INTRODUCTION

Father's day is Sunday, June 19th, and this issue of Oregon Parenting Together is all about the positive ways fathers impact their child's life. These articles will help to show just how important fathers are to their children.

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

DADS' IMPACT ON CHILD DEVELOPMENT

Fathers, you play an important role in your children's development. Studies show that when fathers interact in positive activities with their children, those children have more academic skills, have better self-regulation skills, and have improved interactions with their peers! To have the greatest influence in these areas it doesn't necessarily come down to how much time is spent, but the quality of the time spent. So Dads, have fun, caring interactions with your children. Not only will this strengthen your relationship but it will also have long term benefits to your child's development! The table on the right has some great tips for dads to make sure they have high quality play times!

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When Dads Play

- Encourage children to use and talk about their emotions
- Play games that help children develop skills that help them focus
- Explore and ask children questions
- Listen carefully and be responsive
ATTACHMENT IS A TWO WAY STREET

Studies show that when parents provide caring and supportive responses to their children's needs those children develop a sense of trust and security to explore their world. Secure Attachment is the wording used to describe this type of relationship between parents and children. Children develop attachment relationships with both mothers and fathers. The attachment relationship that children build with their fathers not only impacts the child, but also impacts the father.

Studies show that by responding and supporting a child, the perception fathers have of themselves changes. Caring, responsive interactions with their children can lead fathers to feeling a new sense of purpose, self-reported growth in maturity, and increased levels of patience. So Dads, not only are you shaping who your children are, your children are shaping who you are too!

REFERENCES


Find your local parenting resources at: http://orparenting.org/

FUN WITH YOUR KIDS!
Create an Obstacle Course
Take advantage of the improving weather and spend some time outside together building an obstacle course. Use everyday objects in your home to create the course. Like spinning with your head around a broom, jumping over a small trash can, landing paper airplanes in a circle, or bouncing a ball while running. Then have fun doing the course together!