

Introduction and Overview

Welcome to the *Father Times* parenting newsletter resource. Father Times is an educational newsletter series designed to provide fathers and father figures of young children with high quality information and ideas about healthy parenting and child development. It also is appropriate for mothers or other caregivers of young children. This provides a brief introduction and overview of the newsletter resource.

The **Instructional Guide for Usage of the *Father Times* Newsletter** provides further in-depth guidance on usage, delivery and evaluation of the newsletter resource.

Father Times Newsletter Resource Package of Materials

Your complete resource package of materials for the *Father Times* parenting newsletter should include the following items:

- CD and Instructional Guide/Materials – Provides information and guidance on how to use, deliver and evaluate the *Father Times* newsletter
- The complete set of white copy *Father Times* newsletter series of nine issues in four- and eight-page versions; available on CD or hard copy
- One printed and bound example copy of the *Father Times* newsletter
- Sample evaluation forms that can be used with the newsletter

Father Times Newsletter – Where Does It Fit?

There are a number of parenting newsletters, but there is very little that specifically addresses fathers and father figures in the lives of young children. This newsletter resource meets that need and provides a practical, father-friendly approach to sharing information and ideas with men as parents.

Father Times Newsletter Topics

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

- 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*

Father Times Newsletter Features

The *Father Times* parenting newsletter has 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 other elements that are designed to assist fathers and others to understand and support children.

Father Times Newsletter – Who is Using It?

The *Father Times* parenting newsletter is adaptable and designed for use in a variety of educational settings. It has been used in early childhood settings (Head Start and Early Head Start), kindergarten and other school programs, parent education centers, prisons with incarcerated fathers, social services agencies, faith communities, community education programs, businesses and other areas where fathers and father figures can be reached.

Why the *Father Times* Parenting Newsletter?

Parents need information. They need knowledge that will help them understand children, provide a healthy environment and nurture their children to adulthood.

One educational tool that has become increasingly valuable in parent education is parenting newsletters. Until now there have been few if any resources that addressed the important relationship of fathers or father figures and their children.

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. This parenting newsletter resource 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 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.

Father Times Newsletter – Available Versions

The *Father Times* parenting newsletter is available in two different versions, an in-depth eight-page version (recommended) and a shorter four-page version. Newsletters in both English and Spanish versions are included.

Further Information

For further information or to order the *Father Times* parenting newsletter, you may contact Sean Brotherson at:

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