



Being a  
**DAD**

Dads play a vital role in all aspects of their kids' lives. As an affectionate, supportive, healthy and involved dad, you can contribute greatly to your child's well-being and success in life. The earlier you are involved with your child, the more connected you will be as they grow. Even if you are physically at a distance from your kids, there are ways for you to develop healthy relationships with them. The ideas and information in this booklet are based on real life dads' experiences, and will add to your thoughtfulness, confidence and effectiveness as a dad.

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a **FATHER** is a  
**MAN** who pours  
**everything**  
he is into  
BEING A .....  
**DAD**

## BEING A DAD MEANS:

- my life is no longer just about me
- figuring out how to parent and taking on more family responsibilities
- being a role model for my kids
- hearing the word “again” every time I do something fun with my kids
- being just as skilled with a measuring spoon as I am with a screwdriver

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What kind of dad

# WILL I BE?

## SOME QUESTIONS TO THINK ABOUT

1

How do I want to be like my dad and different from him?

.....

2

How was my dad involved with me when I was a kid?

.....

3

How did my dad show me patience, warmth and respect?

.....

4

In what ways do my friends' dads provide me with ideas for being a good dad?

.....

5

How do I want my kids to feel about me as they grow up?

What does it mean to be an

# INVOLVED DAD?

My kids pay more attention to what I do than what I say.

My kids look to me to find out how relationships work.

## WHAT ARE SOME SIMPLE THINGS I CAN DO TO SUPPORT MY CHILD?

Be involved in teaching my child. Read together at night or help my child get dressed in the morning.

Share the daily chores with my partner that contribute to the well-being of my child (like making meals).

Let my child know that I am there for them even when I am not directly interacting with them.

Help plan daily activities and play dates for my child to let them know I care.

- ☐ I spend time with my child.
- ☐ I am there when my child needs me.
- ☐ I take care of my child.
- ☐ I show my child how much I love them.
- ☐ I am a good provider for my child.
- ☐ I want my child to be like me.
- ☐ I think about my child even when I am not with them.

