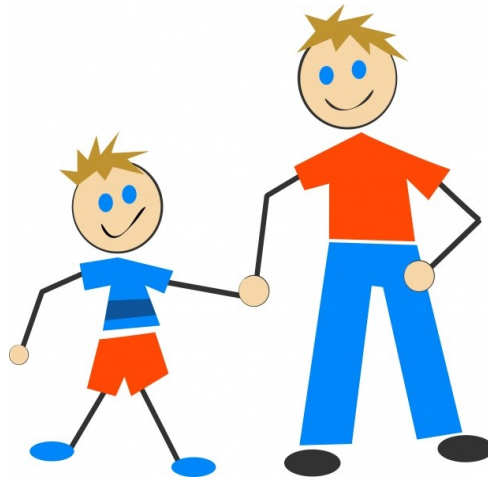


ICS HEAD START Fatherhood Newsletter

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**My father gave me
the greatest gift
anyone could ever
give another
person,
He believed in me!**

HELP YOUR CHILD GROW

1. Praise your child for cooperation and learning new skills and knowledge.
2. Ask your child to talk about his/her world (daycare, school, and friends). Listen carefully and remember what he/she says. Answer his/her questions.
3. Tell your child to show feelings. Role model by showing yours. This is very important for boys.
4. Read to and with your child. Tell your child to read alone.
5. Spend alone time with your child doing something both of you enjoy. This is really important if you have other children.
6. Expand your child's world through family trips and outings. Visit the zoo, library, and other local events.
7. Help your child learn how to get along with peers.
8. Helps your child learn how to follow group rules.
9. Promote daily, safe physical activity. Watch their TV habits and limit amount of TV and electronics use.
10. Set limits and clear rules for discipline and punishment for bad behavior.
11. Help your child to discipline him/herself and to control impulses.
12. Expect your child to follow family rules, such as bedtime, chores, and electronic times. Don't pay your child for doing chores. He/she is a part of the family.
13. Teach your child to respect others who are in charge.
14. Help your child's ability to communicate with you, teachers, and other adults by going to school.
15. Tell your child often the difference between right and wrong.
16. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.
17. Set a limit on the amount of "screen time" your child may have and stick to it. Screen time refers to the time your child spends viewing something on a "media device" with a screen. TV, computer, tablet, mobile device used to play games, etc. Make sure media devices do not harm sleep, physical activity, and other actions vital to your child's health. Work with your child to choose times to not use media devices, such as at dinner and when driving. Work with them to choose parts of your home where they cannot use media devices, such as in bedrooms. Talk with them about being a good "online citizen" who treats others with respect online. Talk with them about keeping themselves safe while online.

FATHER INVOLVEMENT



Research shows that fathers not only have the capacity for care giving, but that children benefit directly from dads' parenting contributions. Findings from the rapidly growing science of early childhood and early brain development show the positive, life-long impact fathers can have by being positively engaged early in their children's lives.

The beneficial outcomes for children are not limited to childhood. People with actively involved father figures during childhood are more likely to have higher levels of success in their careers, a better chance of having a strong, lasting marriage, and an improved ability to handle stress.

Related findings indicate that fathers' emotional absence has long lasting negative effects on child development. Father absence is defined as any situation where the father is psychologically disconnected from his children, whether or not he is currently living in the same home. Source: The Fatherhood Project

