

TIP CARD FOR DADS OF SCHOOL AGE CHILDREN (AGES 6-9)



U.S. Department of Health and Human Services
Administration for Children and Families
Office of Family Assistance



HIMARF
HEALTHY MARRIAGE & RESPONSIBLE FATHERHOOD



DID YOU KNOW?

Children develop quickly during this time – so dads need to adapt and grow with them.

School age children can be funny and smart, and they might still think you're cool!



Children who feel close to their fathers at this age tend to have better self-esteem and life satisfaction later in life.



Toothaches and problems from tooth decay are the leading reason they miss school.

The way kids play at this age depends on what activities they've been exposed to.

- Some kids love playing sports, others enjoy art projects, board games, video games, singing, or dancing.
- Providing opportunities for children to try different activities helps them identify their interests and personal preferences.

STILL LEARNING HEALTHY HABITS.

They need healthy foods, nutritious snacks, and 9 to 12 hours of sleep each night.



REFERENCES

- Safe Kids <https://bit.ly/2ssz00l>
- NRFC Research Review: Resident Fathers and Child Development (October 2008) <https://bit.ly/2QDqYf1>
- Very Well Family <https://bit.ly/2CGqS1u>
- Children's Hospital of Philadelphia <https://bit.ly/2U97ktC>
- Dental Health Foundation <https://bit.ly/1ieOnxg>

CHERISH THE MOMENTS AND BE THERE FOR THEM!

SPEND TIME LISTENING AND TALKING WITH YOUR CHILDREN.



- Use dinner time to communicate as a family.
- Listen without providing advice.
- Talk about their day.
- Tell stories of when you were their age.
- Get to know their friends.
- Talk about ways to handle difficult social situations (e.g., "What are some things you could do if someone bullied you at school?").

HELP THEM DEVELOP HEALTHY HABITS.



- Make sure they have regular medical and dental check-ups.
- Model a healthy lifestyle, including a nutritious diet, physical activity, and a good night's sleep.
- Encourage quiet activities like reading before bedtime, and minimize noise or distractions that may interfere with sleep.

ENCOURAGE THEM TO LEARN, GROW, EXPLORE, AND TRY NEW THINGS.



- Be there to support them as they tackle new challenges.
- Let them fail. Kids who don't learn how to fail and recover don't learn how to take healthy risks later on in their lives.
- Teach your child specific skills - how to fish, swim, ride a bike, play the piano, throw a ball, do a flip on the trampoline, do magic tricks.

NRFC RESOURCES

- Webinar (2014) How can fathers address bullying issues with their children?
<https://www.fatherhood.gov/webinars>
- Safety Tips for Dads to Keep School-Age Kids Safe <https://bit.ly/2JuZRUA>
- Dad Jokes
<https://www.fatherhood.gov/dad-jokes>
- Healthy Fathers, Healthy Families
<https://bit.ly/2riAOLI>

OTHER RESOURCES

- Child Trends video: The Science of Making Friends <https://bit.ly/2Qs8DI>
- StopBullying.gov: What Parents Can Do
<https://bit.ly/2FQLBCH>
- Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development
<https://bit.ly/2i1IDPD>
- The Family Dinner Project: Tips to Maximize Benefits of Family Mealtime
<https://bit.ly/2ssPnuj>

