



## Fatherhood Newsletter

### Teaching Values and Encouraging Value-Based Behavior

**Role Model.** Children learn more from what we DO (behavior, actions) than from what we say. Lecturing and moralizing are ineffective tools for teaching values. Practice/model the values that you want your children to learn. Live the values that you hope to pass on.

**Affinity Groups.** Involve the child in groups that reflect the values that are important to you and your family. These groups can be religious, athletic, educational, social, artistic, skill building, etc.

**Active Listening.** Use active listening skills to keep communication channels open. Stay open and approachable as a parent.

**Rituals.** Create celebrations to mark important events or accomplishments. Celebrate an educational goal (example: Child can write his/her name).

**Family Rules.** Establish rules with your children that reflect family values. It is important to include older children in making rules and for setting the consequences for breaking rules.

**Praise.** Encourage your child and praise what she/he says or does that reflects the values you desire to instill. The more you pay attention to these desired behaviors, the more likely the child will be to repeat them. Source: Nurturing Father's Journal—Mark Perlman, MA



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### Get involved with our



#### FOOD DRIVE

Canned & Non-Perishable Food  
Please bring perishable food items to the local Head Start Preschool the day of distribution.



#### COAT DRIVE

As the cooler weather approaches, we have some children who do not have warm clothing. If you would like to donate coats, jackets, caps, and/or mittens please contact the Head Start Center in your area.





Fathers play a critical role in the development and well-being of their children. The presence and active participation of a father can profoundly shape a child's emotional, cognitive, and social development, leaving lasting impacts that extend into adulthood.

The role of a father is indispensable in shaping the future of their children. From fostering emotional well-being and academic success to enhancing social skills and preparing them for adulthood, fathers leave an indelible mark on their children's lives.



*"One of the greatest lessons I learned from my dad was to make sure your children know that you love them." -Al Roker*

Fathers play a significant role in the cognitive and academic development of their children. Active paternal involvement has been linked to improved academic performance and higher IQ scores.

Research conducted by the National Center for Education Statistics found that children with involved fathers are more likely to get A's in school, have better verbal and mathematical skills, and more likely to enjoy learning. This academic advantage can lead to better educational and career opportunities in adulthood.

Source: Dr. Monique Corzo Torrees



Fatherhood is a lifelong journey that provides great rewards for dads and their children. Fathers contribute to their child's emotional well-being by providing love, support, and stability. Their affectionate and nurturing interactions help children develop secure attachment bonds, promoting emotional intelligence and resilience.

