



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

January 2016

Issue 6



Happy New Year to you and your family from us here at Texas Home Visiting of Hays County! We hope this new year of 2016 finds you in good spirits. Traditionally as we begin a new year, many of us set goals and New Year Resolutions. According to Wikipedia, a New Year Resolution is when a person makes a promise to do an act of self-improvement or something slightly nice for someone. While many of us mean well when making resolutions, most of us do not always keep them. Research from the University of Scranton as published in the Journal of Clinical Psychology found that only 8% of people are successful in achieving their New Year resolutions.

So do we just stop setting goals and resolutions because we might not complete them. No! To the contrary. Let's be more intentional and specific when setting our goals this year. As a father, I think I raised my game last year in 2015 and did a great job at being a dad, but that was last year. 2016 is a fresh start. Whether you weren't the best father in 2015 or whether you should win father of the year award, that's all in the past. What are you prepared to do now? How can you be a good father to your child now? Some of us fathers see our children daily, others every other week, and some of us less often than that. We have a new year and fresh start to choose what kind of father we want to be. Here is how to set S.M.A.R.T. Goals adapted from *National Fatherhood Initiative*.

- **Specific:** Specific goals are more likely to be accomplished than general ones. Answers questions like who, what, when, and why at this step.
- **Measurable:** "You can't manage what you can't measure." Think about how you will know when the goal has been accomplished.
- **Actionable:** Do your goals start with words like "write," "quit," "begin" and "finish"? If not, they are less likely to be accomplished.
- **Realistic:** If you've reached this point, you're getting excited and you're doing well at setting goals. With that, it's easy to set your goals too high. Be very honest with yourself and consider what really can be attained.
- **Timely:** Put a date at the end of each goal. Some goals may need to have December 31<sup>st</sup> on them, but even with those goals, consider breaking them into smaller steps and adding a shorter time period to them.

"A goal properly set is halfway reached."

- Zig Ziglar

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it"

- Michaelangelo



Family celebrating the New Year



Father & son reach goal

## Contact Us

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

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Visit us on the web at  
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GROUP :**

**FATHERS IN HAYS  
COUNTY**



# Expanding our Reach

## Kyle & Buda, Texas - Hays County

January 26, 2016 we will be conducting another Father Workshop at the Kyle Public Library. The Workshop is titled "ABC's of Fatherhood". Most fathers would say they do a pretty good job at being a dad, but what if there are some basics that we are missing? Through a fun and interactive way, we will explore some of the subjects together. We will also be starting a weekly 24:7 Dad Group in the Kyle area Tuesday February 23 at 6pm. Location to be announced soon. 24:7 Dad is a curriculum produced by the National Fatherhood Initiative.



## Wimberley, Texas - Hays County

February 8, 2016 we will be conducting a Father Workshop and Talk Show format titled "Discipline vs Punishment". This workshop will be held at 6pm at the Wimberley Village Library. Excitement is already arising in this community around this important topic. It is our goal to start a 24:7 Dad group in March.

Which method should dads use?



## San Marcos, Texas - Hays County

Towards the end of January we will be concluding our weekly 24:7 Dad Group that is held Thursdays at Centro Cultural Hispano de San Marcos. Our new session is slated to begin February 25, 2016. In the meantime, we will be excited to be conducting a Father Workshop and Talk Show format at the San Marcos Public Library. The subject will be Discipline vs Punishment. This workshop will be held February 9th at 6pm. We also have several big events that we will be planning in this county seat of Hays County. More information concerning these father-friendly events will soon follow.

## Fathers In Hays County Facebook Group

Congratulations to the Mireles Family. They were the winner of our "Thankful for the Holidays" contest where we challenged fathers to tell us why they were thankful for their children. They were the recipients of a \$50 Gift Card to The Root Cellar located in San Marcos. Dad, Tommy Mireles said he plans to use their prize for a date night real soon. More information about this contest and encouraging post for dads can be found on our Facebook Group. For general information about Texas Home Visiting and educating our young learners, visit our Texas Home Visiting Hays County FB page.



## Looking for Opportunities?

Looking for opportunities to get involved and be the best person you can. You can consider David, our Father Engagement Specialist, as a one stop shop for all things Dad. From volunteering at your child's school, to mechanics, fitness gyms, job search, medical inquiries, to many things in between; we are here to help point you in the right direction. You can call, email, or text for a free one-on-one appointment to help you be the best for your children.

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