



Fresno Fatherhood Collaborative

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Back to School Tips

By: Phoua Vang, Fresno EOC Local Conservation Corps

August marks the end of summer vacation and the beginning of a new school year. This can be an exciting time for children. For some, a new school year can be a stressful time. For the first time, some children will be separated from their parents for several hours and some will begin the school year at a new school. Thankfully, parents can help their children lessen the stress that comes along with a new school year for their children.

Here are some tips from Bethany Hardy, who wrote the article, "Back to School: Transitioning Your Family from Summer to School" on PBS.

Anticipate and address your child's anxiety. Going back to school is stressful for kids of all ages, so head off the stress before school even starts, says Renee Clausell, a child psychologist in Long Island, New York. Talk with your children about new experiences and traditions,

from using the potty at preschool to learning how to use a locker "in a playful and creative, role-playing way," Clauselle says.

Manage your own anxiety. Maintain a positive attitude about summer ending, advises Edward Christopherson, a Kansas City-based child psychologist. "If you are nervous about school starting, then your child is certainly going to be nervous about school starting," he says. It also helps to plan fun,

Spotlight: Dwayne's Story

By: Torrie Gill, Fresno EOC Employment & Training

What does it mean to be a good father? Does being a good dad mean the same thing as being a good provider? Is being a dad really just about sharing life lessons and teaching our children? To Fatherhood Ambassador Dwayne Holland Carter, being a good father means both. Dwayne Holland Carter is a POPS Fatherhood Ambassador for Fresno EOC's Sanctuary and Youth Services program. At age 17, Dwayne is the first member of his family to pursue a high school diploma. His young daughter, Analisse, means the world to him. He is an active father, spending time with his daughter taking her to the park, reading and coloring with her.

As a Fatherhood Ambassador, he completed the 24/7 DAD curriculum with the support of Latasha Marin, Case Manager, Fresno EOC Sanctuary and Youth Services program. "In 24/7 DAD I learned your kids are watching and listening to everything you do or say, I want my daughter to watch me succeed," said Dwayne. As an ambassador, he mentors his peers and encourages other fathers to join and gives them information about the POPS program. While in the POPS program, Dwayne says he has learned how to be a more responsible parent. After graduating high school, he plans

on enrolling in the Cesar Chavez Adult Education Center Janitorial Program. "During my time as a fatherhood ambassador, I have had the privilege of working alongside the maintenance staff of the Sanctuary Youth Services program, seeing how they come up with solutions to fix everything and I have enjoyed it and would like to make a career of it," expressed Dwayne. "The POPS program has been very beneficial towards my life and to the staff and this program I am truly grateful." added Dwayne.

IN THE POPS SPOTLIGHT



Dwayne Holland Carter

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, along with millions of parents of school aged kids throughout the United States, my family spent the past couple of weeks preparing for my daughter Jade to return to school. Part of the preparation was a “Say Goodbye to Summer” planned vacation to Disneyland and Universal Studios the week before school. I learned something about myself in Disneyland. I may not be the man I used to be.

During the visit, we stayed in a hotel right across the street from the park. On several occasions during our five day stay, I had to head back to the hotel to take a nap while my daughter, wife and niece continued to enjoy the park. I would like to think that I was tired because for three weeks previous to this trip, I was out of town for work the majority of the time, but my daughter says I am getting old and could not hang.

Jade may be right. When we returned home, it was time to shop. If I am not looking for tech products, I hate shopping. There is nothing in the world that makes a father feel older than shopping with his 15 year old daughter. I fondly recall the days when I could pick out all of Jade’s clothes, and was rewarded with “I love my new clothes” from a young girl who thought Dad was the smartest person in the world. Now, Jade’s school prep consists of a trip to the eyebrow bar, several hours getting her hair taken care of (thank goodness for mothers), and several long, agonizing hours picking out clothes. Now, instead of Jade trusting my good taste, mother and daughter teamed up on old dad. After returning from the mall, I was a beaten man :)

Given all of this, the past two weeks have been great. I only have a couple of years like this left with Jade before she becomes an adult. There is a commercial that gets to me every time I see it. A father is looking at his small daughter behind the wheel of a car and giving her safety instructions and the little girl keeps saying, “Daddy, I know”. We soon see that the little girl is actually a grown young woman, but to the father, she is still his baby girl. This is the journey I am currently traveling.

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transitional activities to prepare your kids, says Tina Feigal, an author and parenting coach in Roseville, Minn. “Plan a fun weekend for Labor Day, and include the kids in the plan,” she suggests. “If school has already started, it’s a nice buffer vacation. If it hasn’t, Labor Day is a great time to say good-bye to summer and hello to all the good things coming up in the new school year.”

Ease back into scheduled days. When your kids are used to running around outside until dark each night, shifting to the early morning school bus rush can be a real

shock to the system. To ease the transition, about a week before the first day of school, start their bedtime routine about 10 minutes earlier each night and wake them up 10 minutes earlier each morning, every day, until they’re back on track. And Mom and Dad: don’t forget to readjust your bedtime schedules too!

Get back to healthy eating. If your family is like mine, your household inventory of potato chips and cookies skyrockets during the summer. The arrival of fall is a perfect time to teach your kids that family-focused healthy eating can be fun too. “While [kids] may be used to having ice cream

every night in the summer, start swapping [those] out some nights for fruit Popsicles, frozen yogurt, or baked fruit sprinkled with cinnamon and brown sugar,” says Rania Batanyeh, a San Francisco-based nutritionist and wellness coach. “And be prepared with healthy snacks and meals when things get hectic, such as in the morning before school, when kids come home from school, and before dinner.”

