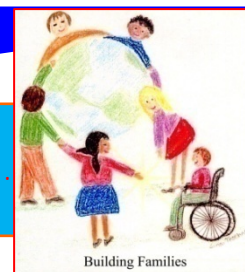


Building Families Empowerment  
Every child, beginning at birth, will be healthy and successful.



## Parenting Pal- January

### Parenting Tip

#### Get Dad involved!

- Children who have active dads have better grades, positive problem solving skills, good health, ability to maintain friendships, higher levels of empathy and compassion.
- Children who have involved fathers become adults who have a higher life satisfaction, have more education, higher income, more stable jobs, and stronger and longer marriages.
- Compliment your partner on his parenting skills. Notice what he did in a certain situation and let him know when he did a good job.
- Show interest in his interests. Find out why he loves the things he does and support his passion.
  - Courtesy of ISU Extension *Me & My Dad: Parenting Together*

Dad is a Verb,  
like catch and hug and listen.  
It is not just something you are,  
It's something you do. Like  
laugh and read and play. Are  
you doing anything more  
important? Have you been a Dad  
today?

"It's not enough to say fathers are important. We must say they are necessary."

For stories of featured fathers in every fathering situation visit <http://www.extension.iastate.edu/>

"We went to prenatal classes. The book was called the Joy of Motherhood-big picture of mother and baby on the cover, no father in sight. This is a partnership. I'm just as responsible as Renee (his wife) is in providing whatever Maggie (his daughter) needs. I have Maggie when Renee is working. I'm not babysitting. I'm taking care of my daughter! I'm being a dad!"  
Brian -First time Dad

Courtesy of ISU Extension - *Me & My Dad: Featured Fathers*

### Playing With Your Children.

Have your child spend a day with just Dad.

They can play outside in the snow by sledding or building forts.

They can play inside games like board games or read a book together.

They can go out to lunch with dad or to dad's favorite store.

Dads are so important in a child's life. Give dads a chance to be a "verb" dad. Let them be involved!

### In-Home Visits

Parent Coordinator,  
Amy Muller, is  
offering to work with  
you and your family  
one-on-one and in your  
home.

Reply to  
[amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org)  
with subjects or tips you  
want to hear more about!

## You & Me Parent Education Gatherings



Helping You and Your Child  
Grow as a Family!

"You & Me!" is a monthly gathering in Hamilton, Humboldt, and Wright counties for parents and their children. These gatherings are FREE and will include activities for parents and children, snacks, prizes, and transportation assistance if needed. "You & Me!" gatherings are designed for parents with children ages 0-5.

New You & Me Parent Education gatherings will be coming in January.

**"Hot Heads"** Learn how to manage your anger and regulate your child's emotions.

**"Quality and Child Care. What is quality child care?"** We are going to talk about what you should look for in child care and where you can find quality for child to thrive!

**"Be a Lifetime Dad"** A good male role model is so important in a child's life. Guys come and learn from "Lifetime Dads" how important you are to a child's life and their success. Moms are welcome too!

**"Money Choices: Making the most of what you have".** Learn how to handle your child's expenses and pay your bills!

**"Books, teachers, and kindergarten. Oh My!"** Find out what you need to know to get your child ready for kindergarten or preschool and what you need to know for the big first day!

### January and February "You & Me"

#### *Webster City*

Jan. 14<sup>th</sup>: "Hot Heads"

Feb 11<sup>th</sup>: "Be a Lifetime Dad"

#### *Humboldt*

Jan. 15<sup>th</sup>: "Hot Heads"

Feb 19<sup>th</sup>: "Quality and Child Care"

#### *Eagle Grove*

Jan. 21<sup>st</sup>: "Hot Heads"

Feb. 18<sup>th</sup>: "Be a Lifetime Dad"

### Locations

#### Fuller Hall

Sampson Room  
625 Bank St.  
Webster City

#### Humboldt Library

30 6th St. N  
Children's Area  
Humboldt

#### Eagle Grove

United Methodist Church  
421 W. Broadway St.

Upper Des Moines Opportunity  
Lifetime Dad's Program  
Mike Simcho-msimcho@udmo.com

Questions or Comments? Contact Amy Muller at  
[amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org) or call 515-832-1791

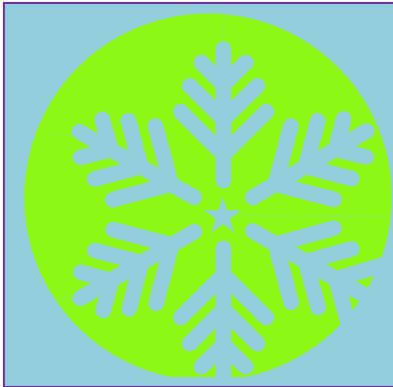
[www.fathersonline.com](http://www.fathersonline.com)

[www.fatherworld.com](http://www.fatherworld.com)

[www.dadstoday.com](http://www.dadstoday.com)

[www.fatherhood.org](http://www.fatherhood.org)

## 10 Ways to be a Better Dad from the National Fatherhood Initiative



"I think that fathers need to spend quality time with their children. They should tell their children that they love them and then display that love through their actions. But a father needs to love his wife first and foremost."

Jeff- Iowa State Coach

Courtesy of ISU Extension - *Me & My*

- Respect your child's mother.
  - When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.
- Spend time with your children.
  - Kids grow so quickly. Missed opportunities are lost forever.
- Earn the right to be heard.
  - Begin talking with your kids at a young age so that difficult subjects will be easier to handle when they get older. Take time to listen their ideas and problems.
- Be a role model
  - Fathers can teach their children what is important in life by demonstrating honesty, humility, and responsibility.
- Be a Teacher
  - Involved fathers use everyday examples to help their children learn the basic lessons of life.
- Eat together as a family
  - It provides structure to family life and gives children a chance to talk about their day. It also gives parents a good chance to listen and give advice.
- Read to your Children
  - Instilling your children with a love of reading is one of the best ways to ensure they will have a lifetime of personal and career growth.
- Discipline with Love
  - Fathers who discipline in a calm and fair manner show love for their children.
- Show Affection
  - Showing affection everyday is the best way to let your child know that you love them.
- Realize a father's job is never done.
  - Even after children are grown and ready to leave home, they still look to their fathers for wisdom and advice. Fathers continue to play an essential part in the lives of their children as they grow, marry and build their own families.

Feel free to forward this e-mail to others whom you think might enjoy it. If you would like to be added to the parent e-mail list, email Amy Muller at [amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org)