



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

July 2016

Issue 11



Father and child at the doctor

Going to the Doctor

A majority of men do not like to go to the doctor. Why is that? I sat down with a group of men recently at one of our fatherhood groups and we explored this topic. "Some men are macho and too tough to go to the doctor. Going to the doctor would admit weakness", one father said. "Going to the doctor cost too much", another father stated. "They may not have insurance." One dad said that he had a bad experience at the doctor and did not want to go back. We also addressed the issue of home remedies, the body healing itself, and supernatural healing for men of faith. There was still one father who said, "My dad didn't go to the doctor, so I don't go".

Regardless of how we feel about the doctor, it is important to go to our annual check-ups or whenever our body tells us. For one, our children are watching us. It's important we set positive examples including visiting the doctor so we can stay healthy. Men may not like everything that happens at the doctor, but it's important to know what's going on with our bodies. If we love our families, we will go to the doctor to hear how to better take care of ourselves. Even if a dad does not have insurance, there are medical centers that specialize in helping the underinsured.

As men, we want to be around as long as possible. That requires putting pride aside, going to the doctor, and then being diligent about what the doctor says for us to do.



"Dads, fathering is not always easy, but you were made for this!".

- David Bryant, Father Engagement Coordinator

24:7 Dad® Groups

24:7 Dad® is a fatherhood program for any father produced by the National Fatherhood Initiative (NFI). In our 24:7 Dad® groups we hold in Hays County, fathers from all walks of life come together to sharpen their skills to be the father their children need. Dads meet weekly in a group setting with their group facilitator as they learn what it means to be a 24/7 Dad. **Fall Registration for 24:7 Dad groups is now open.** Contact us for details.

National Webinar

Community Action Inc's very own David Bryant and Edith Rivera will be co-presenters with NFI on successful implementation of fatherhood program such as 24:7 Dad. Webinar will be July 21, 2016 at 1pm. **Register** at fatherhood.org

CMTC Baby Fest

Sunday July 24, 1-4pm @ Central Texas Medical Center

- Tour Childbirth Center
- Activities for dads and kids
- Door Prizes and 30+ Exhibitors

Contact Us

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

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**JOIN OUR FACEBOOK
GROUP :**

**FATHERS IN HAYS
COUNTY**



Your Child's Education

by D. David Bryant

"Summer Summer Summer Time" is a chorus I hear in my head when I think about summer. That song by Will Smith reminds me of summer days when I was a student in school. So how does an article like this get placed in a summer issue of "Fathers Makes A Difference Newsletter." Well, because summer is a perfect time to think about your child's education. We can think about it during back to school time, but why not now?



As you think about your child's education sometimes you reflect and think back to yours. How did that go for you? Are you currently in school now dad? Did you struggle through high school? Did you go on to higher education? Did you get in trouble in school? Well, your school experience doesn't have to shape your child's; good or bad. What type of student do you want your child to be? Hopefully, your answer is a successful student. How are you going to help your child achieve that goal?

One answer is to be involved dad. When children grow up with involved fathers they are more likely to earn A's, less likely to repeat a grade, more likely to do well on standardized test, and less likely to have a teen birth. Below are a few ways to help your student.

1. **Talk about the importance of school with your child** - Have a conversation with your child about the different types of school your child will attend and what happens at school. Share with them how education plays a role in the types of jobs that will have.
2. **Ask them how school is going or what happened at school today** - When you ask your child about their day, it shows them that you are interested in them and how things went. This helps build your relationship with them and your child's self esteem.
3. **Volunteer for a day or half a day in your child's class or school** - There are great program out there like WATCH D.O.G.S.® with the National Center on Fathering that encourages dads to volunteer one day out of the school year at their child's school.
4. **Attend Parent/Teacher Conferences and asks questions** - When fathers attend these meetings with the teachers it helps to show teachers that you are concerned with their child's education. It also helps to get insight on subjects your child may need help in.
5. **Use everyday opportunities as teachable moments** - A family game of dominoes can be used to highlight adding and multiplication. A trip to the grocery store can be used to talk about colors and shapes or biking riding can be used to share the lesson of getting back up when situations knock you down.

Texas Home Visiting Program of Hays County

Texas Home Visiting is a free program that helps good people become great parents. The program matches parents with a trained home visitor who comes to wherever you live. Your home visitor is a friendly, experienced person who can answer questions about your family's pregnancy or being a parent. They can help you find services that help care for yourself and children. Texas Home Visiting uses programs that are proven to support families from pregnancy until the time your child is ready to enter kindergarten. We help to ensure the family and child is ready to enter and prepared to enter kindergarten. We are currently accepting new families.



Home Visitor with Dad and Child