

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

Celebrating Active Male Participation



Welcome to Head Start!

A Real Shine

It seems as though there is never enough time to do all the things we have to do.

Or is there?

When I got to work today, I realized that my shoes weren't shined. I bent over to shine them at home this morning, but heard my little son crying before I got the lid off the polish.

So I went to him and picked him up and dried his tears and gave him love. Then I didn't have time to go back and shine my shoes. I had to leave.

That's okay. Some day my shoes will be in a scrap heap and no one will care whether they were ever shined.

But the love I gave my son on this morning will live on in him and those he passes it on to.

No, I'm not embarrassed that my shoes aren't shined. They're a sign that I'm learning to keep first things first.

Reprinted with permission from "Keeping First Things First" by John Gile (ISBN 9780910941020) <http://www.johngile.com/kftf.html>

Helpful Links....

www.dickinsoncap.org/camp
www.allprodad.com
www.greatdads.com
www.mnfathers.org
www.fathers.com
www.downtoearthdad.org
www.fatherhood.org
www.fathersnetwork.org
www.firstthings.org



Did you Know.....

Young children with involved fathers figures display enhanced social skills:

- Greater empathy
- Less gender role stereotyping
- More awareness of needs and rights of others
- More generous
- Higher self-esteem
- More self-control and less impulsive

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 CAMP program contact LeAnne Berry, Family Partnership Coordinator or Aileen Paluck, Case Manager at 227-3010 or email us at CAMP.Dads@sendit.nodak.edu

FATHERHOOD PROGRAM

At Head Start, we recognize the importance of having both a Mother & Father figure in the lives of children.

That's why we have the Fatherhood Initiative or Male Involvement piece in our program. Last year we hosted a game night, gym night & we built birdhouses This year we are planning several different activities throughout the school year and encourage all fathers, grandfathers, uncles, boyfriends, etc to come join us! We hope you enjoyed the End of Summer BBQ. Be on the look out for more information on our next activity of the year!

Don't Give Up on Your Picky Eater

Toddlers wouldn't earn their reputations without being the picky eaters that they are. However, this should be understood as a developmental phase out of which only time and parental help can help pass out of.

Here are a few simple things to help you deal with the picky eater situation:

- Make sure that you serve small portions regularly.
 - Offer your child food that looks tasty and appetizing.
 - Don't force your toddlers to empty their plates.
 - Don't bribe them to eat.
- Offer a balanced and healthy diet .

There are also ways of making your children's mealtimes interesting:

- Set regular mealtimes so that your toddler starts to get hungry before feeding time.
- Make them new, healthy and colorful snacks so they look forward to mealtime. Avoid too many sweet foods; help to teach them to enjoy other tastes.
- Serve snacks in their favorite 'nibble plate'.
- Mix up their favorite food stuffs with the stuff they don't like to eat e.g. vegetables.
- Eat as a family. This way children can feel like being part of a fun activity .

Above all, be patient. If your toddlers don't eat at their regular time, try offering them the same after one hour. It is also important for your toddler not to be distracted with toys and television during mealtimes.

Written by the GreatDad Writers
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www.greatdad.com



Take Time To Be A Dad Today

Even the smallest moments can have the biggest impact in a child's life. Here are some more easy ways you can be involved:

Write a Note. Do you leave for work early? Write your child a note she'll find at breakfast time. Something as simple as "I hope you have a good day" will make her feel special.

Start a Ritual. Maybe it's bath time. Maybe you always read the bedtime story. Or maybe it's the hug you give when you first get in the door after work.

Be Affectionate. Yeah, you might feel awkward if hugging isn't your thing. But, your kids crave your affection. Hug, kiss, high five, have a tickle war - let them know you love them.

Adapted from
www.fatherhood.org



Children spell LOVE "T-I-M-E." Are you game for a challenge? Take the month of October to keep a log of actual time spent with your children doing something besides watching television. The results may surprise you.



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 on the Podcast box to listen.

Dads and Kids Cookin' Together



Fruit and Cream Cheese Sandwich

Ingredients:

- 2 slices Cinnamon Raisin Bread
- 2 Tablespoons Cream cheese
- 3 Medium Strawberries
- 1/2 banana

Parent/Child Step: Toast cinnamon bread.

Child Step: Spread one slice of toast with cream cheese.

Parent Step: Slice fruit with serrated plastic knife.

Child Step: Arrange fruit on top of the cream cheese. Add remaining slice of toast. Enjoy!

Nutrition analysis per sandwich:

- 235 calories
- 5gm protein
- 11gm fat
- 29 gm carbohydrates
- 2.5 gm fiber
- 44 mg calcium

Source: American Dairy Association, ilovecheese.com, 1999.

