



# Gateway CAP Fatherhood Times

## Your Paternal Information Resource

*“Every father should remember one day his son will follow his example, not his advice.”*

— Charles Kettering.

### Celebrating Fatherhood: Honoring the Heroes of Our Lives

Father’s Day, celebrated this year on June 16, 2024, is a special occasion to honor the men who have shaped our lives with their unwavering love, strength, and guidance. Fathers play a pivotal role in our development, providing a foundation of support and a beacon of wisdom. This Father’s Day, let’s explore the profound impact of fatherhood and celebrate the heroes who wear the title of ‘Dad’ with pride.

Fathers are often seen as **the heart of the family**, the steady presence that keeps everything grounded. They provide a sense of stability and security, creating a home environment where children feel safe and loved. This role goes beyond financial provision; it’s about being a consistent source of support and reassurance.



From teaching us how to ride a bike to offering life advice during challenging times, fathers are **our first mentors**. Their **wisdom**, shaped by life experiences, becomes a **guiding** light for us. They teach us values, instill discipline, and help us understand the importance of hard work and perseverance.



Fathers are often **our biggest cheerleaders**. They encourage us to dream big and support us in pursuing our **passions**. Whether it’s attending countless sports games, helping with school projects, or simply being there to listen, fathers play a crucial role in nurturing our ambitions and **boosting our confidence**.

June 2024  
Volume 7 Issue 2

## Riddle Me This?

**Riddle:** Almost everyone needs it, asks for it, and gives it, but almost nobody takes it. What is it?

Answer: Advice.

## Dads share why they participated in fatherhood programs

### Dads share why they participated in fatherhood programs

The Child and Family Research Partnership asked dads about their lives and their experiences in fatherhood programs.

Here's why dads said they participate in the fatherhood program, in their own words:

“...it made me feel not alone in this world with going through these issues and problems...it was very comforting to know that other men were going through similar things.”

“I think this program should be mandatory for people out of prison...it gives us instructions to treat women and treat kids, to treat ourselves. What to look forward to and not only that, it gives us a sense of belief that we can do it.”

“This program has helped me to know and understand that it’s equal. It’s both parents’ jobs to encourage their kids or family, and it just makes it way better. We communicate more with each other and encourage each other, love on each other, and just for me to know that it’s okay to do that.”

“...this class has helped me to communicate with my kids, and to love on my kids, to encourage them. It’s something that I wish I would’ve had before.”

“I knew there was more to being a parent than what I thought there was. I took the class...with an open mind, [I] wanted to learn.”

“You got to hear different sides of the stories, so it opened up my mind. I really enjoyed...the approach of it. It wasn’t like, ‘this is what a good dad looks like.’ It was more like, ‘think about your kids, how they would feel’, and just more of a reflective program rather than a dictator kind of program...I really liked that they didn’t make you feel inadequate.”

“I was just looking to make a change. I was just tired...I wanted to feel better and feel like I was making the right decisions.”

CHILD & FAMILY  
RESEARCH PARTNERSHIP

Quote in this 2023 Internal OPR included with permission from the Learning Network for Improving Fatherhood (LIFE) Program at the University of Illinois at Chicago. Quotes have been edited for clarity. Visit <https://www.childandfamilyresearchpartnership.com/>

# Celebrating Fatherhood: Honoring the Heroes of Our Lives

In today's world, the role of a father as an **emotional supporter** is increasingly recognized. Fathers who show vulnerability, express love openly, and engage in meaningful conversations with their children help **foster emotional intelligence**. This connection builds a strong, trusting relationship that children carry into adulthood.



savoring life's simple pleasures.

**As society evolves, so does the role of fathers.** Today, fathers are more involved in daily parenting tasks, from changing diapers to attending parent-teacher conferences. This active involvement not only strengthens the father-child bond but also sets a positive example of shared parenting responsibilities.

Fathers **lead by example**, demonstrating how to navigate life's ups and downs with grace and resilience. **Their actions speak louder than words**, teaching us about integrity, responsibility, and the importance of standing up for what is right. They show us how to handle success and failure alike, shaping our character and values.

