

The Dad's Zone

Northern Panhandle Head Start Inc. Active Involvement for Men

January 2009

Upcoming Events

January

- Family Activity Night
- Dad's Classroom Day
 Check your classroom for dates!
- Parent Meetings
- Administrative / Strategic Planning
 - **Jan 8th & 9th 8:30am**
- Policy Council & Advisory Meeting
 - **Wed. Jan. 21st 9:30 am**
- Media Blood Donor Day
 - Monday Jan. 26th WesBanco Area

February

- Fatherhood Conference Call Series
 Thurs. Feb 5 10:00 am
 Call In Number: (888) 790-2758
 Pass Code: "FATHERHOOD"
- Mom's Classroom Day
 Check your classroom for dates!
- Parent Meeting
- Policy Council
 Wed. Feb. 18th 9:30 am

March

- Fatherhood Conference Call Series
 Thurs. March 5 10:00 am
 Call In Number: (888) 790-2758
 Pass Code: "FATHERHOOD"
- Grandparents Classroom Day
 - Check your classroom for dates!
- Parent Meeting
- Joint Board and Policy Council
 Wed. March 18th 9:30 am



Finding Common Ground

It often surprises me when I hear other fathers talking about how their son or daughter, who is in preschool, is out helping them work on the car with their own tools. Or they are helping them with a building project in the garage.

It is certainly good to help our children excel in different areas of life. Even if it is something we know nothing about. They are wondrous combinations of interests, tastes, gifts and abilities, and there are thousands of pursuits out there for them to learn about—sports, hobbies, music, the arts, rebuilding the truck, to hunting, to the weekend WWE wrestling match in the living room. They develop valuable skills and learn life lessons they may not get any other way. Spending time and resources on your children to help them excel at something is the best investment any father can make.

One of the best ways to encourage and help them uncover their abilities is through shared experiences. We want to expose our kids to a wide variety of experiences and pursuits, but it's best if we jump into those experiences with them. It could be an opportunity to share our own expertise about something, or it could be something about

which we know absolutely nothing about—so we get to learn it together.

And if your child has one-in-a-million talent and dedication, he or she might play in the U.S. Open, perform at Carnegie Hall, write a best seller, grab a gold medal, build the car of the future or reach some other high level of achievement. We never know when a child will do something truly amazing. Chasing dreams is one of life's great joys, and as fathers, we want to instill in our children a healthy attitude about the incredible possibilities their future may hold.



But, even as they dream (and you dream), don't lose perspective. Take this wisdom to heart: probably the biggest benefit you can bring to your children's lives is your presence—just being there, being involved. That shows you're interested in their lives and it builds their confidence and self-worth. And building a strong relationship will give them the security to pursue whatever they do in life without having to worry about what you think about them, or why you weren't there for this or that game or event.

That perspective will also help you be a better dad. You don't have to get all bent out of shape about whether your child makes first team or first chair. You don't have to yell at the refs or coaches; you don't have to get uptight when you're practicing with your child. You can apply less pressure and give more encouragement. Best of all, you can just enjoy spending time with your child.

Dad's Quick Recipe

Pizza Baked Potato



- 4 baked potatoes
- 2 cups hot pasta sauce (pizza or spaghetti)
- 1 cup of your favorite pizza veggies
(broccoli, green pepper, onions, mushrooms etc)
- 1/2 cup grated mozzarella cheese
- 1/2 cup sour cream (optional)

Bake or microwave the potatoes until almost tender. While the potatoes are still hot, split them open lengthwise. Add 1/2 cup pasta sauce followed by 1/4 cup mixed veggies to each potato. Microwave on high for 10 minutes or until veggies are the way you like them cooked. Top each with 2 tablespoons of grated cheese & microwave until cheese is melted. Serve with 1 tablespoon of sour cream over the top of each one.

Add a salad and you have a meal.



For Information about the AIM group, activities, or to send newsletter information, Contact:
David Deagel.
Northern Panhandle Head Start, Inc.
51 16th Street 4th floor
Wheeling, WV 26003
304-233-3290 ext 41
1-877-732-3307 / ddeagel@npheadstart.org

