

NPHS/EHS EXPRESS LETTER

March 2012
Volume 1 Issue 2

Fathers and Their Impact on Children's Well-Being

Inside this issue:

- Fathers Impact** pg1
- Potty Training** pg2
- Kids pasta** pg2
- Show love** pg3
- Fun with toddlers** pg4
- Career Opportunities** pg4
- How to enroll** pg5

A noted sociologist, Dr. David Popenoe, is one of the pioneers of the relatively young field of research into fathers and fatherhood. "Fathers are far more than just 'second adults' in the home," he says. "Involved fathers bring positive benefits to their children that no other person is as likely to bring."⁶ Fathers have a direct impact on the well-being of their children. It is important for professionals working with fathers—especially in the difficult, emotionally charged arena in which child protective services (CPS) caseworkers operate—to have a working understanding of the literature that addresses this impact. Such knowledge will help make the case for why the most effective CPS case plans will involve fathers.

This chapter lays out the connection between fathers and child outcomes, including cognitive ability, educational achievement, psychological well-being, and social behavior. The chapter also underscores the impact of the father and mother's relationship on the well-being of their children. While serving as an introduction to the issues, this chapter is not intended as an exhaustive review of the literature. For the reader wishing to learn more, the U.S. Department of Health and Human Services visit website.

The Impact of Fathers on Cognitive Ability and Educational Achievement

Children with involved, caring fathers have better educational outcomes. A number of studies suggest that fathers who are involved, nurturing, and playful with their infants have children with higher IQs, as well as better linguistic and cognitive capacities.⁹ Toddlers with involved fathers go on to start school with higher levels of academic readiness. They are more patient and can handle the stresses and frustrations associated with schooling more readily than children with less involved fathers.¹⁰

The influence of a father's involvement on academic achievement extends into adolescence and young adulthood. Numerous studies find that an active and nurturing style of fathering is associated with better verbal skills, intellectual functioning, and academic achievement among adolescents.¹¹ For instance, a 2001 U.S. Department of Education study found that highly involved biological fathers had children who were 43 percent more likely than other children to earn mostly As and 33 percent less likely than other children to repeat a grade.¹²



Potty training: What works

Making a plan Before you even buy your toddler a potty seat, it's important to have a plan for the training process itself. Decide when and **how** you want to start, how to **handle accidents**, when to back off, and so on.

At the same time, prepare to be flexible. There's no way to know how your child will respond to potty training attempts or what techniques will work best. Keep in mind that as with most developmental milestones, success doesn't necessarily happen in a linear fashion — your toddler may make initial progress only to regress at one or more points along the way.

Discuss your plan with your child's pediatrician and sitter or daycare provider. They'll probably have plenty of experience and advice to share. Once you've decided on a strategy, be sure you and everyone else who takes care of your child sticks to it — barring unexpected setbacks and other **potty training challenges**, of course.

Kids' Pasta and Cheese

This is a fast and easy meal for your children. Acini di pepe is most often used in Italian Wedding Soup, but the kids like the small shape and it's easy for little ones to spoon up. Change up the cheese and veggies here to whatever your particular tastes are.

Hands-On Time: 5 minutes

Ready In: 20 minutes

Yield: 4 servings

Ingredients

- 1 cup acini di pepe pasta
- 1 cup frozen peas
- 2 turkey or chicken hot dogs - sliced thinly
- 4 ounces (about 1 cup) shredded melting cheese such as American, cheddar or gruyere
- 1/4 cup milk
- salt and pepper as desired

Directions

1. Cook pasta according to package directions until just before desired doneness is reached.
2. Two minutes before pasta is done, add peas and hot dogs to cooking water and cook until heated through.
3. Drain water from pasta, hot dogs and peas.
4. Put back into pot and add milk and cheese. Heat over a very low flame, stirring constantly until cheese is melted and pasta is coated well.
5. Season with salt and pepper before serving.



10-Ways To Show Love To Your Child

All parents love their children. But in their busy life style they don't have the time to show their affection to the child. But for the healthy mental development of the child, showing the parental love to the child is very important. Here are 10 ways for the parents to show their love towards their wards.

1. A friendly chat with the child

A friendly, non –preachy talk to the child would make the child feel very happy.

2. Learn to listen

Kids have a habit talking a lot and parents ignore most of it. Instead if the parents try to pay attention to few of the conversations then it would be great. Sometimes, there may be important information that the parents must know and may not know by closing their ears.