ANYONE CAN BE

**A FATHER;**

IT TAKES SOMEONE SPECIAL

TO BE **A DAD**



# EASY STRETCHING

For Dad and Kids

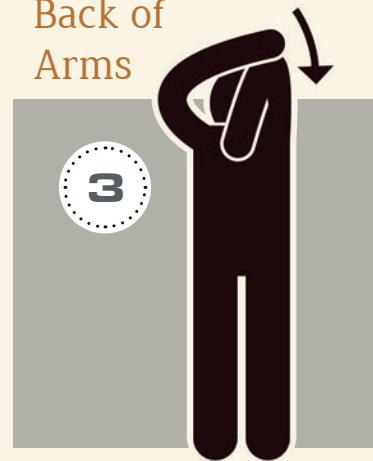
Chest



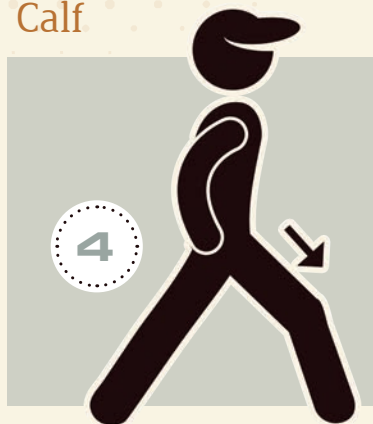
Upper Back



Back of Arms



Calf



Front of Thighs



Inner Thighs



Reference: <https://www.pinterest.ca/explore/stretches-for-runners>

# BOOST ENERGY!

## WHAT ARE THE BENEFITS OF WALKING WITH MY CHILD?



*Boosts energy levels and improves mood*



*Improves balance, flexibility and blood circulation*



*Reduces risk of chronic diseases*



*Reduces stress and tension*



*Improves sleep*



*Assists in weight management*



*Increases muscle and bone mass*



*Allows for healthy bonding with my child*

**MOVE MORE**  
- SIT LESS

**WALKING**

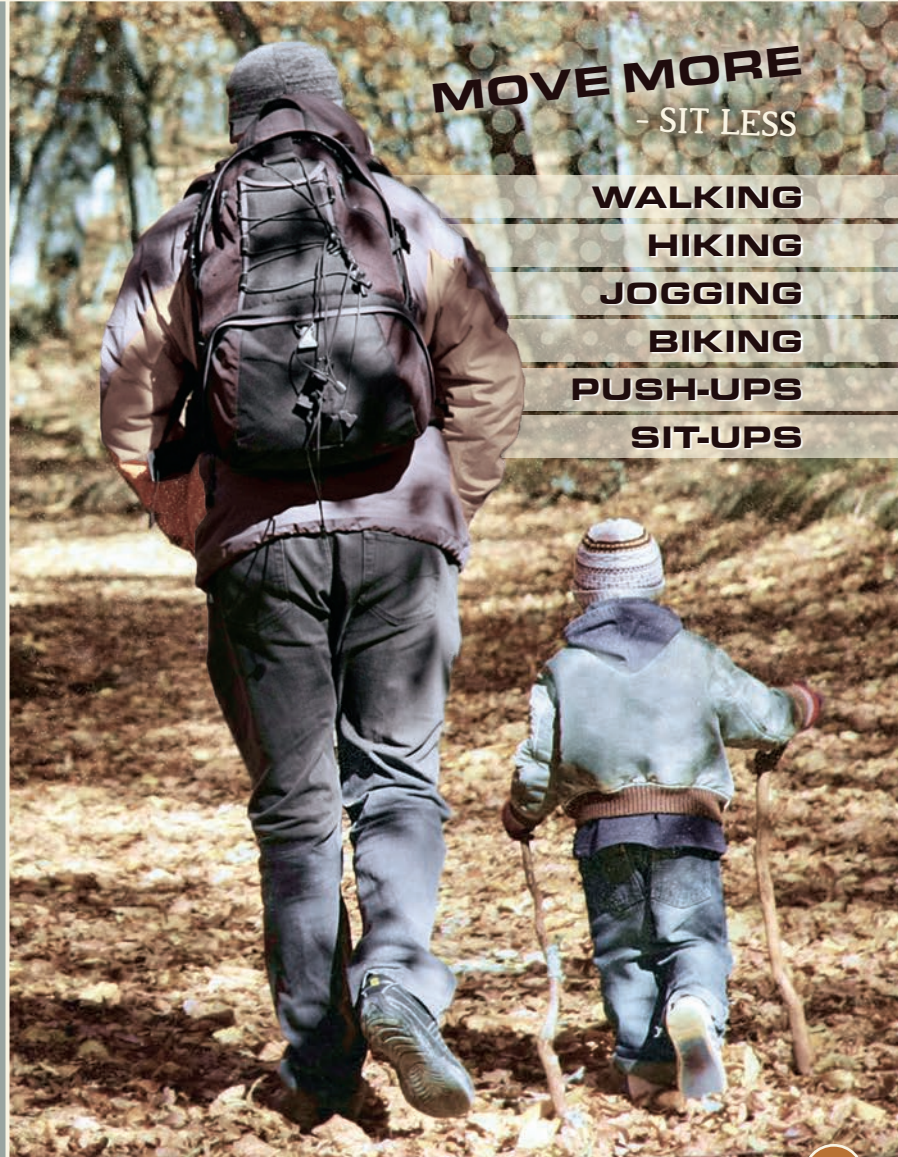
**HIKING**

**JOGGING**

**BIKING**

**PUSH-UPS**

**SIT-UPS**



# TAKE THE QUIZ!

**1** Which of these is responsible for the most poisoning deaths among young children?

- A. Medications    B. Cleaners    C. Plants    D. Food

**2** At what width should you lock an open window to prevent a toddler from falling out?

- A. 5 cm    B. 10 cm    C. 13 cm    D. 15 cm

**3** What is the only good excuse for kids not wearing a safety belt in the car?

- A. Not going far    C. Car isn't going fast  
B. Safety belt is rubbing on neck    D. No good excuse

**4** When do kids need to wear life jackets?

- A. When on a boat    C. When playing a water sport  
B. When near an open body of water    D. All of the above

**5** BC law requires children over 40 pounds to ride in a booster seat when travelling in vehicles until they..

- A. Weigh over 27 kg (60 pounds)    C. Reach their 9<sup>th</sup> birthday  
B. Are 149 cm (4 feet 9 inches) tall    D. Reach their 5<sup>th</sup> birthday

**6** Which of these is a leading cause of injury and death among young children below the age of five?

- A. Household accidents    C. Violent Crimes  
B. Car Accidents    D. Bike Accidents

**7** In which of the following containers should you never store poisonous materials?

- A. Food containers    C. Original containers  
B. Labelled containers    D. Tin Containers

