

Father's First!

A Newsletter for Dad's



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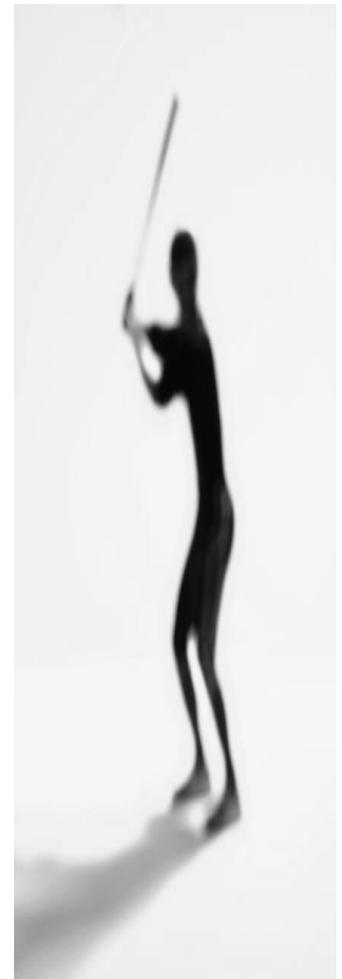
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Welcome to Father's First!

Hello all! It's once again time for another Father's First newsletter, as we are now trying to put the winter behind us and move forward into the spring and summer months. Spring and summer bring about a whole new slew of activities such as baseball/softball, picnics, swimming, and of course for our children's older siblings, cousins, or friends the END OF THE SCHOOL YEAR (My personal favorite time of year as a child). This leaves me thinking about time as our lives seem to get busier and more hectic during these months. Time is our most precious resource, one commodity we can't get back. Money comes and goes, "things" break and are replaced, but time cannot be saved. There are no do-over's when it comes to time. A saying I often hear a good friend of mine say is "yesterday is history, tomorrow's a mystery, all we have is today." He also likes to say that there is no tomorrow, because once it comes, it's today. So what are we doing with

our time? How are we investing it? Is our pursuit of "getting ahead" taking it all? Or are we so wrapped up in our own self interest that we do nothing for others? What about our children? Do we give them any of our time? Real attention? Moments where we are not wrapped up in the concerns of the world, the score of the game or whatever is on the numerous screens we tend to keep in front of our face. Do we take time to educate them? Do we take the time to teach them about love, honor, and charity? Do we show them how precious they are, by giving them the most precious commodity we have? Time, is the biggest gift we can give our children. When it's all said and done, are we really going to look back and wished we spent more time at our jobs or remember much of anything that flashed in front of us on those screens. I hope you enjoy this issue of the Father's First newsletter, and I wish you and your families well.

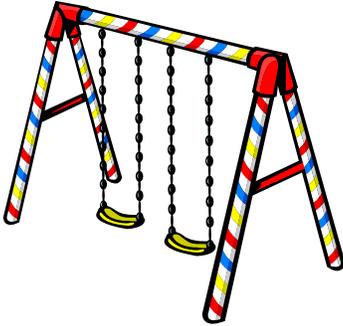


Bits of Wisdom

Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!

[Sitting Bull](#)

What can I do to get – and keep – my child active?



As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.

Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate..

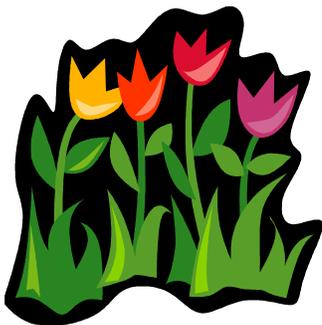
*Spring is nature's
way of saying,
'Let's party!'
Robin Williams*

The Origins of Father's Day

Who invented Fathers Day? While there are at least two or three different people with that honor attributed to them, most historians consider that Sonora Smart Dodd, of Washington State, was the first person to think up the holiday in 1910.

