



INTRODUCTION

Father's Day is fast approaching (Sunday, June 21st). Who do you want to honor this Father's day? This month, we celebrate what it means to be a father by highlighting resources to encourage positive and healthy relationships between father and child.

"A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way."



MAKE TIME FOR PLAYTIME!

There is a lot to do when you come home after a long day at work or running errands. Once you get home, familiar routines can quickly begin. Sometimes these routines involve watching TV, checking email, or grabbing a quick snack before dinner. Do your routines involve playtime with your child? There are many cognitive benefits to pretend play, which include learning important language skills. In fact, research shows that when fathers spend time playing with their children, children can benefit by experiencing less problem behaviors and increased social skills. Need some help figuring out play activities? Here are a few suggestions:



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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).

Playtime Activities!

Interested in some activities to do with your child this month? Here are a few ideas:

- Create stories together. Start telling a story and ask your child to finish it. Take turns telling the story.
- Visit the playground together. Spend some time in the great outdoors!
- Visit the library together to pick out books to read.
- Kick or toss a ball back and forth.
- Play a game of tag!
- Pick a simple recipe to make together and get cooking!
- Make some paper airplanes to fly:
<http://www.funpaperairplanes.com/>
- Build a fort in the home or outside.



READING TIME WITH DAD!

There are many benefits to reading with your child, but did you know that researchers have recently found that a 'shared' reading experience with dad is related to how children do on other skills such as math and vocabulary? Shared reading is interactive between the child and parent and occurs when the parent spends time guiding the child through the story (not just reading the story aloud). Parents can ask the child questions about the story or model actions in the book. In this study, parents and children went through picture books together, and parents talked through the story with their child. This means you can start this activity together when children are very young and before they know how to read. Interested in learning more about shared reading? Visit http://www.readingrockets.org/strategies/shared_reading for some ideas on how you can start interactive reading sessions with your child.

HAPPY AT HOME, HAPPY AT WORK

Dads - this message is for you! New research shows that men who are more involved in parenting in the home, are happier at work. These men report greater job satisfaction and fewer thoughts of quitting their jobs. This is good news for both mothers and fathers because as fathers become more involved with parenting it can help lift the workload from mothers who have traditionally carried much of the responsibility. Some organizations have even started fatherhood groups or forums at the workplace to support and encourage fathers who are more involved in parenting. This sounds like a win-win for Dads, Moms and employers.

"After many generations in which a father was expected to be more breadwinner than caregiver, men have become increasingly involved in their children's lives..."

- Katie Johnston -

FUN WITH YOUR KIDS

Create a Bug-catcher for your Nature Walk



Before you head to the park, create a bug-catcher! Take an empty plastic jar and clean it out. Carefully poke a few holes in the lid and have your child decorate it with his/her name and drawings. Take it with you on your next outdoor adventure!

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