**8** During the winter holidays, many people decorate their homes with which of these poisonous items?

- A. Holly    B. Mistletoe    C. Pine trees    D. Fir Branches

## ANSWERS

For complete answers to these questions, take the quiz online at [www.dadsingearindigenous.ca/being-a-dad](http://www.dadsingearindigenous.ca/being-a-dad)

1: A. Medications | 2: B. 10 cm | 3: D. No good excuse  
4: All of the above | 5: B. Are 149 cm tall OR C. Reach their 9th birthday | 6: Household accidents | 7: A. Food containers  
8: B. Mistletoe



9 In Canada, which of the following results in the most hospitalizations of children under age 5?

- A. Falls      B. Poisonings      C. Burns      D. Flu

10 Which of these ingredients is actually poisonous?

- A. Rhubarb      B. Curry      C. Seaweed      D. Ginger

11 According to BC Children's Hospital's Emergency data, which of the following causes the most choking/swallowing incidents among young children?

- A. Hot dogs      C. Coins  
B. Hamburgers      D. Toy pieces

12 You should never give a sleeping infant which of these?

- A. A mobile      C. A pillow  
B. A teething ring      D. A stuffed animal

13 What is the most dangerous room in any house?

- A. The kitchen      C. The living room  
B. The hallway      D. The bathroom

9: A. Falls | 10: A. Rhubarb | 11: C. Coins | 12: C. A pillow  
13: D. The Bathroom | 14: A Attach soft round bumpers to  
corners of the furniture | 15: B. At home | 16: B. Recognize  
dangerous situations | 17: A. Asthma | 18: D. Children should  
not reveal that they are home alone

14 In what way should you modify the sharp corners of your furniture to prevent injury?

- A. Attach soft, round bumpers to corners of the furniture      C. Remove the furniture  
B. Round off the corners with a file      D. Purchase only furniture with rounded edges and corners

15 Where is your child most likely to be bitten by a dog?

- A. In the playground      C. At school  
B. At home      D. At another's home

16 What is one of the most important lessons any child can ever learn?

- A. Always look both ways before crossing the street      C. Come inside once it gets dark  
B. Recognize dangerous situations      D. **Only** use a computer when someone else is in the room

17 What is the leading cause of school absenteeism among Canadian children?

- A. Asthma      C. Dentist appointments  
B. Food poisoning      D. The flu

18 Children should be taught never to provide which of these pieces of information over the phone.

- A. Children should not reveal their age      C. Children should not reveal their home address  
B. Children should not reveal their social security number      D. Children should not reveal that they are home alone

# SHOP LIKE A PRO!

## What Should Be in My Cart

### GET THE BEST NUTRITION FOR MY BUCK!

- Plan ahead! Make a list and stick to it.
- Shop the outer walls of the store and limit processed foods in the inner aisles.
- Buy fresh produce when in season, and when not, select canned/frozen items that are low in fat, salt, and added sugar.
- Limit food with little nutritional value, such as cookies, cakes, and chips.



### VEGETABLES & FRUIT:

Shop for a variety of fresh, frozen, and canned vegetables and fruit. Look for colourful fruits and dark green or orange vegetables. It's better to eat them whole than drink them as juice



### GRAIN PRODUCTS:

Try to find whole grain, low sodium, high fibre, protein rich grains. "Enriched wheat flour" and "whole wheat" does not necessarily mean whole grain.



### MEAT & ALTERNATIVES:

Give meat alternatives a try (beans, lentils, tofu) and eat a minimal amount of processed meat. Choose lean, low sodium cuts of red meat.



### MILK & ALTERNATIVES:

Choose lower fat dairy and soy milk products (skim milk, reduced fat cheeses) and limit cream (sour cream, whipping cream, coffee cream). Almond and rice milk have less protein than dairy and soy.

Check out Canada's Food Guide Online

<https://food-guide.canada.ca/en/>

# FIVE ON THE FLY

## Choosing Healthier Snacks When I am Away from Home

1

### PLAN AHEAD.

Pre-pack healthy snacks like nuts, fruit, yogurt, granola bars, plain jerky and water.

Kids can eat in the car, refuel and have enough energy to fly off to their next activity.



2

### STOP AT A GROCERY STORE.

Help my kids find healthy snacks such as fruit, pre-cut veggies, hummus, trail mix etc.

3

### FIND HEALTHIER OPTIONS AT THE CONVENIENCE STORE.

Challenge my kids with a scavenger hunt to find the trail mixes, granola bars, water, fruit, yogurt, etc.



### VISIT THE VENDING MACHINE.

Choose the healthiest options like popcorn, pretzels, granola bars or water instead of potato chips, candy, pop, and juice.

