



# C.A.M.P

Celebrating Active Male Participation



**Men are important in the lives of children!**

## Did you Know...

### Turn Off the TV & Tune Into Your Family

By [Wayne Parker](#), About.com

The statistics are pretty alarming. Television has become the central focus in too many homes. Consider:

The TV is on for 7 hours and 40 minutes. The average American watches 4 hours of TV each day.

50% of all American Households has 3 or more televisions.

American parents on average spend less than 40 minutes each week in meaningful conversation with their children.

56% of American children between ages 8 and 16 have TVs in their bedrooms.

Only 1 in 12 American families require their children to finish their homework before watching television.

We know that the television is a pervasive influence at home. It

tends to be the center of entertainment and social interaction. With news, sports, entertainment, educational programming and more, it is often our window to the world.

But some organizations are working to change our attitudes about television. And the message is clear—turn off the TV and spend some quality social time with your family at home.

#### Instead try one of these activities...

- Go for a walk or hike
- Go to the library
- Make a list of Alternative Activities
- Start a family game night
- Read a book together
- Play catch
- Choose one favorite show to watch each night ...record them if you need to.
- Cook together
- Go to the Community Center or a park.

Mark Brandenburg MA, CPCC,

- **Fathers are essential to the healthy growth and development of their children.**
- **Dads bring a unique perspective to the family and lives of their children.**

To find out how you can become involved at Head Start or the

*Nothing I've ever done has given me more joys and rewards than being a father to my children. ~Bill Cosby~*

#### JOKE CORNER....

From a dad ...

One day my wife, daughter (who was 7 at the time), and I were driving to my mother-in-laws, about 50 miles away. My daughter always wants to play games while we drive, so I suggested I SPY.

My Daughter said, "I spy something blue."

I answered, "The car in front of us." I was right.

My turn. Looking at the sky, there were dark clouds and it looked as if it was about to rain. I said, "I spy something gray and threatening."

Without a pause, my daughter chimed up from the back said, "DAD!" My wife couldn't stop laughing for 10 miles.



## Accepting Your Child's Mistakes

Written by Mark Brandenburg

One of the most difficult parts of being a father is learning to accept your children's mistakes. It certainly can be easy to be loving, supportive, and helpful when your children are mistake-free, but most fathers who are paying attention don't find too many mistake-free periods of their children's lives.

Let's be clear about our kids and their mistakes. There aren't too many kids who get up in the morning, rub their hands together and say, "I wonder how I can screw up today and really bother my dad!" Kids don't enjoy or want to make mistakes, it's just one of the ways that they learn about the world.

Kids usually try to do their best; it's just that they are doing their best considering the resources that they have at the time. Sometimes they're tired, sometimes they're easily distracted, and sometimes they're strong-willed, but they generally do the best that they can. It's very easy for us to judge them according to standards of what they've done before.

When our kids make mistakes, we have choices to make. Fathers can either make choices that help to create kids who are defensive and who lie to them ... or they can make choices that help to create kids who can learn from their mistakes and improve upon them. Kids who fear punishment or the loss of love in response to their mistakes learn to hide their mistakes. These children live in two different places—one place where they have the love and support of their father (parents), and another where they feel that if their mistakes were discovered, they would be undeserving of that love. It is hard for these kids to fully accept their parents' love and support even when it is expressed. It is also difficult for these kids to set high standards for themselves, because they tend to be fearful of failing.

These are some ideas for fathers who are committed to helping create kids who can learn from their mistakes, and who are not afraid of making a few:

Absolutely accept the notion that your kids are doing their best, and that they will learn faster about their mistakes if they are in an environment that accepts mistakes.

Understand that your difficulty with your kids' mistakes is in fact a reflection of your difficulty dealing with your own mistakes; be aware of this and deal with your own issues first.

Know the "shaming" messages that we can all give so easily to our kids—messages that can do a lot of damage to them and help them to feel unworthy. Here's a few of them:

- How could you have done that?
- You don't listen to me!
- You can do better than hat!
- What's the matter with you?

Keep providing your kids with learning experiences, but at the same time structure their environment so they can't make too many mistakes (having expensive glassware around the house where children might break it is not their fault).

Provide a great model for your children by the way you react to making mistakes: do you get defensive and stretch the truth, or do you "own" the mistake and learn something from it? Create a "culture" that is based on learning from mistakes.

We have only one chance to show our kids the patience and discipline necessary to allow them to learn from the mistakes that we've all made. Your opportunity to improve just started now; give your kids the room that they need and deserve.

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*Mark Brandenburg MA, CPCC, is a certified personal coach, father, speaker, and workshop leader who helps men to create balance in their lives and to improve their family relationships. He is the author of "25 Secrets of Emotionally Intelligent Fathers" and can be reached at [www.markbrandenburg.com](http://www.markbrandenburg.com).*

## Links

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

## Dads and Kids Cookin Together



### Number Salad

Children love counting games, and are more likely to enjoy fruit salad when they have had a good time counting as they help prepare it. If there are fruits your child likes better than these, by all means, substitute. This salad, although very simple, is slightly unusual, adding cubes of mild cheese and a light orange-coconut dressing to an otherwise ordinary fruit bowl.

#### Ingredients:

- 1 handful of coconut
- 2 TBSP Orange Juice Concentrate
- 3 pieces of orange
- 4 slices of apple
- 5 cubes of cheese
- 6 slices of banana
- 7 pieces of melon
- 8 grapes

1. **Parent Step:** Wash hands. Get out all ingredients.
2. **Child Step:** Wash hands. Rinse grapes and apples
3. **Parent Step:** Reach into coconut bag for one handful of coconut
4. **Parent Step:** Open can of orange juice concentrate. If child is old enough, allow him/her to measure out 2 table spoons. Count with him/her.
5. **Child Step:** Measure 2 TBSP of orange juice concentrate and place on coconut in a bowl.
6. **Parent step:** Remove peel from orange and separate into segments. Prepare slices of apples, banana, melon, & cubes of cheese. Count along with child as they add them to the bowl.
7. **Child Step:** Count 3 orange slices and add to the bowl. Add other ingredients, counting as you add them. Stir 9 times.
8. **Parent Step:** Divide into 2 portions and enjoy!

#### Nutrition analysis per serving:

- 275 calories
- 13 g fat
- 247 mg calcium
- 9 g protein
- 34 g carbohydrate
- 4 g fiber



- How could you have done that?
- You don't listen to me!
- You can do better than that!

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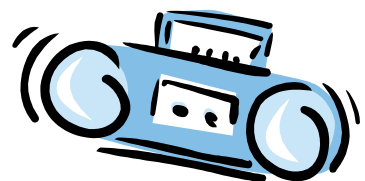
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## Inside Story Headline



Caption describing picture or graphic.



