



# Fresno Fatherhood Collaborative

## Inside this issue:

New School Year	1	Change may be good, but it's not always easy. Switching from the laidback fun of summer to rules, homework, and routines can be a big jump for parents and children alike. But with a little preparation and the right attitude, it doesn't have to be so hard.
Spotlight	2	As a parent, I have to say I love spending time with my girls during summer break, but at the same time, I have to say I am relieved that a new school year is beginning.
A Message From Shawn	2	As we start the school year, it is crucial we as parents to be proactive and start setting the stage for our children to have a successful school year.
Going the Distance	2	In my household, we start prepping
Family Learning Night	3	
Announcements	4	
Calendar of Events	4	

## Getting Our Children Ready for a New School Year

By: Jon Hart, Education and Community Outreach Specialist

for the school year with back to school shopping. From my experience, this can be costly. With some tips, I have been able to save money. One way I save money is by looking for coupons and I also save money by shopping at thrift stores for my girls' clothing. You would be amazed at all the lightly worn clothes donated at thrift stores, and you can dress your kids in style.

**Here are some everyday tips we can use:**

**Start at Home:** School success starts at home. Create a homework center, a specific area in the house (such as an

office desk or the kitchen table) where your child can do homework each evening. Make sure that it's stocked with enough supplies, such as pencils, erasers, paper, a folder or two, and a calculator.

- **Do:** Sit with your kids when they're doing homework. If you have work you need to do for your job, bills to pay, or some other project, do it while your child is doing her homework, and let her know that even adults have homework. Model what it takes for school success by staying focused and not leaving until you've accomplished what you set out to do.

• **Encourage Critical Thinking:**

## Spotlight: Dewan Carter

By: Torrie Gill

### IN THE POPS SPOTLIGHT



Photo: POPS TLC Participant Dewan Holland Carter

Tough economic times and unemployment only add to the number of people who go hungry everyday here in the nation's bread basket, the Central Valley and those problems are growing. To perform a food shortage survey throughout Fresno County to determine where and when people need additional food to meet their nutritional requirements and to identify which foods they need, The Fresno County Hunger Count is here to help.

One of the individuals involved to help the efforts is Dewan Holland Carter. On August 1st, POPS participant Dewan Holland Carter began his first day of his new job. Dewan was a graduate of 24/7 DAD and last year's Fatherhood Ambassador, he completed job readiness training with POPS case manager Torrie Gill in which she helped prepare him with the Fresno County Hunger count by giving him a mock interview. Dewan interviewed twice and he was informed that he got the job. Dewan will

be collecting data by reaching out to food pantries, Cal Fresh centers, WIC centers, churches, schools, Head Start centers, agencies serving low income families, and organizations serving ethnic communities. He is excited about this new life endeavor and even more excited about making a difference in the community.

## A Message From Shawn

### 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
- West Fresno Faith Based Organization

### Am I a Bad Parent?

**By: Shawn Riggins, LCC Director**

Every day that goes by, my daughter is one day closer to her 18<sup>th</sup> birthday and “officially” reaching adulthood. Is it wrong for me to worry that she is not ready to be an adult? Jade, at age 16, is in this weird stage of being a “woman-child”. She is 6 feet tall and often mistaken for someone a lot older. I have given many young men the “Dirty Dad” look when we walk through the mall because they do not realize how young she is.

And within the next two weeks, Jade will have her driver’s license. I remember looking over my shoulder while driving and seeing Jade in her car seat pretending to drive, using her Dora the Explorer plastic map. Now, she will be on the road with all of the crazy drivers we all experience every day.

I now understand what Boys II Men meant when they sang , “It’s So Hard to Say Goodbye to Yesterday”.

## Going the Distance Charting New Horizons

By: Maria Else

In August, I attended the annual Office of Family Assistant national conference. The theme for the conference was “Going the Distance Charting New Horizons. I learned a lot of valuable things that I was able to share with our organization, and POPS Collaborative Partners. The questions that I kept asking myself was, how will our POPS team go the distance, and chart new horizons. In three years, we have reached over 700 fathers in Fresno, and our goal is to have an even greater influence on assisting them in becoming responsible parents whose changes not only affect the children in a positive manner, but has a domino effect on making changes in their families, and communities.

This coming year we will start that change by letting fathers tell their stories. Stories with that are often filled with pain, and which have been repressed due to many circumstances, but all too often simple not expressed because no one has asked.

We will continue to go the distance by offering employment, and training opportunities, and programs such as: 24/7 Dads, CHOICES, and Love Notes, but will further that cause by hosting quarterly events that strengthen the father, and his bond with his family.

Charting new horizons will begin by recognizing the factors that lead to toxic stress in the lives of those we serve. Continuing to provide the knowledge and available resources to help our fathers cope, and gain the skills necessary to sustain their families beyond POPS program completion is the ultimate goal that will be set. We have dedicated staff, and community partners who will help meet, and exceed the expectations for the POPS program as we move forward.

