

The TN Child Care Resource & Referral Network employs 15 Family Engagement Quality Coaches who are located statewide. We provide referral, education and training services to parents, families, child care educators and communities.



## The Importance of Dads

As June comes along, we are reminded by TV ads, calendars, and maybe even the important man or men in your life, that it is time to celebrate fathers. Whether it be a father, grandfather, uncle, stepfather or foster father, fathers or men who have father-like roles are so important to the development of young children. According to an article from Zero to Three, fathers deserve a lot of credit for children's healthy



development. Fathers tend to ask more questions of their children, therefore both expanding a child's vocabulary, and helping to strengthen a child's IQ. All the toy building, racetrack constructing, and Lego engineering that dads often do may prove to strengthen children's math and science knowledge later in life. Involved and engaged fathers also tend to have less conflict with their spouses, which keeps peace within the family unit. Spouses getting along ultimately supports strong emotional development within the child by strengthening the marital bond and creating a stable environment for the child to grow up in. Fathers truly do strengthen families and help their children develop— in more ways than we ever knew.

(Source: [zerotothree.org](http://zerotothree.org))

## Parenting Tip

Men often do not realize how much they are needed. Fathers have a profound and lasting effect on their children from birth on. Here are 10 ways to be a good dad:

1. Protect and guide your children
2. Hug them
3. Praise them
4. Play with them
5. Set a good example
6. Read to them
7. Listen to them
8. Meet your children's special needs
9. Respect your partner / their other parent
10. Love them no matter what

(Source) Noodle Soup: Be there.... Be a Dad!

## Family Activity - Paint with Water

Fill a container with water and supply a paintbrush. Join your child on your balcony, patio, or in your yard and enjoy dipping the paintbrush in the container of water and “painting” various objects and surfaces. Talk about how the water changes the appearance of these objects and surfaces.



### Supplies:

- Container small enough for little hands to carry
- Water
- Paintbrush (You can make your own with a sponge or fabric.)

## CONTACT US

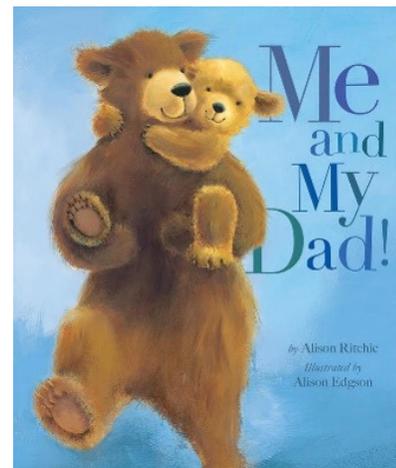
To reach an FEC Coach visit:  
[www.tnccrr.org](http://www.tnccrr.org)



## The Book Corner

*Me and My Dad* Written by Alison Ritchie and Illustrated by Alison Edgson

Little Bear and his dad do wonderful things-exploring high in the mountains, swimming in the rain, and telling stories as the stars come out. Best of all, they do everything together! This is a warm, funny celebration of the special bond between father and child.



## June is Men's Health Month



**Want to see these stats change?**

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

**Schedule a checkup today!**

*Do it for yourself and for those who count on you.*

## Men's Health Month

June is Men's Health Month, a national observance used to raise awareness about health care for men. This month we encourage men, boys and their families to practice healthy lifestyles. Families that eat healthy, exercise, and spend quality time together are happier and healthier. Menshealthmonth.org has many activities for families such as wearing blue for men's health on Friday, June 19th. Also, check out [minorityhealth.hhs.gov](http://minorityhealth.hhs.gov) for more information on Men's Health Month.