4



### STOP AT A LOCAL BAKERY OR COFFEE SHOP.

Find a snack that boosts energy (bagel and cream cheese, bran muffin, etc.)

5





# CHOOSING DRINKS..

## Wisely!

### WATER WINS!

Make it our #1 drink throughout the day! Water increases energy and keeps our bodies working well. I can mix it up by adding lemon, lime, or fruit to the water.



WATER

500 ml  
0 tsp

### SUGAR SWEETENED DRINKS

#### MAXIMUM RECOMMENDED DAILY SUGAR INTAKE:

ADULTS – 13 tsp

KIDS – 6 tsp

SPORTS  
DRINK



500 ml  
7 tsp



100%  
FRUIT  
PUNCH



500 ml  
12 tsp



POP



500 ml  
14 tsp



ENERGY  
DRINK



500 ml  
14 tsp



### SUGAR ADDS UP QUICKLY!

2 tsp of sugar in morning coffee + 14 tsp in bottle of pop at noon = more than recommended daily limit for adults.

1 cup (250ml) of orange juice at breakfast = 6 tsp of sugar = recommended daily limit for kids.

LARGE  
SLUSH



1 litre  
24tsp



*Sugar has many different names and there is no nutritional difference between them. Some examples are: fructose, glucose, maltose, sucrose, fruit juice concentrates, honey, maple syrup, high fructose corn syrup, molasses.*



= 1 teaspoon (tsp)  
of sugar

## WHAT IS IT?

Second-hand smoke is the combination of smoke from the burning end of the cigarette and the smoke exhaled by smokers. Second-hand smoke is harmful to everyone, but especially babies and children.

What about third-hand smoke? Third-hand smoke is the smoke that gets trapped in furniture, carpet and fabric and still persists even after people butt out. Nicotine can persist on materials for days, weeks and even months.



# CHILDREN

## & Second-Hand Smoke



### WHY ARE CHILDREN ESPECIALLY AT RISK FROM SECOND & THIRD-HAND SMOKE?

- They have faster breathing rates: they breathe in more air relative to their body weight, which means they absorb more smoke.
- Their lungs are smaller and their immune systems are less developed.
- They are less able to complain about being around smoke.
- They are less able to leave smoky places by themselves.



### HOW DOES SECOND-HAND SMOKE HARM CHILDREN'S HEALTH?

- More coughing and wheezing
- More cases of asthma, and among kids with asthma, worse asthma symptoms
- More ear infections
- More respiratory tract infections (bronchitis, croup, pneumonia etc)
- Less lung capacity
- More risk of dying from sudden infant death syndrome (SIDS)
- Lower test scores in math, reading and logic
- More chance of taking up smoking themselves



### HOW DO I PROTECT MY KIDS FROM SECOND & THIRD-HAND SMOKE?

- Ask smokers to smoke outside – even if the kids are not home.
- Shampoo carpets and clean furniture.
- Remove ashtrays from my home and fill ashtrays in my car with sugar-free candies or change.
- Wash all clothing worn by smokers regularly, including jackets.
- Smokers should wash their hands regularly.
- Teach my kids to stay away from second-hand smoke.

*Dads who want to stop smoking can find tips and tools at [www.dadsingear.ca](http://www.dadsingear.ca)*

# CHILD BEHAVIOUR

## What Choices Would I Make?

**1** I have a 2-1/2 year old daughter who can say numbers and some other words but not simple sentences; all she does is babble. I'm worried about her language development. What should I do?

- A. Play quiet games and only whisper. Your daughter will be gabbing away in no time.
  - B. Continuously talk to your child and explain your actions (for example: "Now, I'm washing dishes...")
  - C. Ignore your child until she "uses her words"
  - D. Use baby talk as a way to communicate with your child on their level.
- .....

**2** My 6 month old baby boy keeps dropping the toys I give him. If I don't pick them up and give them back, he screams and screams until I do. I'm worried that this is not normal. What should I do?

- A. Start teaching your baby some manners. Good manners are very important to his social development.
  - B. Laugh and ignore it. He's only 6 months old- it's a baby thing.
  - C. Your baby is too young to hold onto large toys. Give him smaller ones he can grasp easily.
  - D. It's a game your baby is playing called "pick-up." Play for as long as you're both having fun.
- .....

**3** My 3 year old daughter has more tantrums in a day than I can count. While it's frustrating when we're at home, it's stressful and embarrassing when we're out of the house. I feel like everyone is looking at us and judging my parenting. What should I do?

