



Gateway CAP Fatherhood Times

Your Paternal Information Resource

*“Children rarely remember perfect moments. They remember who was there with them.”
– Gateway CAP Male Initiative*

DEAR DAD: PRESENCE LEAVES A LASTING MARK

As Father’s Day approaches, many fathers feel pressure to measure themselves by big things:

- how much they provide
- how much time they have
- how many mistakes they’ve made or avoided

But young children often measure fatherhood differently.

They remember:

- who sat beside them
- who listened to their stories
- who comforted them when they were upset
- who kept showing up, even during difficult seasons

For children, presence creates security.

If you and your partner are expecting a baby, your presence begins before birth through support, preparation, and emotional connection.

If your child is very young, your voice, touch, and consistency help build trust and attachment.

If your child is in preschool, your attention teaches them they are valued, heard, and important.

Presence does not require perfection.

Sometimes it looks like:

- putting the phone away for a few minutes
- listening attentively without rushing
- staying calm during stressful moments
- returning after a hard day and trying again

These small moments often become the memories children carry the longest.

And that matters more than many fathers realize.

Gateway CAP Male Initiative Team



(Elmer Zuniga Lemus, a Head Start Father, is showing the children the process of making pizza. Photo courtesy of Hamilton 1 HS Center)

June 2026
Volume 9 Issue 3

June Theme:

Presence:

The Moments Children
Remember the Most

Fatherhood Reflection: Children Remember How We Made Them Feel

Many fathers worry about whether they are “doing enough.”

But children often experience love through simple things:

- feeling safe
- feeling noticed
- feeling comforted
- feeling important

A child may forget what toy they received or what meal was served.

But they often remember:

- who played with them
- who encouraged them
- who made time for them
- who stayed emotionally present

Fatherhood is built in ordinary moments repeated over time.

And those moments shape a child’s understanding of connection, trust, and belonging.

Try This This Month: Be Fully Present

This month, choose one small way each day to be fully present with your child.

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

- Hold your baby without distractions
- Talk or sing during routines
- Slow down during feeding or bedtime
- Make eye contact and respond calmly

For Head Start Fathers (3–5)

- Let your child finish telling a story without interrupting
- Spend 10 minutes playing without screens
- Ask: “What made you happy today?”
- Encourage your child when they try something difficult

Children do not need fathers to be perfect every moment. They need fathers who are emotionally available in the moments that matter.



(Milton Jimenez Romero, a Head Start Father, is showing the children the process of building a house. Courtesy of Hamilton 1 HS Center)

This Month at Gateway: Celebrating Fathers Through Connection

This June, Gateway CAP recognizes and celebrates fathers, grandfathers, stepfathers, expectant fathers, and male caregivers who continue showing up for their children and families.

Fatherhood is not defined by perfection. It is built through consistency, growth, care, and connection.

As Father’s Day approaches on Sunday, June 21, we encourage fathers to reflect on the impact they already have in their children’s lives through everyday presence, guidance, and emotional support.

Gateway CAP also continues to provide opportunities for fathers and male caregivers to connect through Fatherhood Council gatherings and community conversations that strengthen families and encourage positive involvement.



JUNE FATHERHOOD COUNCIL – IN PERSON (PHILADELPHIA)

- **Wednesday, June 24, 2026 – 7:00 PM**
- **Wednesday, July 8, 2026 – 7:00 PM**
Meeting location for both events: **4221 Aspen St., Philadelphia, PA 19104**

More info: Quahsim Gredic – 215-934-1057

- **Wednesday, July 8, 2026 6:00 PM (ET)**
Zoom Meeting Link: <https://gatewaycap-org.zoom.us/j/88434103325>
Meeting ID: 884 3410 3325
Passcode: FATHERHOOD

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

WHY THIS MATTERS

Children build their understanding of relationships through repeated experiences with the adults around them.

When fathers are emotionally present, children are more likely to develop:

- confidence
- emotional security
- healthy communication
- stronger relationships

Presence teaches children:

- “I matter.”
- “I am safe.”
- “Someone is here for me.”

And those lessons often stay with them long after childhood. Because this isn’t just Head Start for your child. **It’s Head Start for you, too.** gatewaycap.org/maleinitiative

JUNE 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.

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