Sonora Dodd's father was a civil war veteran named William Smart. Dodd's mother died giving birth to her sixth child. That left William Smart a widower with five children to raise on his own. When Sonora Dodd married and had her own children, she realized what a tremendous job her father had done in raising her and her siblings as a single parent.

After hearing her Pastor give a sermon about the newly established Mother's Day, Sonora Dodd suggested to her Pastor that there should also be a Fathers Day and suggested that the date should be June 5, her father's birthday. However, that was too soon for the Pastor to prepare a sermon and he moved the date to [June 19](#), the third Sunday of the month.



Heads Up: Prevent Shaken Baby Syndrome**

What is a Shaken Baby Syndrome?

Shaken Baby Syndrome (SBS), a form of abusive head trauma (AHT) and inflicted traumatic brain injury (ITBI), is a preventable and severe form of physical child abuse. It results from violently shaking an infant by the shoulders, arms, or legs. SBS may result from both shaking alone or from impact (with or without shaking). The resulting whiplash effect can cause bleeding within the brain or the eyes.

Nearly all victims of SBS suffer serious health consequences and at least one of every four babies who are violently shaken dies from this form of child maltreatment.

Know the Facts about SBS:

SBS is a leading cause of child abuse deaths in the United States. Babies (newborn to 4 months) are at greatest risk of injury from shaking. Inconsolable crying is a primary trigger for shaking a baby.

How Can SBS Be Prevented?

Research shows that shaking most often results from crying or other factors that may trigger the person caring for the baby to become frustrated or angry.

The fact is that crying—including long bouts of inconsolable crying—is normal developmental behavior in infants. The problem is not the crying; however, it's how caregivers respond to it. Picking up a baby and shaking, throwing, hitting, or hurting him/her is never an appropriate response.

Everyone, from caregivers to bystanders, can do something to prevent SBS. Giving parents and caregivers tools to know how they can cope if they find themselves becoming frustrated are important components of any SBS prevention initiative.

You can play a key role in reinforcing prevention through helping people understand the dangers of violently shaking a baby, the risk factors and the triggers for it, and ways to lessen the load on stressed out parents and caregivers.

All of which may help to reduce the number of children

Let Me know...

If you have any suggestions, comments, story ideas, or feed back please do not hesitate to let me know. I welcome your feedback, ideas, criticism, or what ever else you have mind. I'm also always looking to assist in anyway I can. I am available by phone at 304-232-4590 or if you like we can schedule a time and I can meet with you in your home or in the community at your convenience. Also be on the look out as I have been trying to plan some activities that you can participate in with your children. Hope to hear from you soon!



*In the spring, at
the end of the day,
you should smell
like
dirt. ~Margaret
Atwood*



**The above article is a excerpt from the article of the same title that can be found on the Centers for Disease Control website at:
<http://www.cdc.gov/concussion/headsup/sbs.html>



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"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" - Mark

Website: npheadstart.org

Mission Statement: Our mission is to provide a high quality, comprehensive and family –focused, infant/toddler and early childhood program uniquely designed to prepare each child for tomorrow’s opportunities and challenges through community partnerships

Vision Statement: Building Foundations for Life-Long Growth and Development

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Keeping Kids Safe from Dehydration

Making old new again I came across this article in a newsletter by a past father advocate. These tips were written by a former Health and Nutrition Coordinator to help keep your child/children hydrated as we move into the warmer months:

- Keep water where your child can easily reach it.
 - Have small plastic cups by the sink and/or keep sippy cups full of cold water.
 - Keep a small plastic pitcher of water in the refrigerator at all times.
 - Offer drinks often on hot summer days. Children can become busy at playing and forget to drink.
 - You can also put a pitcher of iced water and cups outside where children are playing.
 - Offer fruit for snacks. Watermelon, cantaloupe, strawberries, and oranges are full of water.
 - Dress your child in light weight, light color clothes.
 - Bring along water bottles and/or sippy cups when running errands or shopping with your child.
 - Make watermelon slush! Blend together 4 cups of watermelon (without seeds), 2 cups of apple or berry juice and 1 cup of crushed ice.
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