

Daddy and Me On the Move

Activities dads can do with their children age 0 to 6

Presented by Brian Russell
Provincial Coordinator, Dad Central Ontario

best start
meilleur départ
www.beststart.org



Agenda

- Dads in Families
- The Daddy-Child Bond
- Father-style of Activity
- Key Messages for Dads
- Practice
- Engaging Fathers

best start
meilleur départ
www.beststart.org

Some Thoughts

Fathers feel work-life conflict between the pressure to provide for the family and keep up with work

- Less likely to take time off for family-related things

79% of fathers say flexible work arrangements are very important to them

- Social perception:
 - About 50% of general population say children are better off having mom stay home
 - 8% say the same about fathers

Children of the 90s family are now parents - wanting change?
"I'm not willing to sacrifice my family to make this business go."

best start
meilleur départ
www.beststart.org

Dads in the Family


- Hours of caring for the family
- Division of labour
- Men's way is with flair, energy, and wit
- Desire to be seen as more than a "support person"
- Relationship with mom/partner is key
- How "child care" is defined



best start
meilleur départ
www.beststart.org

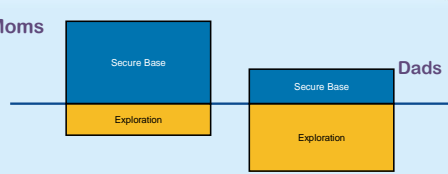
The Daddy-Child Bond

- Bond: the increasing desire a fathers has to spend time and be more involved with his child
- Attachment: the increasing trust a child has in his father that he will be a credible, legitimate "go-to guy"



best start
meilleur départ
www.beststart.org

Moms



- Focus on bonding through play
- More likely to hold his newborn when mom is not around
- Realist, practical, future-oriented information
- Offer less-immediate support when child is frustrated
- Stress physical risk-taking behaviour

best start
meilleur départ
www.beststart.org

Child Development Domains

Gross Motor

Fine Motor

Social and Emotional

Cognitive

Speech and Language



Daddy and Me On The Mouse

best start
melbourne alignment
www.beststart.org

Rough and Tumble Play - what its good for... True or False

- To assess the strengths and abilities of the child?
- Leads to less recourse to physical aggression?
- The child is less able to distinguish the purpose of the game?
- Leads to less compromise and respect rules?
- Helps to control the child's impulsivity and emotions (fear and anger)?
- Helps to control his strength?
- Inhibits the child to recognize the meaning of facial expressions?
- Become more competitive with friends but with more anger?
- Develop greater trust in himself?
- Improve physical strength and coordination?



Daddy and Me On The Mouse

best start
melbourne alignment
www.beststart.org

Rough and Tumble - Dad's Role

- Use reasonable force
- Back off when necessary
- Let the child have the upper hand
- Follow the rules
- Control his strength
- Allow his child to win
- Not every dads like rough n tumble play (and that's OK)



Daddy and Me On The Mouse

best start
melbourne alignment
www.beststart.org

Ways Dad Can Be Active



- Observer - watching a child participate in an activity
- Teacher - leading the activity so a child learns
- Entertainer - being the centre of attention
- Playmate - being an active part of the play



Daddy and Me On The Mouse

best start
melbourne alignment
www.beststart.org



Which of these do you see dads doing most often?

- ★ Observer
- ★ Teacher
- ★ Entertainer
- ★ Playmate



Daddy and Me On The Mouse

best start
melbourne alignment
www.beststart.org

Father-style

- Exploration
- Risk-taking
- Creativity
- Wait and see
- Mystery



Daddy and Me On The Mouse

best start
melbourne alignment
www.beststart.org

Exploration: show me the world!

Benefits for the child

- Anticipate what is "around the corner" for them
- Encourages them that they don't have to settle for where they are

Benefits for Dad

- He learns what his child enjoys
- Feeling of satisfaction and pride in child's joy and enthusiasm
- Role as teacher - passing along what is important to him



best start
melbourne alignment
www.beststart.org

Daddy and Me On the Mouse

www.beststart.org

Risk-taking: let me try tough stuff

- The goal: for children to feel safe despite their surroundings or what has just happened to them
- This is emotional confidence that "I will be cared for"
- Dads respond to the child's needs to:
 - Be encouraged
 - Overcome limits
 - Learn to take calculated risks



