

FATHERHOOD NEWSLETTER



ISSUE NO. 3 | JUNE | 2021



Father's Day is June 20th, and we want to wish all fathers in Oklahoma a happy father's day. Whether you are playing catch with your daughter, fishing with your son, or any other activity we hope you make great memories this year. As always we are working to help Oklahoma men with resources to help you be the healthy, balanced, and engaged father you want to be.

Please connect with us!

Contact our Fatherhood Initiative Project lead James Craig Jamescc@health.ok.gov



The Best Dad on TV is...A Cartoon Dog?

For many years dads have often been portrayed poorly in media. This is especially true in the animated world. Homer Simpson is likely one of the most well-known cartoon dads, and he is notoriously a bumbling embarrassment. Similarly, the father in *Peppa Pig* is a text-book example. Daddy Pig is a good-natured glutton with a "big tummy" who never does anything competently. When asked to draw a picture of a vegetable to take to school, Peppa sketches her dad slumped in front of the TV. On the newly popular animated kids' show *Bluey* however, dad Bandit is a laid-back but resourceful dad who's heavily involved in the day-to-day childcare. The selflessness that fatherhood demands is made explicit in the episode, *Fruitbat*. Bluey creeps downstairs one-night to see her dad fast-asleep with a rugby ball tucked under his arm. Bandit, we see, is literally dreaming of playing rugby and hanging out with his friends. "He doesn't get to play touch-football any more because he's busy working and looking after you," his wife explains. It turns out, the best dad on television is indeed an animated blue heeler.

Free Fishing Days June 5th and 6th

Coming June 5th and 6th the Oklahoma Department of Wildlife and Conservation is urging everyone in Oklahoma to go out and “fish for free”. These days **no fishing license will be necessary** and is a good chance to ‘test the waters’ and see if they would enjoy the sport. What better chance than to **take your children fishing for the first time?** Fishing is one of those activities great for teaching your child a new skill while enjoying the outdoors and quality time with them away from our day-to-day distractions



Fatherhood Sweepstakes for \$200 gift card

HealthyChildren.org, the official parenting website of the American Academy of Pediatrics (AAP), is hosting a sweepstakes contest **giving away a \$200 Amazon gift card. This contest begins June 14, 2021 and ends at midnight on Father's Day, June 20, 2021.** Fourteen winners will be drawn, two each day during the event. The winners will be announced on their Facebook page. Register on their website [healthychildren.org](https://www.healthychildren.org) to participate for free. Registering for the sweepstakes will enroll you in receiving their healthy family newsletter, and customize a webpage with information specially customized for your family.



New dad tool for your toolbox for June: How to Make Sure Your Baby Sleeps Safely

1. Always place baby on his or her back to sleep, for naps and at night. This is the most effective way to reduce the risk of SIDS. Babies are less likely to choke if placed on their backs to sleep, even if they throw up or drool while sleeping.

2. Share your room with baby. Keep baby in your room, close to your bed, **but on a separate sleep surface designed for infants**, ideally for baby's first year, but at least for the first 6 months. **Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.**

3. Use a firm and flat sleep surface—such as a crib mattress covered by a fitted sheet only. **Babies don't need any else in their beds except a pacifier.** Crib bumpers, blankets, loose bedding, and **anything else in the sleeping area is unnecessary and more importantly unsafe** to be in their sleep space.

4. Make sure your baby doesn't get too warm. Overheating can lead to increased SIDS risk due to reduced arousal. Be careful not to overcompensate for colder temperatures in the winter. In general, if the temperature in the room is comfortable for an adult, it is appropriate for a baby.

5. Work with your baby on tummy time. Tummy time is when you place your baby or infant on their belly supervised manner. It gives them the opportunity to experience a different position and helps build the necessary strength to sit up, crawl and eventually walk. **Pediatricians recommend 2-3 times a day for 3-5 minutes each time for infants.**

Remember: a) Never leave your baby unattended. This must always be done under parental or adult supervision.

b) Make sure to come down to their level. Engage them with singing, talking and colorful toys.

Fathers feeling left out

⁵Despite expressing a desire to be involved from the earliest stages of pregnancy, **fathers often report a sense that they are invisible during most if not all of the prenatal visits and in preparation for the arrival of a new baby.** Many new dads express confusion about how to best support the birth. Often healthcare professionals have focused on addressing the needs of the expectant mother and the child, rather than the whole family. **Health professionals should facilitate changes that make men more active, equal and participants in the process,** and this will inevitably lead to greater well-being for the whole family.



Need Resources? Throughout the state you can call 211 or go to <https://www.211oklahoma.org> for help with housing, food, utilities, mental health, transportation, COVID-19 information, or other needs.

In Pottawatomie county- Contact [Steve Palmer](#) at Shawnee [Bridges Out of Poverty](#) bridgessawnee@gmail.com, (405) 481-6313

REFERENCES

- 1Benedictus, L. (2021, May 21). *Bluey: How A Cartoon Dog Became Your Ultimate Guide to Fatherhood.* <https://www.the-father-hood.com/article/bluey-how-a-cartoon-dog-became-your-ultimate-guide-to-fatherhood/>
- 2(2021) <https://www.wildlifedepartment.com/outdoor-news/statewide-free-fishing-days-coming-june-5-6-take-someone-new>
- 3<https://www.Healthychildren.org>
- 4Moon, Rachel & Darnall, R.A. & Feldman-Winter, Lori & Goodstein, Michael & Hauck, F.R.. (2016). SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 138.
- 5Widarsson. (2015) Paddling Upstream: Fathers' Involvement during Pregnancy as Described by Expectant Fathers and Mothers. *Journal of Clinical Nursing*. 24 7-8 1059-1068.