3. Express love in writing

A good way to express the parental love to the child would be scribble a few words in a piece of paper and place it where the child would not miss it. Kids feel motivated when they find such notes, greeting cards, post cards, stickers, etc especially from their parents under the pillow or in the backpack.

4. Play and have fun together

It's not necessary to sit in one place at a specific time and play with the child everyday. Parents could play simple word games or counting games on the way to the school or while going on long drives etc. It would make the trip interesting and enjoyable for the child.

5. Cuddles and kisses

As the child grows from baby to toddler and older, the hugs and kisses from the parents reduce drastically. But even when the kids get older, they like their parents hugging them and kissing them to express their love. This physical contact would bring the parents and children closer to each other.

6. Reading, singing together

Reading stories, singing rhymes etc brings the parents and children closer to each other. This can be practiced even with older children by taking turns to reading longer stories and discussing about it.

7. Appreciate the child's positive

The children's positives should be appreciated in front of them and as well as behind their backs. This would motivate them and also raise their self esteem.

8. Surprises

Everybody likes surprises, so do kids. It's wonderful to way to express love by taking them for surprise holidays or outings to their favorite place.

9. Involving the child in family affairs

Its lot just enough letting the child choose their own clothes, bags and books. If they are included in decision making in the family affairs like when and where to go on holiday, what to do on the weekend etc , they feel they play important role in the family.

10. Ask for suggestions

Sometimes kids come up with excellent ideas they the older ones cant think of. It's not a bad idea to ask them for some advice at times.



Career Opportunities!!!!



In Head Start: Teacher for Hancock County.

Parent Educator for Ohio and Wetzel

Area Coordinator for Ohio County.

Family Resource Advocate for
Wetzel county...

For all counties in Head Start:

Substitute Teacher, Substitute bus
driver, Substitute Teacher Assistant

In Early Head Start: Parent Educators(2) for Wetzel
County

If you aspire to influence the lives young children and their families. Go to www.npheadstart.org to get a head start on your career. Keep checking on our site for more positions available or submit a cover letter, resume and the names addresses and telephone numbers or three reference to:

Human Resources Office
Northern Panhandle Head Start
1 Orchard Road, Suite 1
Wheeling WV, 26003

References and Credits

Disneyfamily.com pg 2. babycenter.com pg 2 . Fatherhood.com
pg.1. mychildhealth.net pg 3 Familyeducation.com Edited by Timothy A. Midget

Fun with Toddlers Indoors

Indoor Sandbox

You can make an indoor sandbox by filling up a cardboard box or plastic baby bathtub with puffed wheat or rice cereal or uncooked rice. Here are also some alternatives that may be purchased fairly inexpensively in bulk. They provide an interesting sensory experience for toddlers. Must have adult supervision to do this activity

Materials

- water softener
- salt
- shredded paper
- birdseed
- cedar shavings
- dried beans
- deer corn
- oatmeal
- foam packing peanuts
- cornmeal
- potting soil (if you're brave!)

Directions

1. Children enjoy playing in the sandbox with cups, spoons, bowls, buckets, scoops, shovels, cars, and other toys and containers.
2. A funnel and scoop that can be used to fill an empty plastic soda bottle with sandbox material will also be a hit.
3. An old sheet, shower curtain, or plastic tablecloth placed under the sandbox makes cleanup a little



How to enroll

If you have a child ages 0 to 5 years old. You can go to the center nearest to you or contact us by phone. Here are a list of our centers and phone numbers.

Pipinos Head Start Center & Pipinos Early Head Start Home Base

275 Cross street
Weirton, WV 26062
(304)797-0281 (Hancock County)

Building Blocks 1&2
402 Commerce Street
Wellsburg, WV 26070
(304)737-4818 (Brooke County)

Orchard Park & Orchard Park Early Head Start

1 Orchard Road
Wheeling, WV 26003
(304)233-3290 (Ohio County)

Building Blocks 3&4
13th& High Street
Benwood, WV 26031
(304) 233-1724 (Marshall County)

Building Blocks 5
WCCCF Rt.7 Box 152
New Martinsville, WV 26155
(304)447-1560 (Wetzel County)

Martyn Early Learning Center
Head Start & Early Head Start
Rt. 20 Box 152 Bates Run Road
Jacksonburg, WV 26377
(304)889-3509 (Wetzel County)

Quote of the day

I cannot emphasize enough the importance of a good teacher.

[Temple Grandin](#)

Volunteer Time

We always need volunteers in the classroom. If you would like to volunteer please contact your center. Thank you..

