



Fresno Fatherhood Collaborative

Dads, Daughters, and Puberty

By: Jon Hart, Education and Community Outreach Specialist

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Puberty is a time of many changes. For young girls a defining event during this developmental process is menarche, which is defined as “the beginning of the menstrual function.” Prior to getting married, I was a single father, alone, raising 2 girls. I had to learn quickly how to start preparing my girls for this important time in their lives, and was awkward for me at first. Not only was it awkward for me, but the event is often met with mixed emotions for girls. Like many other changes associated with puberty, it can be confusing.

Many girls experience fear and anxiety related to their first menstrual cycle, largely because of misinformation or, more frequently, lack of information. So, as a single father, I took the initiative to start educating myself on this topic. I started learning techniques on ways to talk with my girls, and educating them and myself, on this process. Some of the most negative experiences have been reported by women who had no education about menstruation or menarche. In one study, when describing their menarche, women used

words such as “panic,” “traumatic,” “embarrassed,” and “scared”. Naturally, this is usually the role of the mother, to talk with their daughter(s), about this process. But if you are a single father, seek the support and advice of another woman whom you and your daughter trust. But accept the fact that you need to be involved too, because, at any moment, you may be the only one she can turn to for help. Every girl will experience puberty in a way that is unique to her. Some girls will start to develop at around eight years of age, however, many will not start

Spotlight: Alex Reyna

By: Torrie Gill, POPS Employment & Training Case Manager

IN THE POPS SPOTLIGHT



Photo: POPS Participant Alex Reyna with baby girl.

POPS participant Alex Reyna welcomed a new addition to his family a beautiful baby girl. Alex has been enrolled with the Employment & Training POPS program and attends the Healthy Choices classes. Alex wants to make healthy choices for himself which will benefit his family. “Making healthy choices throughout life leads for a happy wife and family, I choose to make those healthy choices,” stated Alex. Throughout the POPS program

Alex has received a resume and Job Readiness skill building. Last month Alex attended the Job Fair at the Fresno Fairgrounds, in which he was dressed in a khaki blazer worn with a tie. His attire was given to him via the employment and training suit closet. Alex completed five job applications and turned in countless resumes. Alex has an interview with two

warehousing companies next week. He is eager to work and have a fresh start with his family.

POPS Collaborative Partners

- County of Fresno Veterans Services
- San Joaquin Valley Veterans/ WestCare
- Department of Child Support Services
- **Fresno EOC**
 - Employment & Training
 - Local Conservation Corps
 - Sanctuary & Youth Services
- Fresno Housing Authority
- Fresno Street Saints
- First 5 Fresno County
- Marjaree Mason Center



A Message From Shawn

- Shawn Riggins, Fresno EOC Local Conservation Corps Director

This month, my daughter Jade officially received her Driver's Permit. I do not know how to feel about this. While I have told her to "be careful for what she wishes for", as I fully intend to have her chauffeur me around the city, I am also saddened that another milestone of her eventually being out on her own is rapidly approaching. I often tell her she is lucky I do not have a time machine because she would be stuck at one year old forever.

Time to start watching reruns of Back to the Future to see how Doc Brown turned that old DeLorean into a time machine.



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until they are 10, 11 or 12, and some girls won't experience any changes till they are 13 or 14, occasionally later. For my oldest daughter, she didn't start puberty until she was 14. At my youngest daughter's (age 11) last doctor appointment, they did a physical on her. The doctor advised me, that within this year, she will be transitioning into puberty. It can be a frightening experience for a girl to start her periods and not know what is happening to her. It is therefore vital that your daughter is informed about periods so that she can be fully prepared, and spared any unnecessary distress.

- A girl's periods can start anywhere from age 8 to 18.
- Periods usually start around two years after breast buds develop.
- They last anywhere from 2-7 days, but the average duration is 5 days.

- Periods will repeat on average every 28 days ("the menstrual cycle") but can repeat anywhere from 21 to 35 days.

- When periods first start, they can be sporadic and unpredictable, and it can take up to two years for periods to settle down into a reliable pattern or cycle.

- It is recommended that girls use sanitary towels and not tampons until their periods have settled into a reliable cycle.

I also had my daughter make a preparation pack to take to school. In the preparation pack is a change of clothes, underwear, hygiene items for washing and tampons. If a girl is really sporty, she may want to use tampons because sanitary towels can be quite inconvenient in these situations – especially swimming. There are major health risks associated with the incorrect use of tampons, so both you

and your daughter must read about Toxic Shock Syndrome beforehand. Although this is a rare illness, it can be fatal, so please familiarize yourself with the causes, symptoms and preventative measures. If a girl uses tampons, organic ones are preferable. But don't be scared Dads! As you educate yourself and your daughter on this topic, you both will become more confident about this stage of life, and you'll gain a greater trust and bond with your daughter.

Today I can take my Daughter shopping and we will be going down an aisle, and she will say out loud, with others around, "Dad, I need to get tampons", without even blinking an eye brow.