Seek out one-on-one time with your child every day. Yes, this one is daunting, especially when your days consist of carting Kid A to one activity and picking up Kid B from another. But challenge

yourself to set aside just 15 minutes per day, per child, to enjoy a quiet activity together. Whether it involves reading a few extra books to your toddler, taking turns making up a story with your preschooler, or gazing at the stars with your oldest after the others have been put to bed, your children will savor your undivided attention. And both of you will benefit from putting yet another hectic day on hold.



Internet Job Search 101

By: Torrie Gill, Fresno EOC Employment & Training

The Internet has completely transformed the job search, with job seekers moving from circling newspaper ads to searching online job boards and using social-media tools. In addition, many companies now recruit and research job candidates using online resources. But the new online job-search process can be intimidating. Follow these basic to online job searching and you'll be applying for jobs in no time.

Create a plain-text version of your resume

Upload your resume to a resume database, where your resume submission are pooled and organized so employers can search for possible candidates.

Use keywords from the job description in your resume

In the "summary of qualifications" section on your resume, include keywords taken from the job description. Most companies that post jobs online use application-tracking systems

to narrow down possible candidates. Incorporate keywords naturally throughout the resume don't just copy and paste the job description.

Learn the job-search terms

There are plenty of ways to approach the position you want through online job searching. Once you're on an online job board, you can widen or customize your search as much as you like.

- **Location:** Unless you're open to relocation, select your target location and how close to that location you'd like to be.
- **Keywords:** If you're new to online job searching, starting off with a general search, such as "sales" or "administrative assistant" will return many results and can help you become more familiar with job postings. As you become more comfortable to keyword searches, you can customize your search further.
- **Industry:** If you want to work in a specific industry, you can select that industry in your search to narrow down your results.

Details matter

You'll likely apply for more than one position online. Because submitting job applications and résumés online is so easy, it becomes equally easy to mess up. Don't send the same information to every potential

employer, because you risk accidentally sending a cover letter mentioning a previous application/competitor. Take the time to proofread everything.



The Impact of Fathers

By: Jon Hart, Fresno EOC Local Conservation Corps

A noted sociologist, Dr. David Propenoe, states, "Fathers are far more than just 'second adults' in the home. Involved fathers bring positive benefits to their children that no other person is likely to bring".

Starting from birth, children who have an engaged father are more likely to be emotionally secure, are more confident, want to go out and explore nature, explore their

surroundings, and as they develop, and grow older, have a better social network with their friends. Children with engaged fathers are less likely to get in trouble at home, school, or in their neighborhood. Infants who receive high levels of nurturing and affection from their father are more securely attached, and form a bond with the father. The way fathers play with their children has a very valuable impact on

a child's emotional and social development. By fathers getting involved with their child, the child can learn to regulate their feelings and behaviors. In closing, fathers have a very strong and positive impact on the development and health of children. Multiple studies have shown that children who live with their fathers are more likely to strive emotionally, physically, academically. And to avoid drugs, violence, and delinquent behavior.

To learn more about the importance of Fathers in the healthy development of children, you can go to: <https://www.childwelfare.gov/pubs/usermanuals/fatherhood/chaptertwo.cfm>

Announcement

New 24/7 Dad Classes—August 27th

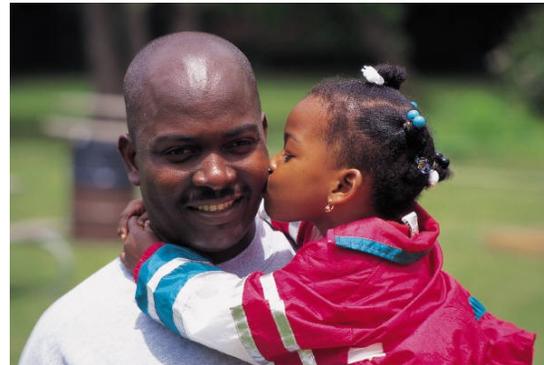
Fresno EOC Sanctuary & Youth Services POPS program will be offering 24/7 Dad class. Snacks and bus tokens are offered. Incentive items offered every week with a certificate of completion given to each participant who completes all sessions. These sessions are open to all POPS Participants.



Location: Dickey Youth Center
1515 E. Divisadero Rm. #111
Fresno, CA 93721

Date/Time: Aug. 27 & 28 , Sept. 3, 4, 10, & 11 from 3:30 PM to 5:00 PM

For more information or to sign up, please contact:
Cole Scroggins, SOS Youth Outreach Worker, Sanctuary Outreach to the Streets
(559) 498-4543 ext. 228 or cole.scroggins@fresnoeoc.org



Schedule of Events

- 24/7 Dad Classes at Fresno EOC NYC– Tuesday and Thursday from 3:30 to 5:30 PM (Open Enrollment).
- 24/7 Dad Classes at Dickey Youth Development Center– Tuesday and Wednesday from 3:30 to 5:00 PM (Open Enrollment).
- CHOICES Anger Management Monday's at EOC NYC– 3:30 to 5:30 PM (Open Enrollment).
- CHOICES Anger Management at WestCare (Closed Group)– Tuesdays from 10:00 AM to Noon.
- Love Notes Healthy Relationship Classes at EOC NYC– Tuesday and Thursday from 4:00 to 6:30 PM; Friday from 4:00 to 6:00 PM.
- Family Moving Night at EOC NY– Wednesday from 4:30 to 6:30 PM.



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

September 2013

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