



Dad's Toolkit

1 year



Fact

By baby's first birthday, her brain has doubled in size!

High levels of father involvement have been linked to better social and academic skills in their children. And it's NEVER too late to get involved!!

Be A Hero!

Being a hero can be hard work, but it's GOOD WORK. You're a hero to your child when you :

- ~Are honest
- ~Control your temper
- ~Are dependable
- ~Teach him new things
- ~Are sober
- ~Love him

Some of these are pretty hard jobs. Do your best. You'll show her what it means to be a hero. . .and you'll be the coolest, most important guy in his life. A dad who shows his children the way to a better future is a real hero!

When fathers are involved, their children learn more, do better in school and have healthier behaviors. Even when fathers do not share a home with their children, their active involvement can have a lasting and positive impact.

You and Your Toddler

- ★ Provide safe places where your toddler can play and run -- inside and outside.
- ★ Read to your toddler every day. Read anything you see!
- ★ Play ball with your toddler.
- ★ Help your toddler learn to use the toilet.
- ★ Continue saying "I love you." It can never be said too many times.
- ★ Encourage your toddler to ask questions. Answer them with short, simple answers using words he can understand.
- ★ Teach your toddler which words are OK to use and which are not. You are his/her role model.
- ★ Teach your toddler that being kind, polite and honest are some of the most important things in the world.
- ★ Let your toddler know what you expect and why, including the "rules" at your house or how you want her to behave, etc. BE CONSISTENT.
- ★ Let your toddler safely explore.
- ★ Invite family or friends who also have toddlers to spend time with you and your child. This will help her learn how to play with other children.
- ★ Learn your toddler's favorite things to do and do those activities with her.
- ★ Take your toddler with you when you run an errand and let her help as much as she safely can.
- ★ Make up a special ritual with your toddler, perhaps at bedtime or whenever you see him. This ritual could be a question, a handshake or anything else you decide to do.

Check out these websites for FREE info!



National Center for Fathering: <http://www.fathers.com/>

Mr. Dad: <http://mrdad.com/>

National Responsible Fatherhood Clearinghouse:
<https://www.fatherhood.gov/>

Great Dad: <http://www.greatdad.com/>

Dad's Adventure: <http://www.dadsadventure.com/>

Teach Early: <http://www.teachearly.org/>



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.