

Nine newsletter issues

The specific topics addressed in each issue of the *Father Times* newsletter are:

- Issue 1 – *Generative Fathering - A Fresh Perspective*
- Issue 2 – *Fathers, Kids and Making Connections*
- Issue 3 – *Fathers, Kids and Communication*
- Issue 4 – *Fathers and the World of Play*
- Issue 5 – *Fathers and the Magic of Reading*
- Issue 6 – *Fathers and Child Guidance*
- Issue 7 – *Fathers and Children's Physical Development*
- Issue 8 – *Fathers and Children's Relationships*
- Issue 9 – *Fathers and Emotional Intelligence*



How can I learn more about *Father Times*?

The *Father Times* parenting newsletter series was developed by Sean Brotherson, Kim Bushaw and North Dakota State University.

Copies of the newsletter series and resource guide on CD can be ordered for \$60 plus shipping and handling. Copies of the newsletter series and resource guide as a printed packet on white paper can be ordered for \$80 plus shipping and handling.

For information on ordering the newsletter series, please contact:

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Father Times

*A parenting newsletter
resource for fathers
and father figures
of young children*



For use in parent education,
home visitation, family support,
early childhood programs,
Head Start and Early Head Start,
schools and other
educational settings.

NDSU
Extension Service
North Dakota State University

What is the *Father Times* parenting newsletter?

Father Times is an educational newsletter series designed to provide fathers and father figures of young children with quality information and ideas about healthy parenting and child development. It also is appropriate for mothers or other caregivers of young children and community professionals.

This parenting newsletter resource specifically focuses on fathers and father figures for the following reasons:

- Fathers and father figures are more likely to get involved and remain involved in their children's lives when their children are young.
- Fathers and father figures are more likely to respond to parent education if it focuses specifically on them as fathers rather than on parents in general.
- Parenting newsletters are generally a low-cost, high quality method of delivering information to fathers and father figures in a convenient fashion. This makes it possible to overcome work, time or other barriers to fathers receiving information.
- Research has shown that parenting newsletters can be very effective in increasing knowledge, changing attitudes and improving behavior among parents.
- Fathers and father figures contribute significantly to a child's development and well-being when they are involved in positive, meaningful ways. Such an approach recognizes this fact and attempts to encourage responsible father involvement.

Who uses the *Father Times* parenting newsletter?

The *Father Times* parenting newsletter is targeted at fathers or father figures of young children (ages 0 to 8) and those who support them. It is intended to increase parents' knowledge, provide parents with confidence and promote healthy parenting practices. It has been used by:

- Parent and family educators
- Early childhood and preschool centers and programs
- Head Start, Early Head Start, Even Start and other programs
- Home visitation programs
- Social service workers
- School and university systems
- Clergy and faith communities
- Businesses



What does the *Father Times* parenting newsletter offer?

Father Times is a practical parent education tool that is anchored on a sound research base and provides a proven, father-friendly approach to sharing information and ideas with men as parents. It includes a variety of features designed to teach, share examples, encourage discussion and provide activities that fathers or father figures and children can do together. These features include:

- **Once Upon a Time . . .**

A father's story or experience that highlights the theme of the newsletter issue

- **What Children Need**

A research-based look at what young children of different ages need to grow and develop in specific areas

- **Fathering Facts**

A short summary of research on fathers and children related to the theme of the newsletter issue

- **Time Together**

Activities for fathers and children to engage in together or to be done with a group

- **Fathering Resources & Story Time**

Lists of books for dads and kids, as well as more fathering resources

- **Many Other Features**

Each newsletter issue contains a number of other feature articles, idea boxes and elements designed to help fathers and others understand and support children