This Father's Day, let's take the time to celebrate the incredible fathers in our lives. Whether they are our biological dads, stepdads, grandfathers, or father figures, their impact is immeasurable. Let's honor their dedication, love, and the countless sacrifices they make to ensure our well-being and happiness.

Some of the **most cherished memories are the simple moments** shared with our fathers. Whether it's fishing trips, backyard barbecues, or movie nights, these moments create a bond that lasts a lifetime. Fathers bring joy and laughter into our lives, reminding us of the importance of

**To all the fathers out there, thank you for being our heroes, our guides, and our greatest supporters. Happy Father's Day!**

## The Unseen Struggles: Fatherhood Behind Bars

Fatherhood is a profound journey filled with joys and challenges, but for fathers who are incarcerated, the path is laden with unique and often unseen obstacles. Despite the physical separation, many of these fathers are deeply committed to being present and involved in their children's lives. This article delves into the challenges they face and underscores the importance of supporting their mental health.



Despite the barriers, many **incarcerated fathers strive to maintain a connection** with their children. They write letters, make phone calls, and participate in video visits whenever possible. These efforts are driven by a profound desire to remain a part of their children's lives, to offer guidance, love, and support from a distance.

One of the most significant challenges incarcerated fathers face is **the pain of being separated** from their children. This separation can create feelings of guilt, sadness, and helplessness. Fathers worry about missing critical milestones in their children's lives, from first steps to graduations, and fear that their absence may negatively impact their children's emotional well-being.

**The mental health of incarcerated fathers is a critical concern.** The stress of imprisonment, coupled with the anxiety of being away from family, can lead to depression, anxiety, and other mental health issues. It's essential for these fathers to have access to mental health support, including counseling and support groups, to help them cope with their emotions and maintain a sense of hope and purpose.

# The Unseen Struggles: Fatherhood Behind Bars

Many incarcerated fathers use their time in prison to focus on **self-improvement and rehabilitation**. They engage in educational programs, vocational training, and therapy sessions to better themselves and prepare for a positive future. These efforts are often motivated by the desire to be a better father and role model



upon their release.

Prisons and support organizations have recognized the importance of fostering father-child relationships, even behind bars.

**Parenting programs tailored for incarcerated fathers** aim to provide them with the skills and knowledge to be effective parents. These programs emphasize communication, emotional support, and understanding child development, helping fathers to stay connected with their children.

The transition from prison to home is a critical period for fathers and their families. **Reentry programs play a vital role** in providing the necessary support

to navigate this transition. These programs offer resources for employment, housing, and continued education, as well as counseling to help fathers reintegrate into their families and communities successfully.

**Families and communities play a crucial role in supporting incarcerated fathers.** Maintaining regular contact, offering emotional support, and involving fathers in important family decisions can help sustain their mental health and reinforce their commitment to positive change. Society must also challenge the stigma associated with incarceration and support policies that promote family unity and rehabilitation.

Fatherhood behind bars is fraught with challenges, but the desire of incarcerated fathers to be present and involved in their children's lives remains strong. By providing mental health support, educational opportunities, and parenting programs, we can help these fathers overcome their struggles and build a better future for themselves and their families.

Supporting incarcerated fathers not only benefits them but also strengthens the family unit, fostering resilience and hope for their children. It is a shared responsibility to ensure that these fathers are not forgotten and that they have the opportunity to fulfill their roles, even from a distance. To all the fathers navigating these challenges, your strength and love do not go unnoticed. Happy Father's Day to you, and may you continue to find hope and strength on your journey.

## Upcoming Events:

**A Gun Violence Initiative  
Movie Screening**

**THE MASK YOU LIVE IN**

**JUNE 25, 2024**  
5 p.m. to 7 p.m.

Explores how our culture's narrow definition of masculinity is harming our boys, men and society at large and unveils what we can do about it.

