work and Life](#) by Bill Butterworth
- [CEO Dad: How to Avoid Getting Fired by Your Family](#) by Tom Stern

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Parents' Movie Monitor Site

Do you feel like movie ratings are a waste of time? You're not the only one frustrated and confused—we were too! So here it is; the brand new **iMOM Movie Monitor**. Now when you're pressed for time, and your kids are pressuring you to see the newest movie that *everyone's seeing*, you can get detailed, "at-a-glance" reviews to make a well-informed decision. Go to:

<http://www.imom.com/moviemonitor>



Low Cost Winter Fun

Build an Inside Fort-Get some chairs, some sheets, some blankets and get creative! Even that movie they've seen a thousand times is more fun when viewed from inside an indoor fort. Go indoor camping..Sing camp songs and make s'mores in the microwave. Pretend to go fishing.

Board Games-Break out the family favorite like Uno and Checkers. Don't have a lot of games? Invite other friends and families over and ask them to bring some. This is a great way to keep big kids (aka: adults) amused, too.

Go to the Park-Winter or Summer, a park can be great fun. Just dress for the weather. Go sledding. Take a walk and look for animals and tracks.

Movie Night-Check out a movie from the library. Make some popcorn and hot chocolate.

Read a Book

Go to a local School Basketball game

Catch-Play catch indoors with a soft ball.

No matter what you do, your children will be happy just because you spent time with them.



Dads and Kids Cooking Together



No Bake Chocolate Balls

Ingredients:

- 1 package cream cheese, softened
- 1 cups crushed chocolate cookies (wafers or Oreo type are fine)
- 1 cup Shredded Coconut
- *Instead of coconut, you can also roll in powdered sugar, hot chocolate mix, nuts,.....Be creative and have fun



Directions:

Wash your hands. Place cookies into a zip lock bag. Crush cookies by rolling over them with a rolling pin or hitting with a large spoon. Mix cream cheese and crushed cookies in a bowl. Shape into one inch sized balls with your hands. Roll in coconut to coat. Eat and enjoy!

