

DADS MATTER

Being involved with your child can make a difference in helping them to:

- Grow up to be more confident and secure.
- Be more sociable.
- Make friends more easily.
- Behave better as they become teenagers.
- Enjoy learning.
- Have better school attendance.
- Do well at school and achieve more.
- A better understanding of others feelings.
- Be happier and healthier.
- Be less likely to get involved in criminal behaviour.

The more you interact with your child, the more of an influence you are.

Why not join in the activities at your local Children's Centre where there is always a warm welcome for dads just like you and you can: -

- Learn baby massage.
- Have your baby weighed.
- Join in messy play activities.
- Learn how to make healthy meals.
- Gain tips on parenting skills.
- Go on trips.
- Be part of the Dads 'N' Kids group.
- Borrow toys from the toy library.
- Brush up on your Maths and English.



From the very start your child will benefit from having you involved in their life

Got you thinking? Call Nigel, our Dads Worker on 01388 660365 or 07795305186 or call into your local children's centre for more details of how you can get involved.

Ante-natal – Being involved during pregnancy

- Communicate with your baby – encourages brain development even before birth.
- Your baby will react to sound and learn to distinguish voices.
- Deeper male voices are easier for your baby to hear than higher pitched female voices.
- Try singing as well as talking.
- Love and care for your partner – help her to keep healthy.
- Create a calm environment – your baby will react to noise and stress.
- Provide practical support – help with the housework and preparing for baby's arrival.



New baby – Being involved with your new baby

- Skin to skin contact – a great way to develop that special bond and for your baby to feel safe
- Baby massage – huge benefits to your baby including relaxation, stimulating circulation, help to relieve colic and may help your baby to sleep longer and deeper
- Bathing – fun time together
- Changing nappies – time to make faces and talk and sing to your baby
- Talk – help them to learn on average 5000 words by the time they are 6
- Support your baby's mum to breastfeed – breastfeeding protects your baby against many infections, provides all the proteins, vitamins and minerals they need



Toddlers – being involved as they grow up

- Make time to play – children learn as they play.
- Make the house safe – you don't want any nasty accidents.
- Talk to your child – it helps the development of their speech and language.
- Praise them when they do something good – they are more likely to do it again!
- Involve your child in physical activities – this will play a part in helping them develop a healthy lifestyle
- Let them explore the world in which they live.
- Encourage them to help you around the home – they will learn essential life skills for the future.



Starting school – being involved as they continue to learn

- Talk to them about their day at school – take an interest in their education as this will have a positive impact on their achievement at school
- Help with homework – learning together, being together brings you closer together.
- Allow them time to relax and make sure they get enough sleep – time to re-charge their batteries and be ready for another day.
- Prepare them a good healthy breakfast – food for the brain to help them learn.
- Leave plenty of time to get them ready for school – time for them to learn to dress themselves.

