



# Fatherhood Matters

Institute of Community Services, Inc.

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## Special points of interest:

- Obese Children are most likely to live in homes where the father is absent.
- Children in father absent homes are most likely to be poor.
- Youths who never had a father in the household experiences higher rates of crime and incarceration.

## RESPECT

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## Why Manners Are Important

Basic rules I learned as a child such as saying “please” and “thank you” or like not calling adults by their first name are no longer part of society’s norms. But children need to be taught to “Mind Your Manners.”

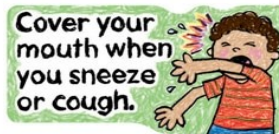
One important reason is **it demonstrates respect.**

Showing respect creates a good foundation, building relationships in life. Children who don’t use good manners convey a lack of respect.

**It makes children likeable.** Children want to be accepted and liked. Using good manners almost always creates a

positive impression and invites people to be polite and respectful in return.

Fathers, we need to become real life role models. Being rude and disrespectful is not acceptable behavior to exhibit in the presence of children. Show respect.



**Manners Matter—Teach children to show respect.**

## How Fathers Teach Their Children Respect

The concept of respect is one that reflects values and behaviors like courtesy, kindness, calm, politeness, following the Golden Rules, and resisting tendencies

to be biased, judgmental, or a bully.

Teach your children to use good manners in public and private settings. Help them to respect the

possessions and privacy of others. Model good behavior. Teach and model honestly. Respect diversity. Build your child’s self worth.

[http://fatherhood.about.com/od/discipliningfor\\_dads/a/teaching\\_respect.htm](http://fatherhood.about.com/od/discipliningfor_dads/a/teaching_respect.htm)



## Don't Make These Discipline Mistakes

**Discipline is one of the toughest challenges parents face. It's easy to make mistakes. Here are some things to avoid:**

- **Don't Criticize your Child.** Don't say "you are mean!" Say "What you said to Joey was mean. Please apologize."
- **Don't lose Control.** Wait until you're calm
- **Don't Make Idle Threats.** For example, "Stop talking or I'll never take you to the movies again!" Kids don't take unrealistic threats seriously.
- **Don't bribe your child.** When you say,

to discipline your child. You'll make better decisions and set a good example.

"If you stop whining, I'll give you a cookie." Your child learns, "Whining gets me what I want."

- **Don't Get into power struggles.** Pick your battles carefully. Don't discipline when it's not necessary. But when discipline is needed, be firm.

The Parent Institute 1998

## PROPER DISCIPLINE

The proper discipline of children is one of the most important basics of parenting.

Experts say the secret is to be firm, fair, and consistent.



## MANHOOD PLEDGE

**We were born males, not men. We will become men when we learn the art and science of manhood.**



## Every Father Needs to Know and Do These Things

1. Respect Your Children's Mother.
2. Spend Time with Your Children.
3. Earn the Right to Be Heard.
4. Discipline with Love.
5. Be a Teacher.
6. Eat Together as a Family.
7. Read to Your Children.
8. Show Affection.
9. Realize That a Father's Job Is Never Done.

National Fatherhood Initiative



## The Confession of a Dad

“I grew up with my father. My mother and father divorced when I was about two or three. My mom ended up dying when I was about six or seven. My father remarried about a year after my mom passed. So I learned watching my father take on responsibility, not only to provide, but also to maintain the house. My father could sew,

cook, do dishes, iron, you know, as well as any woman that I ever seen. We have lots of men, primarily African-American men, who don't have fathers at home, and so they don't see that model. I think it's the culture of the society we live in, too, is not promoting family in the context in which we're talking about. It's promoting a

single lifestyle, alternative lifestyle. I think one of the key things I've learned as a father with my daughter is to admit when I'm wrong and to apologize for hypocrisy.”

Wilburn Carver (Seattle, Washington)



## Fathers Can Read with Children!

Read aloud to your children. Research shows this is probably the most important thing you can do to encourage your children's success as readers. Here are some tips from Jim Treslease's *The Read-Aloud Handbook*, an excellent book to read before you

- begin.
- ⇒ Begin to read to children as soon as possible.
- ⇒ Try to set time everyday for reading aloud.
- ⇒ Don't read stories you don't enjoy yourself.

⇒ Don't be surprised if your kids interrupt with a lot of questions.



The Institute of Community Services, Inc. is an equal opportunity employer/ provider. No persons shall be discriminated against because of race, religion, color, sex, gender, age, disability, homelessness or national origin.



**You Are Your Child's Most Important Advocate.** To best support your child, you may need information about your child's specific diagnosis, early intervention services (for a baby or toddler), special education services (for a preschool or school-age child), social security benefits, and much more. **ChildCare.gov** has some resources to help you be their best advocate and support your child's growth, development, and well-being.

These resources can help you learn about the laws that ensure your child has access to the supports and services they need to thrive as well as programs and services that help children with disabilities.