

COMMUNITY NEWSLETTER!



Did You Know: Children from fatherless homes are 279% more likely to carry guns and deal drugs than peers living with their fathers (National Fatherhood Initiative).

IN THIS ISSUE:

**Fathers Matter:
Dads Make a Big
Difference**

**QUIZ:
The Truth About Men's
Health & Pregnancy**

**6 Ways to Make Co-
Parenting Healthy &
Great for Kids**

FATHERS MATTER: THE POWER OF AN INVOLVED DAD

This year Father's Day is on Sunday, June 18th. Each Father's Day, we celebrate the contributions our fathers, grandfathers, and father figures have made in our lives. This is because involved fathers make a big difference!

More than you may even know, engaged fathers have a large impact on a child's well-being and they help shape him or her into the person they become. Research has shown that children with involved fathers have significantly better emotional, academic, social, and behavioral outcomes. In fact, children with active fathers were 43% more likely to earn A's in school and 55% more likely to go to college.

But sadly, about 15.78 million children live with single mothers in the United States. And one thing is for sure: being a single mom is one of the toughest jobs on earth. We all know that many single mothers work hard and sacrifice to make great lives for their children. However, dads are not replaceable or unimportant.

Fathers and father figures play a role in every child's life that cannot be filled by others. Children need both their mother and father for healthy development. It's usually best for children if co-parenting arrangements keep both parents involved in a child's life. But it's not always easy to create new parenting arrangements when a relationship ends.

Turn to **Page 3**, to read **6 Tips for Successful Co-Parenting**.

QUIZ: What's Your Men's Health IQ



We all know this month we celebrate Father's Day, but did you know that June is also Men's Health Education and Awareness Month?

June is Men's Health Month, a national observance that raises awareness about health care for men. Each year, we use this holiday to bring awareness to men's health and how it impacts pregnancy and child development.

So do you think you know the difference between myth and reality when it comes to

men's health issues? **Take this quiz to see how much you know about fathers, pregnancy, and child development!**

True or False? Smoking, heavy alcohol consumption, and illegal drug use can decrease the quality of sperm.

- A** True
- B** False
- C** IDK

Men over this age are at higher risks of having a miscarriage or baby with autism or a mental health condition such as schizophrenia.

- A** Between 50 to 60 years old
- B** 80 years old
- C** 40 years old

What percent of new fathers will experience postpartum depression or anxiety.

- A** 2% to 5%
- B** 10%
- C** Men can not get postpartum depression

True or False? Infant mortality within the first 28 days of life is 4X higher for babies with absent fathers than babies with involved fathers.

- A** True
- B** False
- C** Neither

Answers:

1. A, True 2. C, 40 Years Old 3. B, 10% 4. A, True



6 Tips for Successful Co-Parenting

1. Try to Accept Different Parenting Styles. Whatever your issues are with your co-parent, ALWAYS put your children's well-being first. Parenting styles can differ even when parents are in a relationship, so it is important to make a distinction between your parenting preferences and your child's needs. As long as your child is safe and secure, different parenting approaches and styles can help your child learn that different rules apply in different situations.

2. Stick to Your Parenting Schedule. Children need to feel that they can count on being with their parents regularly. Sometimes schedule changes are necessary, but once your parenting time arrangement is set – don't mess with it. Treating the schedule as set in stone will help you organize your time, and it will help the children feel secure.

3. Aim to Be Flexible. Flexibility benefits everyone. For example, if your child's other parent is sometimes late for pick-ups, it might help to be ready with alternative plans. If you're flexible when your child's other parent needs to change something, they might be more flexible when you need it.

4. Help Your Child Feel Connected to Their Other Parent. Children benefit greatly from a positive co-parenting relationship. For this reason, try to highlight your co-parent's good points in front of your children. For example, "Your dad is great at coaching your soccer team, isn't he?" or "Your mom takes such beautiful photos of you guys!"

But most importantly, avoid speaking negatively about your co-parent in front of your children. Experts agree that bad-mouthing a child's other parent strongly impacts their mental and emotional well-being.

5. Keep Your Child's Other Parent Up to Date. Children need to know that they have two parents who would like to play an active role in their lives. Consequently, your child will benefit when their other parent knows what's going on for them (ex. doctor's visits, sporting or school events). You and your child's other parent could keep each other up to date by using a shared online calendar or app that lists your child's weekly schedule.

6. Develop a Co-Parenting Plan. One of the most basic co-parenting rules is to find an effective communication strategy and co-parenting plan that works for your family. Try to stay on the same page for the big stuff. Most co-parenting plans should address: a contact or visitation schedule, rules for discipline, education, finances, children's medical needs or concerns, holidays, and special events.

CAHSC 2022-2023 Board of Directors

Board Officers

Monica Hayes	President
Betsy Wood	President Elect
Jenifer Zephyr	Treasurer
Nikita Graham	Secretary
Audrey Moore	Past President

Board Members

- Kimberly Bryant
- Trishay Burton
- Cheron Davis
- Debra Dowds
- Chesha James
- Jodi-Ann Livingstone
- Apryl Lynn
- Lisette Mariner
- Libbie Stroud

The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Making Miracles Group Home



THIS MONTH: The Salvation Army

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education, women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



Give Babies Plenty of "Tummy Time"! Tummy time refers to placing baby on their stomach while they are awake and someone is watching them.

Babies should sleep on their backs, which can help reduce the risk of Sudden Infant Death syndrome (SIDS). But babies who spend too much time on their backs can develop skull deformities often known as flat head syndrome.