- A. Grab some popcorn and enjoy the show. Your daughter will quickly calm down because she'll want some popcorn too.
- B. Distract your daughter with something else that might interest her.
- C. Walk away from her and hope she eventually follows.
- D. Stay calm and talk to your daughter in low, quiet tones.



4

My 5 year old is a picky eater. I fear she is hungry and may not be getting the nutrition she needs. What should I do?

- A. Try and find at least one food from each food group that your child likes.
- B. Leave her alone. It's okay for your child to be a picky eater now, she will grow out of it when she's older.
- C. Play games with your child during mealtime to encourage her to eat.
- D. Punish your child for not eating the food you have prepared for them.

5

My 4-year-old never wants to go to sleep when it is his bedtime. Sometimes he just wants "one more hug," and other times he just flat out refuses. It cuts into my quiet time, and stresses me out. What should I do?

- A. Let him sleep in your bed. That way he can cuddle any time he wants!
- B. Watch some TV with him. That should tire him out and put him to sleep!
- C. Just ignore him and walk away. He will fall asleep eventually!
- D. Make a bedtime routine - such as a bath, putting on pajamas, then a story - and stick to it.

6

My 7 year old is constantly responding to my directions by saying: "I won't do it", "you can't make me", or "I'm not going". I feel as though I am losing my sweet little boy. What should I do?

- A. Give your son more opportunities to make his own decisions. This new independence might be all he needs.
- B. Bribe your son with his favourite snack.
- C. Punish him by not letting him leave his room for an hour, to give him some time to think about his behaviour.
- D. Tell your son that you do not like the way he is behaving and carry him into the car.

## ANSWERS

For more complete answers to these questions, take the quiz online at [www.dadsingearindigenous.ca/being-a-dad](http://www.dadsingearindigenous.ca/being-a-dad)

1. B | 2. D | 3. D | 4. A | 5. D | 6. A

# CARDS AND KIDS

Playing cards helps kids learn the skills that are necessary for their success in school by teaching them to:

- ✓ recognize sizes, shapes and patterns
- ✓ practice fine motor skills for printing and writing
- ✓ pay attention to details
- ✓ follow directions
- ✓ listen carefully
- ✓ understand basic math
- ✓ problem solve
- ✓ learn about negotiation
- ✓ play by the rules
- ✓ get along with others

Playing cards with kids is an excellent way to share quality time and promote learning.

## CARDS ARE VALUABLE TOOLS BECAUSE:



They are portable (think road trip!);

.....



There are many different games to play;

.....



Cards are easy to use with kids of all ages;

.....



They provide hours of entertainment for very little cost; and

.....



Playing cards reduces screen time.

# WITH DAD

Look for books with simple, clear pictures, bold colours, and few words on each page so kids can follow along.

Find books that are small and sturdy, so that kids can hold the book and turn the pages by themselves.

Ask kids questions about the story and pictures, even if they are too young to answer.

Choose books with good rhythm and rhyme.

Schedule time for reading together every day.

Make it fun. Use songs, actions, funny voices for characters and sounds for things such as trains and cars.

Look for books about experiences familiar to kids.

Encourage kids to tell their own stories.





# STRESS BUSTING

## Recognize Stress

### STEP-UP TO BEAT STRESS

Stress comes from many places; work, money, family responsibilities and poor health. Too much stress can negatively affect my health and the health of my family.

8

Get in some quality shut-eye!



7

Make time for a hobby or outdoor activity – something that I enjoy.

6

Relax! Pause to stretch and breathe during the day.



5

Healthy food choices help fight stress.



4

Laugh more: share a joke, watch a funny movie and try to see the humor in a situation.

3

Cut back on caffeine, alcohol and cigarettes.



2

Schedule in social time to play with my kids.



1

Go for a walk with my kids. Just 20 minutes a day makes a difference!



6 Critical Life Messages for Me to

# SAY TO MY KIDS



I **BELIEVE** in You



I **TRUST** in You



I **KNOW** You  
Can Handle It



You Are  
**LISTENED** To



You Are **CARED** For



You Are Very  
**IMPORTANT** To Me

SAY WHAT I **MEAN** ..... **MEAN** WHAT I SAY  
**DO** WHAT I SAID I WOULD **DO**

*Coloroso, Barbara. (1989). Kids Are Worth It! Littleton, Colorado: Kids Are Worth It! Publishers.*

Further information for dads can be found at:

**DADSINGEAR.CA**



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