best start
melbourne alignment
www.beststart.org

Daddy and Me On the Mouse

www.beststart.org

Creativity: let's not sit still too long

- Desire for unique experiences
- Learn adaptability



best start
melbourne alignment
www.beststart.org

Daddy and Me On the Mouse

www.beststart.org

Wait and See: let me try to figure it out

- Kids learn:
 - "I can figure this out for myself".
 - "I know dad will be close if I need him".
 - "There may be ways to figure out this problem no one has considered before".
- Dads learn:
 - To be comfortable with his child's frustration
 - To stay close enough to help
 - To be enough aware of when to intervene

best start
melbourne alignment
www.beststart.org

Daddy and Me On the Mouse

best start
melbourne alignment
www.beststart.org

www.beststart.org

Mystery: keep me guessing

Children

- Anticipation of something fun and unexpected
- Look forward and plan for how to respond to the unexpected
- Adapt to experiences

Dads

- Often like to be unpredictable in small ways
- The element of surprise



best start
melbourne alignment
www.beststart.org

Daddy and Me On the Mouse

www.beststart.org

Goal of the Bond:

- Trust
 - I can trust Dad's guidance.
 - I can trust Dad's care.
 - My Dad trusts me.



best start
melbourne alignment
www.beststart.org

Daddy and Me On the Mouse

www.beststart.org

Key Messages for Dads

- Allow for quiet time
- Get rid of distractions
- Watch for overstimulation
- Keep safety in mind
- Praise effort
- Find balance
- Learn from other dads
- Stretch yourself
- Keep it fun
- Enjoy your child



best start
melbourne alignert
www.beststart.org

Daddy and Me On The Move

www.beststart.org

Practice

Gross motor
Fine motor
Speech/Language

Social/emotional
Cognitive

Activity	What domain is developing	How it builds the bond
Climb a Mountain (pg 9)		
The Portable Mobile (pg 8)		
Slime Time (pg 10)		
Reading Scavenger Hunt (pg 11)		

best start
melbourne alignert
www.beststart.org

Daddy and Me On The Move

best start
melbourne alignert
www.beststart.org

www.beststart.org

Adaptation: Sensitive to Child's Needs

- Emotional sensitivity
- Physical ability
- Cognitive capacity

best start
melbourne alignert
www.beststart.org

Daddy and Me On The Move

best start
melbourne alignert
www.beststart.org

www.beststart.org

Adaptation: Dads at a Distance

- Share a story
- Make your own puzzle
- Email/text jokes
- Take pictures in funny places/positions
- Read the same story, then write letters to talk about it

best start
melbourne alignert
www.beststart.org

Daddy and Me On The Move

best start
melbourne alignert
www.beststart.org

www.beststart.org

Engaging Dads

- Use the activity ideas in this booklet in your programming
- Set up specific locations/centres/resource areas in your programs that dads may be attracted to
- Be intentional about programming with the male brain in mind
- Create cheat sheets with an "Activity of the Week" for dads
- Let moms learn about the ways fathers tend to play and why
- Keep in mind that activity is the pathway to bonding and attachment

best start
melbourne alignert
www.beststart.org

Daddy and Me On The Move

best start
melbourne alignert
www.beststart.org

www.beststart.org

General Thoughts

- Add Father Involvement to the organizational strategic plan/mandate
- Look carefully at the needs of fathers in your community (availability, interests, employment, family structures, etc.)
- Offer couple programs
- Regularly add Father Involvement to staff meeting agendas
- Keep your eyes open for potential male staff
- Offer regular staff training and development
- Involve fathers in the planning and implementation of services
- Provide visual evidence of men in parenting roles
- Develop partnerships with other community services



best start
melbourne alignert
www.beststart.org

Daddy and Me On The Move

Commitment

What are two things I will do different because of what I have learned in this workshop?

- 1.) _____
- 2.) _____

Who can I share this information with?



Daddy and Me On The Move



www.beststart.org

Helpful Resources

[Dad Central](#)
[Dad Central Blog](#)

Books:

- Fatherhood by Dr. Kyle Pruett
- The Father-style Advantage by O'Shea & Windell
- Do Fathers Matter? by Paul Raeburn

Article:

[Dads Empower Kids to Take Chances](#)



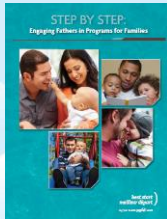
Daddy and Me On The Move



www.beststart.org

Helpful Resources

[Step by Step - Engaging Fathers in Programs for Families :](#)
www.beststart.org/resources/howto/pdf/BSRC_Engaging_Fathers.pdf



Daddy and Me On The Move



www.beststart.org