Dad’s Toolkit
1 year

Be A Hero!
Being a hero can be hard work, but it’s GOOD WORK. You’re a hero to your child when you:
~ Are honest
~ Teach him new things
~ Control your temper
~ Are sober
~ Are dependable
~ Love him

Some of these are pretty hard jobs. Do your best. You’ll show her what it means to be a hero. . .and you’ll be the coolest, most important guy in his life. A dad who shows his children the way to a better future is a real hero!

Fact
By baby’s first birthday, her brain has doubled in size!

You and Your Toddler
★ Provide safe places where your toddler can play and run -- inside and outside.
★ Read to your toddler every day. Read anything you see!
★ Play ball with your toddler.
★ Help your toddler learn to use the toilet.
★ Continue saying “I love you.” It can never be said too many times.
★ Encourage your toddler to ask questions. Answer them with short, simple answers using words he can understand.
★ Teach your toddler which words are OK to use and which are not. You are his/her role model.
★ Teach your toddler that being kind, polite and honest are some of the most important things in the world.
★ Let your toddler know what you expect and why, including the “rules” at your house or how you want her to behave, etc. BE CONSISTENT.
★ Let your toddler safely explore.
★ Invite family or friends who also have toddlers to spend time with you and your child. This will help her learn how to play with other children.
★ Learn your toddler’s favorite things to do and do those activities with her.
★ Take your toddler with you when you run an errand and let her help as much as she safely can.
★ Make up a special ritual with your toddler, perhaps at bedtime or whenever you see him. This ritual could be a question, a handshake or anything else you decide to do.

High levels of father involvement have been linked to better social and academic skills in their children. And it’s NEVER too late to get involved!!

Grand Traverse County Health Department

(231) 995-6112

www.gtchd.org
Check out these websites for FREE info!

National Center for Fathering:  http://www.fathers.com/

Mr. Dad:  http://mrdad.com/

National Responsible Fatherhood Clearinghouse:  
https://www.fatherhood.gov/

Great Dad:  http://www.greatdad.com/

Dad's Adventure:  http://www.dadsadventure.com/

Teach Early:  http://www.teachearly.org/

Find us on Facebook!  
@GTHealthDept

Follow us on Twitter!  
@GTCHD

2600 LaFranier
Traverse City, MI  49686
(231) 995-6112

This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.