## POPS Hosts Family Learning Night

By: Maria Else, Fresno POPS Interim Program Manager



On September 29, 2014 the POPS program held a Family Learning Night. This is the first in a series of quarterly events that POPS will be hosting in an effort to provide fathers with parenting and relationship building education needed to strengthen both the bond with the child, and family unit as a whole. Fourteen fathers, their significant others, and children were present, which totaled 43 in attendance. The evening began with a healthy dinner provided by Fresno EOC Cafe. Benefits of having at least three meals a week as a family were discussed while they ate. Participants learned that dining together

lowered chances of childhood obesity, was less expensive than eating out, made children less likely to abuse drugs or alcohol, led to better grades, and communication within the family. Soon after dinner, presenter Oweida Doxey, from Comprehensive Youth Services, gave parents tips on helping children establish effective bedtime routines such as: Being consistent, using a timer as a signal that it is time to get the last drink of water or light snack, use the restroom, brush their teeth, put on bed clothes, and reinforcing the desired behavior by reading ,or telling a bedtime story were covered. Oweida ended

the topic by reading "My Dad and Me", by Alyssa Capucilli. Each father was given a copy of the book to take home. The night ended with presenter Dr. Donald Cheek speaking to the couples about the importance of communication in relationships. The children were taken outside to play while the fathers, and mothers, attentively listened to Dr. Cheeks. Strategies like, listening, using "I" messages to communicate how you feel, the significant role/responsibilities of a father, and learning and practicing new habits were all topics of discussion during the session. Not only did the fathers, and their families receive knowledge about parenting, and relationships, they also got a chance to win raffle baskets. Family movie night, outdoor sports baskets, gift cards, home laundering, cleaning supplies, diapers, and wipes were raffled. Every father left with tools to assist them on their responsible fatherhood journey, and smiles were on the faces of all who attended.

Help your child with his homework, but make sure that you're not doing it for them. Your role is to help them succeed in school by asking questions, giving examples, and assisting in learning concepts, not giving the answers. Critical thinking skills are crucial for doing well in school at every age.

**•Stay Involved:** Work with high school counselors, teachers who know your child well, and your teenager to create an academic schedule from ninth to twelfth grade that challenges her and deepens her school success skills. Keep your teenager growing (without boring or placing too much pressure) so that she gradually masters skills that will be useful for doing well in school and beyond. After each semester, talk with your teen and make necessary adjustments to the schedule to make sure that it is still appropriate. For more information on back to school tips, you can go to this link: <http://www.parentfurther.com/10-back-to-school-tips-parents-elementary-school-aged-kids>

## Getting Our Children Ready for a New School Year

(Continued from page 1)

By: Jon Hart, Education and Community Outreach Specialist



## Upcoming October Events



**Costume Contest Free Goody Bags!**

**Hosted By**

**Fresno EOC Sanctuary Outreach to the Streets (SOS) & Health Services Team**

**When:** Friday October 31– 4:00 to 7:00 PM

**Who:** Event for youth-11-21 years old

**Where:** Neighborhood Thrift Store 353 E Olive—IN TOWER DISTRICT

**For more Info call 498-8543 ext 228**

### Haunted House & Safe Trick or Treat Event

**Hosted By**

**Fresno EOC Local Conservation Corps POPS Program & YouthBuild Charter Corpsmember/Student Council**

**When:** Friday October 31– 2:00-5:00pm

**Who:** Fathers, their children, and significant others

**Where:** Fresno EOC Local Conservation Corps

**For more Info call 263-8903 or 263-8921**



### 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 Salvation Army (Closed Group)- Monday's 6:30 to 8:00pm
- 24/7 Dad Classes at Fresno EOC NYC (Open Enrollment)- Tuesday and Thursday from 3:30 to 5:30PM.
- Love Notes Healthy Relationship Classes at EOC NYC- Tuesday 3:30 PM to 6:00 PM starting October 28

## October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	CHOICES @LCC 3:30pm	24/7 DAD @ LCC 3:30pm	1	2 24/7 DAD @ LCC 3:30pm	3	4
5	6 CHOICES @ LCC 3:30pm	7 24/7 DAD @ LCC 3:30pm	8	9 24/7 DAD @ LCC 3:30pm	10	11
12	13 Closed For Columbus Day	14 24/7 DAD @ LCC 3:30pm	15	16 24/7 DAD @ LCC 3:30pm	17	18
19	20 CHOICES @ LCC 3:30pm	21 24/7 DAD @ LCC 3:30pm	22 24/7 Dad at Westcare @9:00am	23 24/7 DAD @ LCC 3:30pm	24 24/7 Dad at Westcare @9:00am	25
26	27 CHOICES @ LCC 3:30	28 Love Notes @ LCC 3:30pm	29 24/7 Dad at Westcare @9:00am	30	31 24/7 Dad at Westcare @9:00am	



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