

# Involving Fathers

## SEVEN SUPER THINGS FATHERS CAN DO

- 1 Talk often with your children from the day they are born.
- 2 Hug them, hold them, and respond to their needs and interests.
- 3 Listen carefully as your child communicates with you.
- 4 Read aloud to your children every day, even when they are babies. Play and sing with them often.
- 5 Say "yes" and "I love you" more than you say "no" and "don't."
- 6 Ensure a safe, orderly, and predictable environment, wherever they are.
- 7 Set limits on their behavior and discipline them calmly, not harshly.

*Early Childhood Head Start Task Force  
U.S. Departments of Education and Health & Human Services*

When fathers are involved in care giving, children benefit

Socially,


Emotionally, and

Cognitively.

Many factors discourage fathers from becoming more involved with their children:

- ♣ Work commitments
- ♣ General belief of family and friends that it is the mother's responsibility
- ♣ Mothers "protecting" their domain
- ♣ Lack of self-confidence

## How to Promote Father Involvement:

- ♣ Address questions and comments regarding the child to both fathers and mothers. If you do not see the father in person, make sure that notes home address both persons. 
- ♣ Have parent conferences and meetings at times that both fathers and mothers can be present. Basing your appointment exclusively on the time schedule of the mother can serve to exclude the father.
- ♣ Encourage both fathers and mothers to participate in child-centered activities offered through your organization.
- ♣ Do not force fathers to be involved. To foster a child's development, father involvement needs to be the desire of the father, and of the family as a unit. By pressing father involvement, you may actually serve to discourage it