

Critical Points Of Conscious Fathering

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Tips for Positive Response to Setbacks and Problems

At times as fathers, we find our role a bit overwhelming because we are commencing a new stage in our lives. It is perfectly normal to feel this way, and to be honest; you are not the first male to feel overwhelmed about fatherhood. We can start facing these feelings by focusing our energy on being conscious about fatherhood. We must recognize a duality in fatherhood. On one side, we care and nurture our children. On the other side, we guide and teach them. When we as dads to be or current fathers consciously focus our energy on this duality, we can form a father-child bond based on love.



Following are some key points to consider:

- **Fatherhood style:** We have an overabundance of moments to establish our unique father nitch from conception until they leave the nest. We can read, play music, sing, paint, play, talk with our children. The importance here is

to be involved with our children. As they grow older, many of the activities will change over time but, we get to be as creative as we want to be, defining our unique Fatherhood.

- **Rituals:** Children feel a sense of security with routines. Rituals are just the perfect thing to do with your children, like having movie night only with dad or picking up groceries. The

main focus is to create consistency with them. Rituals could be as silly as having a particular way of saying Goodnight before going to bed.

- **Responsibility:** Direct caring for your child is essential. We can take them to the dentist's or doctor's appointments. We can drop them off or pick them from school. With time, we will notice how good it makes us feel and how good are our fathering skills.

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If we have learned anything from life is that we make mistakes all the time. We are imperfect creatures striving for perfection. Unless you have given up, and you stopped trying to become the better version of ourselves. Yet, the last thing any human losses is hope. Well, there still is hope to deal with the card handed to us in a different mindset. As humans, we always have to survive by having strong resiliency. We understand that we can get up and do it again.

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Reading to our Children

Looking back, I remember coming to my daughter's Head Start classroom. Her teacher Mrs. Brenda and Mrs. Aida, continuously talking to



me about the importance of reading to my daughters. I thought it was them trying to get me involved in volunteering for Head Start. Eventually, I did give in and became a volunteer as well. However, now I can say reading to my daughters is paying off. Both of my daughters

are part of the top readers in their classrooms. And their vocabulary is extensive. The way conversations are carried in our home is in-depth because they can better express their thoughts. I can say indeed it was Head Start that gave them the building blocks to success. This is my reason for sharing some of the concepts behind dad's reading to their children because I know first hand that it works.

Did you know:

- Contributes to their child's development, including school readiness.
- When speaking to young children... Fathers talk in ways that stretch and challenge the child's language ability.
- Father's social play is associated with their children's language and cognitive gains.

Effects on the Child:

- There are positive gains in early language and problem-solving behavior.
- When a child is 24 months old, the father's language contribution has been found to enhance language development later in life.
- A father's presence in the family promotes cognitive outcomes.
- Long-term cognitive effects, namely higher math and reading skills in fifth grade.

Let's bring balance and resilience to the lives of the children.

What better way to start? Let's read to and with our children!

We are on Facebook! Give us a Like!



Hey,

Did you know we have a Facebook Page? Now you can follow us and know when we are having our next event. Or, when we are hosting a "Through the Eyes of a Father" Zoom meeting, during the meeting our focus will be on building healthy families through five protective factors:

Resilience, Relationships, Knowledge, Support, and Communication.

Give us a like and tell a friend! <https://www.facebook.com/dadsgateway>

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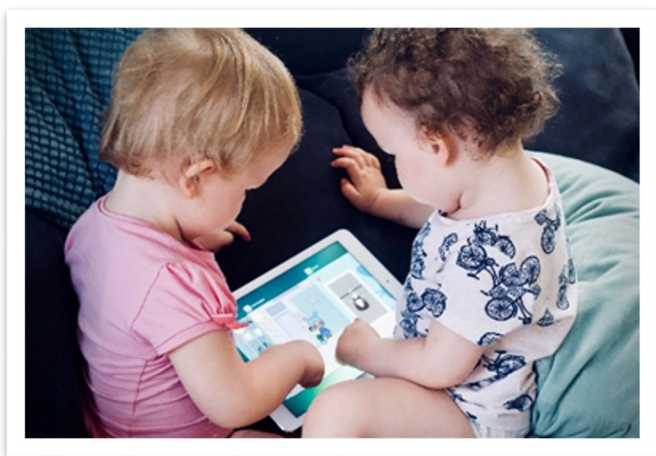
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- **Balance:** We understand the importance of work but, it is also important to dedicate time for ourselves, our children, and our families. When we take off in an airplane, the flight attendant tells us that we should first put on our oxygen mask first then help others in case of an emergency. This concept is the same with our self-care. We must have time for dad, and then we can adequately provide time for our children and our families.
- **Scholarly Fathers:** Yes, we do not know it all, and we could always learn something new. The best kind of dad reads, asks, and learns new things to expand his Fatherhood style. Creating a support group of male figures that support our personal growth as fathers is an excellent way to show we care about our children.

We hope to see you grow alongside your children as we strive to build a better community. You could always reach out to us as we are here to see you become self-sufficient.

BUILDING ON OUR CHILD'S LITERACY

It is a new world, and advances in technology permit information to be available to the masses. As fathers, we must take advantage of the latest information technology age by using every tool available. Many companies now have developed applications for smartphones, laptops, and tablets free or at a very low cost. I am not trying to advocate for a particular application, so please understand me. What I am trying to do is to provide some tools that help us dads to raising intelligent children.



Today, many of us have access to a smart device, and we know that our children love playing with them. Then why not get them to learn as they play. Literacy is very important for our children's academic success. So why not start very early creating habits of success for our children. When my daughters were little, they use my phone all the time, and I had different educational games that now are paying their dividends.