**JOIN US IN THE  
ATLANTICARE MEDICAL ARTS  
PAVILION**

7 S Ohio Ave. Atlantic City, NJ 08401

For More Information: Michael Cupeles  
mcpupeles@gatewaycap.org 609-487-4540 ext.4551

**Dads Gateway**

New Jersey Courts | ChildSupport | AtlanticCare | Gateway Community Action | Gateway Community Services

**FREE WORKSHOPS**

### HOME BUYING 101

Learn how to make buying a home no longer a dream, but a reality. Register today and take the first step toward home ownership!

**SATURDAY, MAY 18, 9:30 AM - 1 PM**  
Noyes Arts Garage | 2200 Fairmount Ave

**TUESDAY, JUNE 18, 4 - 7:30 PM**  
Gateway Head Start Early Education Center | 1433 Bacharach Blvd

**SATURDAY, JULY 20, 9:30 AM - 1 PM**  
Noyes Arts Garage | 2200 Fairmount Ave

**TUESDAY, AUGUST 20, 4 - 7:30 PM**  
Gateway Head Start Early Education Center | 1433 Bacharach Blvd

Presented by: **BUCKTOWN** **MIDTOWN**

**Workshops include:**

- Classroom Instruction
- Credit Counseling
- Grant Research
- Income Qualifications
- Loan Programs
- Mortgage Pre-Approval

**To register, please scan:**

Or contact Frank Montufar:  
Text: 609-412-2998  
Message: 609-748-3600



# Redefining Fatherhood: The Modern Man's Journey



**Fatherhood is a journey** that goes far beyond the conventional roles of providing and protecting. In today's evolving society, being a father is about embracing a multi-faceted role that combines love, guidance, and a profound sense of

responsibility. Here's an exploration of what fatherhood should mean to a modern male figure:

## ◇ **The Embodiment of Values**

A father is more than just a figure of authority; he is the embodiment of the values he wishes to impart. Through his actions and decisions, a father demonstrates integrity, compassion, and resilience. This role modeling is crucial as children often emulate the behaviors and attitudes they observe in their fathers.

## ◇ **Emotional Anchor**

In an era where emotional intelligence is highly valued, a father's ability to connect emotionally with his children is paramount. This means being an empathetic listener, providing comfort during tough times, and celebrating their successes. A father's emotional support lays the foundation for his children's emotional well-being and development.

## ◇ **Active Participation**

Gone are the days when fatherhood was synonymous with being a distant provider. Modern fatherhood involves active participation in every aspect of a child's life. Whether it's attending school events, engaging in hobbies together, or having daily conversations, being present and involved shows children that they are valued and loved.

## ◇ **Mentorship and Guidance**

A father's role as a mentor cannot be overstated.

Offering wisdom and guidance helps children navigate the complexities of life. Encouraging them to pursue their passions, supporting them through failures, and teaching them problem-solving skills are all part of this mentorship. A father's belief in his children can inspire them to reach for their dreams.

## ◇ **Balancing Provider and Nurturer**

While financial provision remains an important aspect of fatherhood, it's equally important to balance this with nurturing. Ensuring that children's basic needs are met while also fostering a loving and supportive environment is essential. This balanced approach helps children feel secure and cared for on multiple levels.

## ◇ **Collaborative Parenting**

Fatherhood also means being a supportive partner in parenting. This involves sharing responsibilities and working as a team, whether with a spouse, partner, or co-parent. Collaborative parenting ensures a stable and cohesive environment for children, demonstrating the importance of cooperation and mutual respect.

## ◇ **Personal Growth**

Fatherhood is a journey of continuous learning and self-improvement. Embracing this role means being open to growth, seeking new knowledge, and adapting to the changing needs of children. By striving to be the best version of themselves, fathers not only enhance their own lives but also positively impact their children's futures.

## **Conclusion**

**Fatherhood today is** a dynamic and enriching experience that shapes the lives of both fathers and their children. It calls for a balance of strength and sensitivity, authority and empathy. By embracing these diverse roles, fathers can create a nurturing environment that fosters the growth and happiness of their children.

Embrace fatherhood with an open heart and a commitment to growth, and you'll find that this journey offers some of the most rewarding experiences life has to offer.

