

C.A.M.P

Celebrating Active Male Participation



Check out our website at: www.dickinsoncap.org/camp/

Schools Win when Men are Involved

Active male involvement at school means:

- Higher grades
- More participation in extracurricular activities
- Child is less likely to be expelled or repeat a grade
- Child is less susceptible to peer pressure
- Child is less likely to exhibit violent behavior
- Child is more ambitious
- Child is more confident with his/her identity

Partners in Parenting

Adapted from "Father Involvement"
by Cynthia Garrison, MS,

PPE Parent Educator

Just for Laughs.....

What a Card!

Father's Day was near when I brought my three-year-old son, Eric, to the card store. Inside, I showed him the cards for dads and told him to pick one.

When I looked back, Eric was picking up one card after another, opening them up and quickly shoving them back into slots, every which way. "Eric, what are you doing?" I asked. "Haven't you found a nice card for your Dad yet?"

"No," he replied. "I'm looking for one with money in it."

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.....

Children who grow up with involved fathers/male role models demonstrate important problem solving abilities:

- Increased curiosity;
- Increased exploration of the world around them;
- Less hesitance and fear in new situations;
- Greater tolerance for stress and frustration;
- More willingness to try new things.

Reprinted with permission from: Minnesota Fathers & Families Network, May 2004, www.mnfathers.org

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



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



10 Ways to be Involved at Head Start

1. Complete the Male Involvement survey-call if you haven't received one.
2. Attend Fatherhood Activity Nights.
3. Volunteer to chaperone a field trip.
4. Attend Parent Nights.
5. Attend Conferences.
6. Volunteer in your child's class.
7. Join the Fatherhood Committee.
8. Sign up for a committee or policy council
9. Eat breakfast or lunch with your child
10. Read/Do activities at home with your child.

Don't forget that being involved with your child's education includes providing support at home – read to your child daily, point out words and letters on signs, etc in their environment, count things with them, read and respond to paperwork that the teacher sends home, etc.

Fatherhood Institute. Research Summary: Fathers' Influence Over Children's Education. Fathers Direct. 2/07



Any man can be a father, but it takes a special person to be a dad.

Proverb

A CONSISTENT PRESENCE

BY: KEN CANFIELD AT WWW.ALLPRODAD.COM

Are you there for your kids? Really there? Or are you just going through the motions? I want to share with you how dads - even divorced dads - can establish a "consistent presence" in their children's lives.

For too many fathers, home is where they eat, sleep, and do their best to keep the noise level down. Day-to-day parenting is often left to their wives. These dads have convinced themselves that their presence or absence has little impact on the family.

Well, you and I both know, they're wrong.

Your children are very aware of you and your habits, your actions, your temperament and even your level of commitment to them. It doesn't matter if you're tinkering in the garage, reading the paper in your easy chair, or calling home from Boston. Your presence is felt deeply. Many single moms have noted, that even when a father dies or deserts his family, his presence is felt as if he were still there.

Every day there are decisions to be made, crises to handle, and wounded egos to soothe, and Dads have a role in each one.

Obviously, you can't take care of a skinned knee when you're in a board meeting or on an assembly line, but you can still connect with your wife every day about each one of your children - even if that means calling home from Boise just to ask "How's Joey doing?" Your children need to *know that you know*. They *care that you care*.

And, dad, divorce makes it even more challenging. Being limited to occasional visits and long-distance calls is tough and unfulfilling at best. Divorce breeds insecurity in children and their non-custodial parent.

Your first priority is to be consistent with your scheduled custody visits and child-support payments. After that, extra calls, notes, and remembering the things that are important to your child can give you a rock solid "presence" in their life.

And, you know what? That's good advice for all dads. We need to be there for the routine - building patterns, traditions, and memories. But we also need to be aware of things that are *out* of the routine - recitals, big games, tough classes, favorite toys, romances, break-ups, fears, hopes and dreams.

Dad, one the best presents you can give to your family is your "presence."

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Be on the Look
Out for
information
on our
November
C.A.M.P. Activity
Night

Dads and Kids Cooking Together



EASY PUMPKIN PUDDING

Ingredients

- 1 3.4 oz box Instant Butterscotch pudding
- 1 1/2 cups cold nonfat milk
- 1 15-ounce can puree pumpkin
- 2 tsp vanilla
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg

Directions

Whisk butterscotch pudding and milk for two minutes.

Stir in pumpkin, vanilla, cinnamon, ginger and nutmeg, blending well.

Pour into 4 dessert glasses or bowls.

Refrigerate until ready to serve. Top with a dollop of fat-free whipped topping.



ENJOY!