For more information on this topic, you can go to the following website: <http://www.pogopack.co.uk/dads-how-support-your-daughter-through-puberty>

Cole's Top 10 List of Things to do With Your Family For Easter or Spring Break

By: Cole Scroggins, Fresno EOC Sanctuary Youth Outreach Worker & POPS 24/7 Dad Facilitator



1. Take a trip to your local amusement park and create new memories with your family.
2. Plan a trip to a local lake or park. A trip to the park or lake often is right in your backyard and a great way to enjoy nature.
3. Plan a BBQ picnic to bring your family together and ask each person to bring their favorite side dish.

4. Go Fly a kite! Flying a kite is always a fun activity to do with your child.

5. Bike ride as a family. The entire family will get great exercise as well as spend time together!

6. Take your pets for a much needed walk. Children love to spend time with their family pet and this can prove to be a great bonding experience.

7. Bake cupcakes for Easter with your children! Baking with kids is a rewarding and fun experience and you don't need to leave the house!

8. Dye eggs with a colorful, creative and fun theme for your children when planning for an Easter egg hunt, kids love to hunt for eggs and find the prize.

9. Shop locally and visit your local farmers market for your family groceries. Farmers markets are a great way to save and eat healthy for your entire family too.

10. Spring clean! Get the entire family to help and clean out the clutter. When mom is happy, everybody is happy!



Meet Lee Her: DADS Program Assistant

Having worked with different youth programs in the past, I am excited about working with LCC's POPS and DADS programs as a Program Assistant. One of my most rewarding work experiences I have had is helping at-risk youth develop their job skills by providing them resources and employment opportunities. I have also volunteered with Stone Soup, Fresno to coordinate events and facilitate group discussions on various youth issues. Building a better community means working with our children. However, I also believe that in order to develop our children, we must start by

working with the parents. This program does that and more. I am happy to be able to assist with this process. In my free time, I like teaching my toddler new skills and hanging out with close friends and family. I also enjoy being outdoors and exploring new places, events, and hobbies.

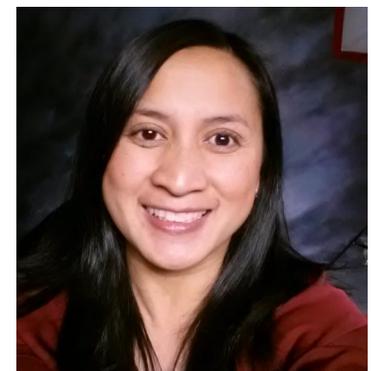


Photo: DADS Program Assistant Lee Her

Fresno Economic Opportunities Commission
Sanctuary and Youth Services



Coming Soon....

FRESNO RESCUE MISSION

310 G. Street Fresno, CA 93706

SESSION DATES: MAY 6, 8, 13, 15
2:00PM-5:00PM

***SNACKS, INCENTIVE ITEMS, DAILY
RAFFLES ARE OFFERED!***

Fresno EOC Sanctuary Conference Rm

2336 Calaveras St. Fresno, CA 93721

SESSION DATES:

04/21 2:00 pm-5:00 pm
04/25 3:30 pm-6:30 pm
04/28 2:00 pm-5:00 pm
05/02 3:30 pm-6:30 pm

SNACKS, INCENTIVE ITEMS, DAILY RAFFLES, & BUS TOKENS OFFERED!

FOR MORE INFORMATION OR TO SIGN UP:
Manny Brar, Sanctuary POPS Case Manager
(559) 498-8543 ext. 206 or
manny.brar@fresnoeoc.org

Schedule of Events

- CHOICES Anger Management Monday's at EOC NYC- from 3:30 to 5:30 PM (Open Enrollment). CHOICES
- CHOICES Anger Management at WestCare (Closed Group)- Tuesdays from 10:00 AM to Noon.
- 24/7 Dad Classes at Fresno EOC NYC (Open Enrollment)- Tuesday and Thursday from 3:30 to 5:30 PM.
- Love Notes Healthy Relationship Classes at EOC NYC- Tuesday and Thursday from 3:30 PM to 6:00 PM.

April 2014

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1 24/7 DAD 24/7 Dad SA CHOICES W	2	3 24/7 DAD	4	5
6	7 CHOICES	8 24/7 DAD 24/7 Dad SA CHOICES W	9 24/7 Dad EPU	10 24/7 DAD	11	12
13	14 CHOICES	15 24/7 DAD 24/7 Dad A CHOICES W	16 24/7 Dad EPU	17 24/7 DAD	18	19
20	21 CHOICES 24/7 DAD SYS	22 24/7 DAD 24/7 Dad SA CHOICES W	23 24/7 Dad EPU	24 24/7 DAD	25 24/7 Dad SYS	26
27	28 CHOICES 24/7 Dad SYS	29 24/7 DAD 24/7 Dad SA CHOICES W Love Notes	30 24/7 Dad EPU			



<http://www.facebook.com/fresnopops>