

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER

THAT SPECIAL GUY IN YOUR CHILD'S LIFE

Having an involved, nurturing, and caring father or 'special guy' can make a powerful, positive difference in a child's mental and physical health and development. Involved fathers and mothers each make invaluable contributions to the lives of their children. The good news is that the special guys of today are more active and involved in children's lives than in years past. However, fathers often still struggle to have the time to balance work and family responsibilities. Fathers who do not share a full-time residence with their children also may find parental involvement more challenging - but nothing is more rewarding and fulfilling than being an involved, nurturing special guy in a child's life.

Retrieved from <https://www.childbirthgraphics.com/Celebrating-Dads>



BEING THAT SPECIAL GUY - MAKING IT COUNT

"Dad: He can play like a kid, give advice like a friend, and protect like a bodyguard" Unknown

There are a lot of ups and downs when it comes to being that special guy in a child's life. It takes patience, a sense of humour and nurturing, all while balancing the expectation of fatherhood and masculinity.

Dad Central is a website that has resources that support and engage fathers. The website provides insights that validate the importance of dads and is backed by the most recent research. It is written for dads, by dads and covers all sorts of topics. Check out these tips from the website:

Respect your child's mother

Maintain a respectful and supportive relationship with your child's mother to provide a secure environment for your child. Parents who show each other respect set a good example for their child's future relationships.

Give your child your time.

The time you spend with your child is precious. Read together, take trips to the park, eat together, and listen to what your child has to say.

Be a role model.

Realize that your child is always watching you, and you are always setting an example. Teach your child with your actions that you value honesty, responsibility, and treating others respectfully.

Show affection.

Let your child know every day that you love and accept them unconditionally. Your loving affection can help your child develop a sense of security and confidence.

For more information and to be able to download resources, visit <https://dadcentral.ca/free-resources/>

TAKE A TRIP!

Did you know - you can visit far away lands from your living room? Ever wanted to see The Louvre in Paris, or the Sistine Chapel in Vatican City, or take a tour of Walt Disney World?

Check out this website for a variety of virtual tours you can take with your child!

<https://www.forbes.com/sites/laurabegleybloom/2020/04/27/ranked-worlds-15-best-virtual-tours-coronavirus/#6821cfa56709>



THE INFLUENCE A 'SPECIAL GUY' HAS ON A CHILD

1. Involved men bring positive benefits such as providing protection, economic support and being a male role model.
2. They have different parenting styles than that of the mother - and that's ok!
3. They play rougher and are more likely to encourage risky play (we'll learn more about that in future newsletters).
4. They introduce their children to a wider view of the world.
5. They give an insight into the world and prepare children for the challenges of life.

Retrieved from <https://www.focusonthefamily.com-qa/the-significance-of-a-fathers-influence>

WHAT YOU WISHED YOU KNEW ABOUT FATHERHOOD BEFORE BECOMING A DAD

How much fun it would be . . . and how hard. If that makes any sense. Dad from WV

How all encompassing it is. It challenges you to be the father to them you want to be AND the man you want to be. And how much they see and imitate - especially the bad! It's always in the back of my mind to be the dad I want to be. Dad from DE

That you really do feel a huge responsibility you didn't feel before. And then you feel completely inadequate, but you don't want anyone to know. So you put on this brave face and hope you aren't messing it up! And then one day you realize, hey! I think I got this!! Dad from NJ

That dad's don't 'babysit'. That we don't 'pitch in to help'. We FATHER. I wish another guy had told me that changing diapers, holding a fussy baby, making dinner, throwing in a load of laundry, whatever, isn't 'extra'. It's my JOB. I'm DAD. And I'm grateful for the times I complained to my guy friends and they slapped me on the back and said, that's hard, man, now suck it up and deal and go love your family. Dad from TX

Retrieved from <http://www.womendeservebetter.com/fathers-talk-about-becoming-a-dad>

WHAT DID THE DADDY BUFFALO SAY TO IT'S SON
BEFORE IT LEFT FOR SCHOOL?
BISON



CELEBRATING THAT SPECIAL GUY

Children benefit from having a positive male role model in their life, and this special guy doesn't need to be a biological father or actually live with the child - he just needs to be engaging, consistent and nurturing in his role. Having a special guy actually contributes to a child's overall development.

So, how do we acknowledge this special guy during a pandemic, when the Father's Day Brunch at your local restaurant isn't a possibility? We've been celebrating our 'fathers' on the 3rd Sunday in June since 1910, and how we've done it in the past may have changed, but the tradition lives on and here are just some possibilities:

- **Serve a hearty brunch, or make him breakfast in bed** - start his day off with a feast fit for a king!
- **Make him a card** - nothing says love like handmade cards from children!
- **Have a family game night** -that's quality bonding for the whole family (but let him pick the game)!
- **Learn something new together** - he's never too old to learn new things, so try a new recipe or a new hobby together!
- **Pitch a tent in the backyard** - enjoy the fun that camping brings, and try out some of the campfire recipes from our previous newsletter!
- **Watch his favourite show with him** - let him pick, grab some popcorn and sit and enjoy!



We need to create space to allow our children to process their thoughts, experiences and fears about the changes that they have experienced and what they might face moving forward. It's not going to be an easy transition for everyone, and we need to be patient and understanding, now more than ever. Take a deep breath - you've got this!

*A message brought to you by our Clinical Unit at
Haldimand-Norfolk REACH*

POOL NOODLE POM POM LAUNCHER

Time to have some fun!! Try out this idea and launch into battle! You'll need:

Pool noodle (kind of pool noodle with a hole in middle)
Duct Tape
Balloon
Pom Poms

1. Cut 3 - 4 inches off the end of the pool noodle.
2. Tie off the balloon with no air in it. Snip off a small piece of the balloon at the rounded edge. You'll be using the piece with the knot in it.
3. Stretch the open end of the balloon over the pool noodle, with the knot on the balloon on the outside as the launcher.
4. Tape the balloon in place with the duct tape.
5. Load up your launcher by placing as many pom poms as you can in the hole of the pool noodle!



Retrieved from: <https://juicyjuice.com/activity/fun-diy-pom-pom-launcher/>

RECIPE OF THE WEEK

How about making dad his very own Barbeque sauce!! You could even name it after him!

BBQ Sauce

2 Cups Ketchup
1/2 Cup Apple Cider Vinegar
1/4 Cup Packed Brown Sugar
2 Tbsp Honey
1 Tbsp Worcestershire Sauce
1 Tbsp Lemon Juice
1/4 Tsp Salt
1/4 Tsp Pepper
1/4 Tsp Garlic Powder
1/4 Tsp Hot Sauce (optional)

1. Whisk all ingredients together.
2. Put in saucepan over medium heat.
3. Bring to a boil and then simmer for 10 minutes.
4. Take off heat and cool.
5. Store in an airtight container once cooled.



The most important
influence in my
childhood was my
father.

DeForest Kelley



WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home to stay connected with everyone, and to help those in need during these turbulent times.

If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224

Feel free to find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting activity ideas, circle time videos and stories, and tips to stay healthy at home.

Have an idea you'd like to see us try? Email us at earlyon@hnreach.on.ca

