

THE DADVOCATE

THE NEWSLETTER OF
HOUSE OF DAVID, ADVOCATES FOR FATHERS INC.



(photo from May 2012 National Fatherhood Initiative Congressional Briefing)

2ND ANNUAL 5K DADDY RUN - HOW CAN YOU HELP?

Donations and Sponsorship

It is once again time for our annual fundraiser...the 2nd Annual Daddy Run. I will participate in the 2012 Baltimore Marathon 5K Race on **October 13, 2012**. You are cordially invited and humbly requested to sponsor me in this worthy cause. Due to a grassroots approach and this simple, no-frills, sweat-equity fundraiser, your pledge will be 100% directed towards House of David's operating funds and will be used to purchase training materials from the national affiliate along with administrative and registration fees. Your sponsorship will help cover the cost of training materials for an individual Father. Please consider this request for all Fathers who struggle in their own way, against their own set of circumstances. Results of the race to be posted online.

**CONTACT US TO GIVE VIA DEBIT/
CREDIT CARD OR USE the WEBSITE
TO GIVE**



SUPPORT THE CLOTHING EXCHANGE

In these tough economic times, it is even more important for parents to form support networks. As all parents know, children grow out of clothes most often while they are still in very good condition. Why not donate your gently used children's clothes to House of David so that they can be distributed to Fathers in need? Our take-one-leave-one policy ensures that Fathers, will in fact, "pay it forward".

NOTES FROM THE DESK:

Greetings!

The best place to start is at the beginning, which was Father's Day, June 19, 2011. On that day a small group of faithful friends and supporters participated in a conference call to officially hold the first meeting of House of David, Advocates for Fathers, Inc. Since that date, many milestones have been met. Some have come with ease and swiftness while others have taken longer than expected. Here are few highlights of Fiscal Year 2012.

Organizational Structure:

- The Articles of Incorporation were developed and filed with the State of Maryland.
- The bylaws have been developed and also filed with the State of Maryland. Charitable Organization status with the State of Maryland has been approved.
- The Application for 501(c)3 Nonprofit status has been submitted to the IRS.
- The initial budget has been developed along with the initial Strategic Plan. Website, Facebook, and Twitter presence.

Programs/Services

- Research continues with development in all areas of services.
- The National Fatherhood Initiative's 24/7 Dad program has been added to the services.
- Three individual clients have been engaged, with two Letters to the Court issued.
- House of David has initiated contact with Fathers and Families Inc, a national non-profit, and has been approved to serve as contributing editor and point of contact for noteworthy Maryland Family Court issues and relevant state legislative issues.

Development

- A total of \$480.00 was raised through pledges for participation in the 2011 Baltimore Running Festival 5K. An additional \$650.00 was raised through general donations. These funds were expended towards the initial administrative organizational fees, and training materials.

On behalf of the Steering Committee, Supporters, and Fathers supported, THANK YOU for your support and I look forward to a productive and active second year.

All My Best,

David T. Clements



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10 TIPS TO BE A HEALTHY FOOD ROLE MODEL FOR CHILDREN

- 1) Lead by example—Eat vegetables, fruits, and whole grains with meals or as a snack. Show that you like to munch on raw vegetables.
- 2) Go food shopping together—Grocery shopping can teach your children about food and nutrition. Discuss where different foods actually come from. Let your children make choices...from healthy options.
- 3) Get creative in the kitchen—Cut food into fun and easy shapes. Name foods after your children: “Alexander Salad” or “Sydney Roasted Potatoes”. Make your own trail mix.
- 4) Offer the same meals to everyone—Don’t be a short order cook by making different dinners to please children. It’s easier to plan family meals when everyone eats the same foods.
- 5) Reward with attention, not sweets—Show your love with affection, not food. While children love and crave sweets, they should not be used as rewards.
- 6) Focus on each other at the table—Discuss fun and happy things at mealtime...no television, phone calls, texts or distractions. It’s a great time to explore your children’s personality and find out about their day.
- 7) Listen to your child—If your child says he or she is hungry, offer a small, healthy snack, even if it is not a scheduled time to eat.
- 8) Limit screen time—Allow no more than 2 hours a day of screen time (TV and Computer). Get up and move during commercials to ensure physical activity.
- 9) Encourage physical activity—Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play WITH your child.
- 10) Be a good food role model—Try new foods yourself. Offer one new food at a time along with their favorites.

For more information go to Choosemyplate.gov



David Clements with Joel Austin, President and CEO of Daddy University at the 7th Annual National Fatherhood Festival in Philadelphia 6/16/2012

THE NEED FOR NAPS

All parents love nap time! It’s either a time to catch up on the to-do list...or take one ourselves. A study by the Journal of Sleep Research also found that sleep-deprived children are at higher risk for mood related problems.

Jodi Mindell, PHD, author of *Sleeping Through the Night* offers tips for naps:

- Stick to a schedule—naps should be expected and preceded by a normal routine such as singing a song, or reading a story.
- Rebrand naps— children usually have a “melt down” at the word “nap”, but are open to “quiet time”.
- Don’t be discouraged— sleep patterns change as children go through growth spurts and adjust to schedule changes.



David Clements with Keith Blockton of Allegheny Family Network—Fathers/Family Support