



Community Action, Inc.  
of Central Texas

— DEVELOPING OPPORTUNITIES —

Texas Home Visiting Program  
Good People • Great Parents

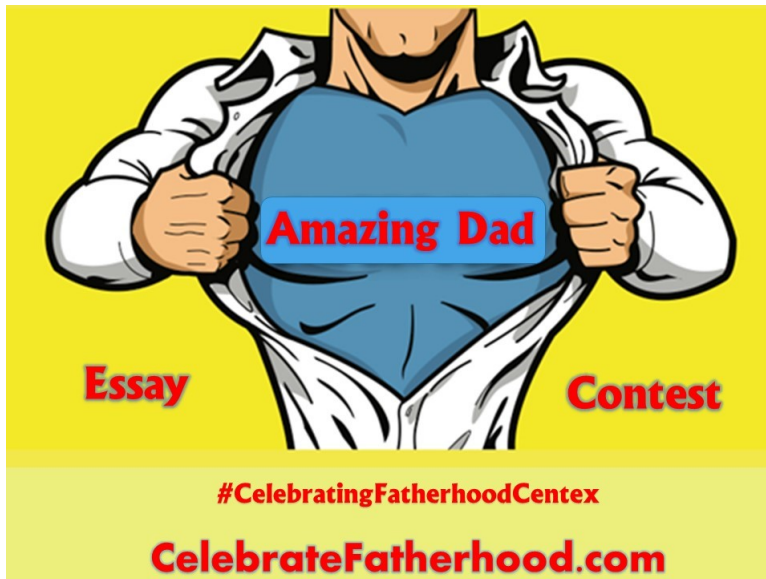


# FATHERS MAKE A DIFFERENCE NEWSLETTER

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

April 2016

Issue 9



AMAZING DAD ESSAY CONTEST DEADLINE IS APRIL 29, 2016

## Amazing Dad Essay Contest

On May 28, 2016, we will host Celebrating Fatherhood! A Conference Organized by Central Texas Agencies. This conference will take place at the San Marcos Activity Center and is meant to celebrate fathers, father figures, and fathers-to-be. We are having an "Amazing Dad Contest" to get students in our area involved and give us another chance to celebrate fathers and father figures who have made an impact in the community and in the lives of their children. For children who do not have fathers, this will give them an opportunity to look and brainstorm about other positive male role models who have a positive influence in their lives. The students would need to draw pictures, write a paragraph, or a short essay depending on the grade level highlighting their amazing dad.

There will be one winner per each school district level:

- \* Pre-school– Draw a picture with dictated sentence or 2 transcribed by adult.
- \* Lower Elementary (K-2) - Draw a picture with 3-5 sentences transcribed by adult or written by student
- \* Upper Elementary (3-5) - Drawn picture optional - 3-5 paragraphs about Amazing Dad or Father Figure
- \* Middle School and High School - 5 plus paragraph essay about Amazing Dad or Father Figure
- \* Adults - Can nominate themselves or another father figure by writing a 5 plus paragraph essay



Dad helping child at school



Family with Piggy Bank

*"He is a good father, and a good husband... He is my talented, resourceful, caring, amazing dad."*

*- "Amazing Dad Essay Excerpt" from a High School Student*

## Little by Little

It's the fourth month of 2016. April is already here and the summer will be here before we know it. Have you thought about summer activities you would like to do with your family? Sometimes summer plans do not always work out due to lack of time, lack of money, or lack of enthusiasm.

The lack of money issue can be solved by using the principle of "Little by Little". If you can begin to save a little bit of money each time you get paid and put away for your summer plans, then you will have your target amount before you know it. Everyone get's paid a different amount and each family has their own monthly expenses. Some families may be able to put a lot towards their summer plans while others can only put a small portion. That's okay. Whether your summer plan is to go to Six Flags Theme Park, the city zoo, or a picnic at the park, it all can be accomplished by saving a little bit at a time.

For information about activities you can do with little cost, email us.

## Contact Us

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

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# Parenting With My Child's Mother

by D. David Bryant

One of the tools I use in helping dads to be the best dads they can be is a curriculum by the National Fatherhood Initiative called 24:7 Dad® A.M. I conduct several groups throughout Hays County with fathers from all walks of life. These fathers are good men who want to be great fathers. Many of the conversations I have involve parenting. Fathers are one side of the parenting team and in most cases there is another partner. Our Celebrating Fatherhood! Planning committee recently conducted an Interest Survey of approximately 75 fathers. From this we found a major challenge many fathers face is communication and co-parenting with the child's mother. I would like to provide some tips and insight to co-parenting.



Co-parenting in it's simplest definition is: Parenting As A Team. Can you think back to when you played on a team or watched your favorite team play? If you can recall, everyone on the team did not have to be the best of friends and see things the same way all the time. Sometimes there were differences of opinions, but at the end of the day, all members had the same goal. They wanted to WIN. As a parenting team with your child's mother, are you going to have differences? Yes!! After the dust settles, at the end of the day, your common goal should be helping your child WIN. You see, you should parent with your child's best interest in mind. That rule applies when you and your child's mother may be married and all living in the same house or if you are divorced living in separate houses. A parenting team parents with the best interest of their child in mind.

### 4 Things To Remember When Parenting With Mom

1. Do not talk bad about your child's mother in front of your children or share with your children problems you are having with their mother. - Model respect for your children. By talking bad about their mother, you are showing them it's okay to disrespect their mother. You are also making them feel bad and uncomfortable.
2. Try not to argue in front of your children. - You may need to set aside a time to talk things over with your co-parent at a different time to try to resolve the issue.
3. Follow the same rules. Stay on the same page. - It is very important that you and your child's mother are on the same page when it comes to basic rules, discipline, expectations at school, and more.
4. Communicate with your Co-parent. - Although you may know your child's mother well, you can not read her mind. As a player on the same team it's important to know the play you are running. Communicate.



These 4 things can help you help your child to WIN. It will help your child get the best of you and the best of mom. These tips can be helpful whether you live in the same house with your child's mother or not. Good luck!

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