



FATHERS MAKE A DIFFERENCE NEWSLETTER

Being involved with your child makes all the difference in the world

November 2015 Issue 4



Fathers with their children at recent Football with Fathers Event

“I love my family and want to spend time with them, but I leave for work when it’s dark and come home when it’s dark.”

- Head Start Father

Involving Your Children In The Things You Liked As A Child

What were some of the fun things you liked to do when you were a child. Was it skipping rocks at the pond, playing hide-n-seek, or kicking an aluminum can? Maybe it was playing basketball, a favorite card game or board game, or drawing. Chances are, out of a list of things you liked do when you were younger, your children will enjoy several activities on the list.

At one of our Head Start locations, we recently hosted a Football with Fathers event. We taught the dads and children how to play table football. The fathers became the Table Football Expert for their child. We shared with the fathers how as they folded the 8x11 paper it worked on fine motor skills. When they folded the paper from rectangles to triangles, dads could go over shapes. The fathers encouraged decorating and creative expression through coloring the folded footballs. As they slid the football back and forth it helped with gross motor and self control. We challenged the dads to be creative with how they kept score and counted numbers. The children enjoyed their time with dad.



Father and son enjoy soccer



Tea time with daddy.

ManUp for DVAM Video

Domestic Violence Awareness Month was in October. It’s important that men become aware of domestic violence and take a stand not to repeat the cycle. We entered a contest held by the Texas Council on Family Violence called ManUp for Domestic Violence Awareness Month.

Our 4 minute video we made was called “Men Can Make A Difference”. It was featured on the TCFV Facebook page where the public could cast their vote. Well, our video won 3rd place. This is EXCITING! We will be using the cash prize to further our work with fathers here in Hays County. Thank you for your support!

Contact Us

Give us a call for more information about our services and program.

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COUNTY**



Balancing Work and Family by D. David Bryant

In the month of October, I had the privilege of sitting down with 7 home visitors who help parents prepare their children to become school ready by the time they enter kindergarten. I asked the home visitors about some of the challenges that fathers faced in their families. One common answer was finding time to be an involved dad after working long hours during the week. I spoke to a Head Start father at a recent "Football with Fathers" event and he confirmed this challenge. He stated, "I love my family and want to spend time with them, but I leave for work when it's dark and come home when it's dark."

I have compiled some tips from things that I found work for me and a few articles I read from National Fatherhood Initiative, Focus on the Family, and Raising Children Network. Let me know how these work for your family.

1. **Be creative.** Don't see your current situation as impossible, but see it as a challenge that you can overcome. If you only have 1 day to spend with your family per week, make it meaningful. Be creative with what you do with your time and how you use it with your family.
2. **Be willing to let your job know family is important to you.** It could be as simple as displaying your child's artwork at your desk. This will let your employer know you are committed to family.
3. **Have time to transform from the Employee to Dad.** On the commute home let work stay at work. Mentally prepare for your family.
4. **Help with the every day things as you can** such as bedtime, packing kids lunch, making their favorite drink, or morning routine.
5. **Keep family commitments.** Just like commitments at work plans you make as a family should be kept.
6. **Speak with family about your family time efforts.** Talk with your children and partner about what they like about the time they spend with you and things they may want to add or change.
7. **Go the extra mile.** Be willing to go on walks with your child, tell them funny stories, read to them, take your child to school, volunteer in their class, or doing something your child likes to do.

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