

Cambridge Dads' Fatherhood Corner

Hi Dads,

Cambridge Dads is a program of the **Agenda for Children Literacy Initiative and the Center for Families**. We're here to support you, and provide opportunities for you to engage your children and meet other dads.

Join us at an upcoming event! Or if you have questions/want to say hello:

John Arias

Call or text: 857-209-4964

Email: cambdads@cambridgema.gov

Shawn Proctor

Call: 617-349-6334

Email:



Fatherhood Text Campaign

Receive a text once a week about fatherhood, and activities to do with your kids in and around Cambridge. Follow these quick steps:

Step 1: Text "father" to 95577 (standard text messaging rates apply)

Step 2: Receive a confirmation text

Step 3: Keep being a great dad!



Men's Health

The beginning of the year is a good time to start adopting some healthy habits. See below for 6 links prepared by the staff of the [Men's Health League](#) to get you off to a good start!

Healthy Tips for Men in their 20s & 30s

- <https://www.webmd.com/men/simple-health-steps-men-20s-30s>

Healthy Tips for Men in their 40s & 50s

- <https://www.webmd.com/men/guide/simple-health-steps-men-40s-50s>

Mental Health

- <https://www.webmd.com/men/features/men-depression#1>

Healthy Sex

- <https://www.webmd.com/men/guide/mental-health-male-sexual-problems#1>

Healthy Exercise

- <https://www.webmd.com/men/features/10-health-benefits-regular-exercise-men#1>

Anger Control

- <https://www.webmd.com/men/features/anger-control-men#1>

Resource Bag

First-Time Dads



The bag is filled with resources, tip sheets, how-to guides, a book, and more!

If you are interested in borrowing the resource bag or have questions, please contact John at 857-209-4964 or email cambdads@cambridgema.gov

Cambridge Dads' Social Media

Building an online network of dads to promote active parenting and self-care.

Follow @CambDads on Twitter



'Like' Cambridge Dads on Facebook



January/February 2020 Activities

Dads and Kids Reading Challenge!

Starting January 13th, Cambridge Dads will be hosting a virtual winter reading challenge!

Read books and share your thoughts for a chance to win cool prizes every week!

Dates:

Week 1: January 13th – January 19th – Winner announced January 20th

Week 2: January 20th – January 26th – Winner announced January 27th

Week 3: January 27th – February 2nd – Winner announced February 3rd

Check our Facebook (Cambridge Dads) and Twitter (@CambDads) pages after the New Year for details!

For more information call/text John at 857-209-4964 or email cambdads@cambridgema.gov



Dads and Kids at the Gym

Come have fun at the gym playing with your kids, and meeting other dads and their children. We will have food and fun gym toys for all ages—even for babies!



Saturdays, 2/1, 2/29, 4/4, 5/2

Gately Youth Center, 70 Rindge Ave
(behind Peabody School, door 13),
10:00-11:30am.

All dads, uncles, male-caregivers, grandfathers, step-dads, godfathers, etc. welcome with at least one child age birth to 8 years.

To register call/text John at 857-209-4964 or email cambdads@cambridgema.gov

Dads and Kids Cook!

Come have a great time cooking with your kids and meeting other dads and their kids! We will be preparing an appetizer or dessert to pair with dinner provided!

At the event, dads will receive tip sheets on how to promote healthy eating and literacy through cooking.

More information coming soon!

Registration required. To register call/text John at 857-209-4964 or email cambdads@cambridgema.gov

Ages & Stages Questionnaire

Interested in knowing more about your child's development ages 2 months—5 years?

The Ages and Stages Questionnaire (ASQ) is a set of questions to help parents find out what skills their baby or young child has.

If you would like to obtain an Ages and Stages Questionnaire for your child, contact John at 857-209-4964 or email cambdads@cambridgema.gov