

Website Resources:

www.fatherhood.org - Videos, "Dad's Club," Connect with kids - ideas for kid friendly activities and much more

www.fatherhood.about.com -what to expect from child and how to interact with your child

www.fathers.com -National Center for Fathering

www.fathersnetwork.org –for fathers with children with special needs

www.fatherwork.byu.edu –age-specific activities and tips

www.ashlandmhrb.org/fcfc -electronic resources



Also check great books for dads at Ashland County Library and Loudonville Library.

Anxious about your parenting skills?

- Talk to a health-care provider
- Take a parenting class or join a support group
- Google or read a book on parenting
- Practice—the more you care for your child, the more confident you'll feel
- Watch/ask a Dad you admire

Sources: www.greatdad.com/tertiary/72/1738/six-tips-for-dads-for-raising-resilient-kids-from-dr-robert-brooks.html

Parents Magazine, October 2005

THE POWER OF DADS

YOU are an important influence on children's learning!!

Studies have found that children who feel close to their fathers:

- * *are twice as likely to go to college or get a steady job*
- * *get sick less and live longer*
- * *are less likely to feel stressed or depressed*
- * *have higher self-esteem*
- * *are more likely to be happily married*



Whether you see your child daily or visit only on weekends, your positive relationship with your preschooler goes with him/her to school.

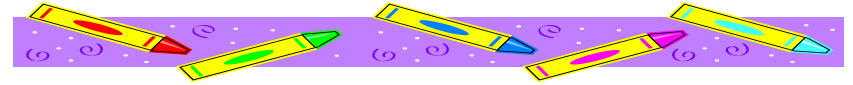


Daddies Make a Difference

- Young children whose father read to them **score higher** on reading achievement tests once they enter school.
- Three- and 4-year olds who play with their dads regularly tend to be **popular at school** and make friends easily throughout childhood.
- Preschoolers with nurturing fathers are **better at sharing** with their peers.
- Sons of affectionate fathers score **higher on IQ tests**.
- Girls whose dads are involved in their daily lives do **better in math** than those whose fathers aren't.
- Preschoolers of both genders whose fathers spend a lot of time with them are **better at using words** to express themselves.

Use Loving Discipline to Teach Self-Control

- Explain the rules - Tell what will happen if your child breaks them. Ask your child to repeat a rule to make sure he or she understands.
- Be consistent and fair. Have the consequences fit the action.
- If child misbehaves: 1. Describe the result of their behavior—"The glass got broken."; "You made your sister cry." 2. Ask them to repair the damage—"Please clean up the glass. I'll give you a broom and dustpan"; "What will make your sister feel better?" 3. Discuss what/how they can behave that is better—"When you get angry at your sister—what can you do?"



- Consider "timeouts" -have your child sit quietly for 1-3 minutes without any distractions.
- Do not spank or use other physical punishment.
- Remember to praise your child when he or she does something you like.

Tips for Dads to Get Children Ready for School

- **Help your child feel successful.** Notice and comment on things your child does well.
- **Be demonstrative with your love.** Tell your children "I love you."
- **Do not protect or isolate your child from failure.** Instead, make sure your child understands that failure is an opportunity to learn and do better next time.
- **Set limits.** - Kids need limits; teach kids what to do and explains what is not ok to do.
- **Get physical.** – play ball, push your child on a swing.
- **Plan family outings.** - visit the zoo, picnic in the park, take a short trip.
- **Read to your child every day.** - It helps lay the foundation for language skills and it's a great way to spent time together.
- **Build her skills.** - Teach your child to throw a Frisbee or swing a plastic bat. Plant a garden together. Get her pedaling on a tricycle or a two-wheeler with training wheels (just make sure she wears a helmet).
- **Start conversations.** - Talk about your child's favorite things, whether they're dinosaurs or princesses. You'll teach him that you value his point of view.