10 FACTS ABOUT FATHER ENGAGEMENT

1. Fathers and infants can be equally as attached as mothers and infants. When both parents are involved with the child, infants are attached to both parents from the beginning of life.
2. Father involvement is related to positive child health outcomes in infants, such as improved weight gain in preterm infants and improved breastfeeding rates.
3. Father involvement using authoritative parenting (loving and with clear boundaries and expectations) leads to better emotional, academic, social, and behavioral outcomes for children.
4. Children who feel a closeness to their father are: twice as likely as those who do not to enter college or find stable employment after high school, 75% less likely to have a teen birth, 80% less likely to spend time in jail, and half as likely to experience multiple depression symptoms.
5. Fathers occupy a critical role in child development. Father absence hinders development from early infancy throughout childhood and into adulthood. The psychological harm of father absence experienced during childhood persists throughout the life course.
6. The quality of the father-child relationship matters more than the specific amount of hours spent together. Non-resident fathers can have positive effects on children's social and emotional well-being, as well as academic achievement and behavioral adjustment.
7. High levels of father involvement are correlated with higher levels of sociability, confidence, and self-control in children. Children with involved fathers are less likely to act out in school or engage in risky behaviors in adolescence.
8. Children with actively involved fathers are: 43% more likely to earn A's in school and 33% less likely to repeat a grade than those without engaged dads.
9. Father engagement reduces the frequency of behavioral problems in boys while also decreasing delinquency and economic disadvantage in low-income families.
10. Father engagement reduces psychological problems and rates of depression in young women.

Source: The Fatherhood Project

Taxes. If you're like most, you're not a big fan of this five-letter word. While it's true that income tax preparation can be frustrating and complicated, knowing these basics can save you money, time, and stress.

1. **Understand Taxable Income** - The amount of taxes you pay is based on your taxable income rather than your total income. Reducing taxable income means you pay less come tax time.
2. **Don't Miss Any Tax Deductions** - Because deductions reduce your taxable income, make sure you know the ones you're eligible for. Common deduction include giving, healthcare expenses and

the interest you pay on your mortgage.

3. **Take advantage of Tax Credits** - Tax credits are a big deal because they reduce your tax bill dollar for dollar, rather than just reducing your taxable income. Find a good tax pro in your area to help you take advantage of every possible credit like child care or small business expenses.
4. **Pay Attention to Your Withholdings** - Withholdings are a percentage of your paycheck your employer sets aside to cover your taxes. We recommend adjusting your withholdings so you break even. You won't get a

big refund from the IRS but you won't send them a huge check.

5. **Determine If You Need a Tax Pro** - It doesn't take much for taxes to become too complicated for the average person. If your situation is simple, you may be able to handle it on your own. Keep in mind tax pros can find deductions and credits you might have missed. Source: <https://daveramsey.com/get-started/taxes>



REDUCE THE STRESS AND LAST-MINUTE HASSLES OF TAX SEASON

It's important to have one place - a large envelope or a file folder - where you can accumulate tax information as it arrives. When it is time to fill out the tax return, a lot of information is required and every detail counts in making it a smooth process.

1. **Maximize retirement plan contributions** - If your employer offers a 401(k) or other type of deferred pension plan, make every effort to contribute the maximum amount allowable. *If your employer doesn't offer one, consider making a contribution to a IRA or traditional

individual retirement account.

2. **Protect your identity** - Speaking of tax fraud, if you received an identity protection PIN, in the past, then you must provide this number on your tax return. However, *this number changes every year*. If you did not receive the notification in the mail, you will need to go to the IRS website to retrieve it.
3. **Get what's yours** - According to the IRS, one out of every five workers fails to claim the earned income tax credit. You must file a return in order to receive the credit.

4. **Be smart when you file** - When filing your return, the quickest and easiest way to receive your refund is to electronically file your return and use direct deposit.
5. **Beware of scams/fraud** - Tax season brings along scam calls from people or organizations claiming to be the IRS. Don't fall victim to these. Typically, the IRS will notify you of any issues via the U.S. Postal Service. Source: ACE Cloud Hosting



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APPLY NOW FOR EARLY HEAD START & HEAD START FOR THIS FALL!

Contact Family Services at your local Head Start Center to get an application packet.

- ICS wants to reach out to fathers during recruitment. We want engaged mothers and fathers.
- Parent conversations are important in building relationships.
- Both parents may attend meetings on applications and be involved in the family partnership process.

HAVE YOU ?

1. Give your kids what they need to succeed. You.
2. Every girl needs a leading man. You.
3. It's hard to be what you don't see. Let your son see a great dad. You.
4. It's all about how you raise them.
5. It takes a man to be a dad.



Remember to participate in the 2020 Census! Be counted.