With that being said, I will include a few apps that help me with my girls' literacy development:

Learn to Read with Tommy Turtle is a delightful game that invites preschool-aged children to blend sounds into words, read and form simple words, identify spoken words, and learn word families.

Looking for a fun, educational games for kids to play? **The PBS KIDS Games app** has 200 free learning games with your favorite PBS KIDS characters. Kids can learn and play with amazing games anytime, anywhere, with new games added weekly!

Phonics and Reading With McGuffey I Lite is a "reading accelerator" that helps children quickly reach the first-grade reading level.

Whether we use the applications mentioned or search for our applications, the point is that as dads, we must make sure our children become prepared and ready from the early stages of their lives. Let us dads make it our habit of creating generational wealth through breaking circles of poverty. Our calling as dads is to provide education by becoming our children's first teacher.



Expressing Our Manhood

Some of us men regularly face the social gentrification of being boxed into a description such as powerful, strong, protector, decision-maker, in charge, though, dominating, courageous, athletic, aggressive, no pain, no feelings, no fear, no weakness, no emotions (except anger). Alongside the above mentioned, there are supposedly societal rules to follow: the “do not be: vulnerable, too loving, too caring, too committed, too nice or too kind, show emotions, ask for help.” Besides, other societal rules are, act like a man, always be in control, etc. Many of the societal rules have caused harmful generational internalized fears.



As we mentioned above, the boxed description of a man in society does not allow vulnerability to be a part of manhood. There is no avenue for a man to manifest his emotions. Even when he does, he is observed as feminine and less than a man—obviously, many red flags about the stated. Manhood appears to be defined by many aggressive adjectives. Yet, that is not what we experience or who we are to our loved ones.

It is understood that one of the biggest causes of fear is uncertainty. In this case, uncertainty in knowing who we are as a man. Each one of us possesses by inheritance information passed down from generation to generation. Yet, we seem to forget the knowledge passed down comes from two sources. One is a male and the other a female. We fail to consider the deeper meaning of what was just stated.

Maybe something we need to consider to be able to manifest our manhood from a place with no societal description is by considering the old saying carved into a stone at the entrance to Apollo’s temple at Delphi in Greece “Know Thyself.” The phrase is a bit of a philosophical puzzle of a sort, but it is essential for men who feel placed in a societal box, “knowing thyself” will be the commencement to breaking out of the box.

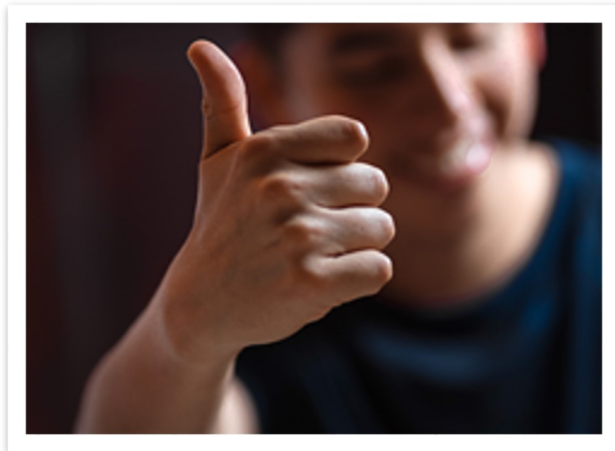
We tend to believe that others know us better than we know ourselves. We allow others to define who we are; however, here is an answer, no one gets to tell us who we are. We get to determine who we are and why we are here on Earth. By understanding who we are as men and not allowing social norms to define it for us, we can ask ourselves, what have I hidden within me about who I genuinely am? And what choices lead me to a better version of myself? Breaking out of the fears of expressing our manhood, who we are means to listen to our internal voice, producing a new perspective of what we should be doing with our short time on Earth. I would dare say not a new view but our real self intent for our lives purpose.

(Continued:) Tips for Positive Response to Setbacks and Problems

(Continued from Page 1) Maybe so many things in the past have given you a negative aspect of life. There still is hope to change our paradigm. However, we have to be courageous enough to recognize that our brain patterns may be working against us. Moreover, our brain plasticity allows for reprogramming at any stage of our being.

Following are a few thoughts to consider:

- **Remember that mistakes are part of the journey.** All that we have to do is shift our thinking process. Think about mistakes as learning lessons of spiritual growth. Mistakes are just part of us discovering and figuring live. Have confidence in yourself and the path that you are traveling.
- **Understand that your perception becomes your reality.** This is a big thing! The way you think is what you will manifest in your everyday life. Thoughts and words do have power over who we are and how we act in life. Learn to control your thoughts and comments. Use your mistakes as stones to build a better road for your journey. Your experiences should tell you what a positive outcome is, and the negative should teach you a better path.
- **Be kind to yourself.** We, at times, are very hard on ourselves. Society has created this perfectionist lifestyle causing us to become automated harsh self critics. When in reality, we do deserve to be kinder to ourselves. Training our brains to be kinder to ourselves will help us at the times when we make mistakes.
- **Make room for new information.** We have to train our brains to be able to accept change. We get so caught up in our perspective that when further information comes our way, we automatically reject it without noticing. This can cause stress, and negative emotions can set us on a path of failure. Let us train our brains in such a way to consider others' perspectives to resolve the problem.
- **Do not confuse mistakes for failure.** If we confuse mistakes for failure, an overwhelming fear of making mistakes may set in and act against us, causing paralyzation. The wise person in a room is the one that learns from their mistakes and uses the stones thrown at them to build a castle. Mistakes are just that; use them for growth and never allow them to paralyze you.



Our hope is always that you grow alongside your children for a healthier future together.