# Men's Health Awareness: Taking Charge of Your Well-Being



**June marks Men's Health Awareness Month**, a time dedicated to

highlighting the unique health challenges that men face and emphasizing the importance of proactive health management. Men often prioritize work and other responsibilities over their health, sometimes ignoring symptoms and delaying medical consultations. However, understanding the leading health risks and taking preventive actions can make a significant difference in one's quality of life. Let's delve into the major health issues affecting men and the steps to mitigate them.

## 1. Heart Disease

Heart disease is the top cause of death among men, responsible for one in every four male deaths in the U.S. Factors contributing to heart disease include hypertension, high cholesterol, smoking, obesity, and lack of physical activity.

### Prevention Tips:

- **Routine Screenings:** Regular check-ups to monitor blood pressure, cholesterol levels, and overall heart health.
- **Nutritious Diet:** Incorporate fruits, vegetables, whole grains, and lean proteins while reducing intake of sodium, sugar, and saturated fats.
- **Physical Activity:** Engage in at least 150 minutes of moderate aerobic exercise weekly.

**Quit Smoking:** Seek support to quit smoking and avoid secondhand smoke.

## 2. Cancer

Prostate cancer, lung cancer, and colorectal cancer are the most prevalent cancers among men. Early detection

through appropriate screenings can save lives.

### Prevention Tips:

- **Regular Screenings:** Discuss with your healthcare provider about prostate, lung, and colorectal cancer screenings based on age, family history, and risk factors.

- **Healthy Living:** Maintain a healthy weight, follow a balanced diet, exercise regularly, and limit alcohol consumption.

**Avoid Carcinogens:** Reduce exposure to tobacco smoke and harmful chemicals.

## 3. Chronic Respiratory Diseases

Chronic obstructive pulmonary disease (COPD) and other respiratory conditions significantly impact men's health.

### Prevention Tips:

- **No Smoking:** The primary cause of COPD is smoking. Quitting smoking greatly lowers your risk.
- **Limit Exposure:** Avoid pollutants and occupational hazards.

**Stay Active:** Regular physical activity can enhance lung function.

## 4. Diabetes

Type 2 diabetes poses a serious health threat, leading to complications like heart disease, kidney damage, and neuropathy.

### Prevention Tips:

- **Balanced Diet:** Focus on a diet low in refined sugars and rich in whole foods.
- **Regular Exercise:** Exercise helps regulate blood sugar and maintain a healthy weight.

**Blood Sugar Monitoring:** Regular check-ups to monitor blood glucose levels.

## 5. Mental Health

Mental health is a critical yet often overlooked aspect of men's health.

Depression and suicide rates are alarmingly high among men, partly due to societal pressures discouraging them from seeking help.

### Prevention Tips:

- **Open Dialogue:** Encourage open conversations about mental health with family, friends, or professionals.
- **Seek Professional Help:** Consult a mental health professional for symptoms of depression or anxiety.
- **Healthy Habits:** Regular exercise, a nutritious diet, and adequate sleep can improve mental well-being.

**Social Connections:** Maintain strong relationships and support networks.

## 6. Liver Disease

Liver disease, commonly resulting from excessive alcohol consumption and hepatitis infections, is a significant concern.

### Prevention Tips:

- **Moderate Alcohol:** Limit alcohol intake to recommended levels.
- **Vaccinations:** Get vaccinated for hepatitis A and B.
- **Healthy Diet:** Follow a diet that supports liver health.

**Regular Check-Ups:** Monitor liver function through periodic medical exams.

## Conclusion

Men's Health Awareness Month is a reminder of the importance of health and well-being. By recognizing the risks and taking preventive measures, men can lead healthier, longer lives.

Investing in your health today can lead to a more fulfilling and active future. This June, take the pledge to prioritize your health and encourage the men around you to do the same. Remember, your health is not just about adding years to your life, but life to your years.

# Supporting Your Child's Learning During Summer Vacation: Advice from One Dad to Another



Hey there, fellow dads. If you've got kids in early Head Start or Head Start, like I did, you might be wondering how to keep their minds active during the summer break. It's a big responsibility, but it's also a fantastic opportunity to bond with your little ones and help them keep learning. Here are some things I've found helpful and fun to do with my own kids.

