



Online Resources for New Dads

- *Minnesota Parents Know:*
<http://www.parentsknow.state.mn.us/parentsknow/index.html>
- *The Daddy Book:* <http://www.mnfathers.org/08daddybook.pdf>
- Parenting resources from U of MN Extension:
<http://www.extension.umn.edu/ParentEducation/onlinetools.html>
- *Baby on the Way* section of the National Center for Fathering: <http://www.fathers.com/>
- *Newborn* section at <http://www.fathers.com/>
- *Father's Day – Everyday: A Guide for Dads:*
<http://www.mnfathers.org/documents/fathersday.pdf>
- *Dads & Early Literacy:* <http://www.mnfathers.org/documents/infosheetliteracy.pdf>
- Great Dad (Advice for Expectant Dads, New, Single, Stay At Home Dads...):
<http://www.greatdad.com/>
- Dads Adventure: <http://www.dadsadventure.com/>
- National Responsible Fatherhood Clearinghouse: <http://www.fatherhood.gov/home>

Dads are important in the lives of their children

- Children raised with an involved father do better in school and are less likely to engage in risky behavior.
- Children have the power to change their fathers. Dads learn to express emotions and nurture as they care for and play with their children.
- Communities are healthier and safer when fathers are present and helping to guide children.
- Dads don't need to "live-with" their children to take an active role and make a difference.

Minnesota Fathers & Families Network: www.mnfathers.org

Ask Your Dad...

- When you were a child, what did you want to be when you grew up? When you were a teenager? When you were a young adult?
- Who were your best friends from childhood, and what were they like?
- Who taught you to drive, and what was your first car?
- Did you ever win an award you were proud of, and what was it in honor of?
- What was the worst trouble you got into when you were younger?
- What was your toughest lesson in life?
- What was the best advice you ever received, and from whom?
- What do you remember about the birth of your children?
- What was it like to become a father?
- What is one of your favorite memories of being a dad?
- What are some of your favorite things you've done with your children?
- What's the best thing about being a father? What's the hardest thing?

from My Dad. His Stories. His Words.