



# Gateway CAP Fatherhood Times

## Your Paternal Information Resource

*“Children don’t learn love from what we promise,  
they learn it from what we practice.”  
– Gateway CAP Male Initiative*

### DEAR DAD: LOVE IS SOMETHING CHILDREN WATCH

When people talk about love, they often mean words.

But for children, love is something they **observe**.

They notice:

- How you speak when you’re tired
- How you respond when things don’t go your way
- How you show care, patience, and respect
- How you come back and repair after a hard moment

Love is not just what we say to our children—it’s what we **model** for them every day.

At Gateway Head Start and Early Head Start, we see love as action. As consistency. As effort. As learning how to respond instead of react.

If you’re expecting a baby, love begins with showing care for yourself and your partner.

If your child is very young, love looks like calming, comforting, and being present.

If your child is in preschool, love shows up through listening, guidance, and encouragement.

None of us get it right all the time.

What matters most is that children see us **try, care, and come back when we miss the mark**.

That’s how they learn what love really looks like.

*Gateway CAP Male Initiative Team*



February 2026  
Volume 9 Issue 2

## February Theme:

### Love in Action:

What Children Learn From  
How We Love

### Fatherhood Reflection: Love Is Also Repair

Many fathers worry about the moments they get wrong.

But one of the most powerful lessons children can learn is this:

Love doesn’t mean  
never making mistakes.  
Love means coming  
back after them.

When you apologize.  
When you slow yourself down.  
When you explain your feelings instead of shutting down.

Those moments teach children:

- That relationships are safe
- That emotions can be handled with care
- That love includes accountability and growth

Your child doesn’t need a perfect father.

They need a father who is **willing to repair, reconnect, and keep showing up**.

# Try This This Month: Show Love Through Action

Choose **one simple way** to show love through action this week.

## For Expectant & Early Head Start Fathers (Prenatal–3):

- Speak gently and reassuringly, even when your child is very young
- Hold, rock, or sit quietly with your baby
- Help with routines such as feeding, bathing, bedtime
- Take a moment to breathe before responding during stressful moments

## For Head Start Fathers (Ages 3–5):

- Get down to your child's eye level when talking
- Name feelings: "I see you're upset."
- Praise effort, not just behavior
- End the day with one positive moment together



Love doesn't have to be big or perfect.  
It just has to be **real**.

## This Month at Gateway: Love in Action Through Leadership

Love in action is not only what children feel in the moment—it's what they learn from the way we lead, influence, and show up consistently.

This February, Gateway CAP invites fathers and male figures to participate in **Fatherhood Council gatherings**, both in person and virtually, focused on **vision, influence, and leaving a positive impact**. These conversations are designed to help fathers reflect on how everyday choices, words, and behaviors shape their children's understanding of love, respect, and responsibility.

When fathers grow, families grow, and children carry those lessons forward.



### FEBRUARY FATHERHOOD COUNCIL – IN PERSON (PHILADELPHIA)

- **Friday, February 6, 2026 – 7:00 PM**
- **Monday, February 9, 2026 – 7:00 PM**  
Meeting location for both events:  
**4221 Aspen St., Philadelphia, PA 19104**

**More info:** Quahsim Gredric – 215-934-1057

### FEBRUARY DADS GATEWAY FATHERHOOD COUNCIL – VIRTUAL (ZOOM)

*Facilitated by Michael Cupeles*

These virtual sessions offer fathers a space to connect, share, and grow, no travel required.

- **Wednesday, February 11, 2026 6:00 PM (ET)**  
**Zoom Meeting Link:**  
<https://gatewaycap-org.zoom.us/j/87653350361>  
**Meeting ID:** 876 5335 0361  
**Passcode:** FATHER2026

- **Wednesday, February 25, 2026 6:00 PM (ET)**  
**Zoom Meeting Link:**  
<https://gatewaycap-org.zoom.us/j/86009055133>  
**Meeting ID:** 860 0905 5133  
**Passcode:** FATHER2026

These sessions are open to **expectant fathers, Early Head Start fathers, Head Start fathers, and male caregivers of the community**.

### WHY THIS MATTERS

Children learn love by watching how we show up, especially when life is stressful or uncertain. They pay attention to how we speak, how we manage our emotions, and how we treat the people we care about.

When fathers strengthen their **vision**, understand their **influence**, and choose to lead with patience and accountability, children learn that love is more than words, love is action. They learn that relationships are safe, that mistakes can be repaired, and that caring people keep showing up.

That's why these Fatherhood Council gatherings matter. They are a chance to grow, not just for ourselves, but for the children who are learning from us every day.

**Because this isn't just Head Start for your child. It's Head Start for you, too.**

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