



Introduction

Father's Day is Sunday, June 18th and this year, it is closely followed by the first official day of summer on Tuesday, June 20th.



Summer brings warmer temperatures and many great opportunities to get outside and celebrate dads (and those who serve a fatherly role in a child's life) with good food and good fun! This month, we focus on the relationship between father and child as well as some fun ideas to celebrate the start of summer and the dad in your life.

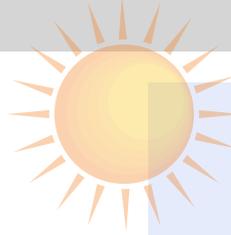
Hanging out with Dad =

BABY BRAIN BUILDER!

As parents, we instinctively know that building a strong positive relationship with our children is important but researchers are now giving us some new details on just how important these relationships are.

A new study, recently published in the *Infant Mental Health Journal* is highlighting the relationship between father and child.

Here are a few takeaways! →



This series of newsletters is inspired by and created just for parents. If you have suggestions, comments, or ideas for future newsletters please email: opec@oregonstate.edu. For additional parenting resources, like us on Facebook (Oregon Parenting Education Collaborative) and follow us on Twitter (@OPECParentingEd)

Take Note!

- **The first few months of life are important!** Dads who are more involved in their child's life (especially during the first 3 months) have a positive impact on their baby's cognitive development.
- **Time with dad benefits boys and girls.** In other words, spending time with the baby had a positive impact regardless of the child's gender.
- **Talk and play with your child!** Young babies may not have the ability to speak yet, but they are learning and engaging with everything that you do! Choose activities that promote interaction and engagement such as reading books together. Spend face-to-face time talking, smiling, and making faces with your child.
- **Need more activity ideas?** Check out some free, research-based activities at www.joinvroom.org and download the app!



Enjoy the Great Outdoors

The temperature is heating up, and it's time to get outside and enjoy the sunshine.

Here are a few ideas to get moving!



- **Chalk Art:** Find a good place on your driveway or sidewalk and get creative with some chalk art!
- **'Boxstale' Course:** Place three cardboard boxes several feet away from one another in a safe space outside. Number them with "1," "2," and "3." With your child, choose a different activity to do at each box (e.g., "Roar like a lion" "Do 5 kangaroo hops"). Together, run from one box to the next, completing each activity. Time yourselves and try to set a personal record!
- **Shadow Tag:** Get your family together for a twist on the classic game of tag! In shadow tag, the person who is 'it' runs after the others but can only tag other players by stepping on their shadows. Once 'frozen', a player can only rejoin the game if another player steps on his/her shadow!

Dad's Buffalo Wing Kabobs

Ingredients: Roasted Chicken (in pieces), Jalapeño-Jack Cheese (cubed), Celery (in pieces), Buffalo Wing Sauce, Ranch dressing, Skewers

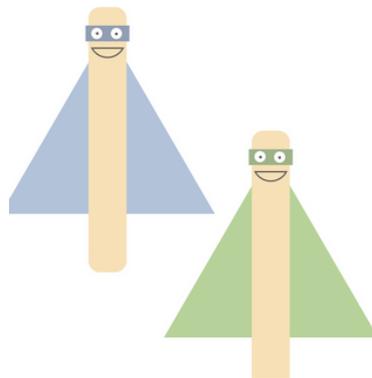
Directions: Together with your child, layer all of the pieces on the skewer and dip in Wing Sauce/Ranch. *Looking for a vegetarian option? Substitute cauliflower for the chicken



Fun With Your Kids! Superhero Sticks

Materials: Large Popsicle Sticks, Construction Paper, Glue Stick, Scissors, White Paint Pen or Paint, Black Marker

Directions:
<http://premeditatedleftovers.com/naturally-frugal-mom/superhero-sticks-craft-kids/>



References

Dad's involvement with baby early on associated with boost in mental development

http://www3.imperial.ac.uk/newsandeventspggrp/imperialcollege/newssummary/news_9-5-2017-9-39-17

Father-Child Interactions at 3 Months and 24 Months: Contributions to Children's Cognitive Development at 24 Months:

<http://onlinelibrary.wiley.com/doi/10.1002/imhj.21642/full>

8 Snacktime Kabobs

<http://www.parenting.com/gallery/kabobs>

Boxstale

Course <http://www.scholastic.com/parents/resources/article/outdoor-activities/3-fun-outdoor-games-kids>



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