## **1. Keep a Routine**

- **Stick to a Schedule:** Kids thrive on consistency. Try to keep a routine that includes times for learning activities, play, and rest. It doesn't have to be rigid, but having a bit of structure helps.

**Mix it Up:** Make sure to balance between different activities. A bit of reading, some outdoor play, creative projects, and quiet time.

## **2. Read Together Every Day**

- **Daily Habit:** Spend at least 15-20 minutes reading to your child each day. It's a great way to bond and boost their language skills.

**Library Trips:** Head to the library regularly. It's a treasure trove of new books and often has fun programs for kids.

## **3. Get Outside**

- **Nature Walks:** Take walks in the park or nature trails. Talk about what you see, hear, and smell. It's great for their vocabulary and observation skills.

**Gardening:** Start a small garden together. It's a fun way to teach them about nature and responsibility.

## **4. Go on Learning Adventures**

- **Museums and Zoos:** Visit places like children's museums, science centers, and zoos. These trips can be educational and a lot of fun.

**Local Events:** Check out community events like farmer's markets, fairs, or cultural festivals.

## **5. Get Creative**

- **Arts and Crafts:** Keep supplies for drawing, painting, and building handy. Encourage your kids to be creative.

**Themed Projects:** Connect crafts to what they've been learning. If they learned about animals, make animal masks or draw their favorite animals.

## **6. Hands-On Learning**

- **Cook Together:** Let your child help with cooking. It's a practical way to teach them math (measuring), science (mixing and cooking), and following instructions.

**Building Projects:** Simple building projects with blocks or DIY kits can improve their motor skills and problem-solving abilities.

**Praise and Encourage:** Always praise their efforts and celebrate their achievements in learning activities.

## **7. Learning Through Play**

- **Educational Games:** Use toys and games that promote learning in areas like math, literacy, and science.

**Pretend Play:** Engage in pretend play. Set up a mini "store," "doctor's office," or "classroom" at home.



# Supporting Your Child's Learning During Summer Vacation: Advice from One Dad to Another



## 8. Boost Language Skills

- **Talk Often:** Have conversations with your child throughout the day. Describe what you're doing,

ask questions, and encourage them to share their thoughts.

**Sing Songs:** Sing songs and nursery rhymes together. It's fun and great for their memory and language development.

## 9. Stay Active

- **Physical Play:** Make sure your kids get plenty of exercise. This can be as simple as playing in the park, riding bikes, or games like tag and hide and seek.

**Introduce Sports:** Simple sports activities like soccer, basketball, or swimming can promote physical health and coordination.

## 10. Smart Use of Technology

- **Educational Apps:** Use age-appropriate educational apps and games to reinforce skills in a fun way.

**Manage Screen Time:** Keep screen time balanced with other activities.

## 11. Encourage Social Interaction

- **Playdates:** Arrange playdates with other kids to keep their social skills sharp.

**Community Programs:** Look for community programs or classes that offer group activities for children.

## 12. Review and Reinforce

- **Go Over School Lessons:** Regularly review what your child learned during the school year. Use worksheets, flashcards, or simple quizzes to keep that knowledge fresh.

- **Praise and Encourage:** Always praise their efforts and celebrate their achievements in learning activities.

## Final Thoughts

Summer is a great time to connect with your kids and help them keep learning. The key is to make it fun and part of your everyday life. Enjoy these moments, and remember, you're not just helping them learn—you're making memories. Keep up the great work, dads!



Hamilton 1 and Little Cherubs Center recently celebrated a heartwarming Mother's Day event where fathers and their children created flower pots as gifts. The event fostered creativity, bonding, and the joy of gardening. A standout participant, Mr. Magana, shared his gardening expertise, teaching the children about different flowers and planting techniques. His enthusiasm made the activity both fun and educational. The success of the event was evident in the smiles and laughter as fathers and children worked together, creating lasting memories. Hamilton 1 and Little Cherubs Center extend their gratitude to all the fathers, especially Mr. Magana, for their invaluable contributions, showcasing the importance of community and fatherly involvement.

