

Cambridge Dads' Fatherhood Corner

New Logo!



Check out our new logo!

Hey Cambridge dads!

My name is John Arias, and I am the Coordinator for Cambridge Dads—a program of the Agenda for Children Literacy Initiative and the Center for Families.

If you're looking to get involved, or are in need of resources, feel free to reach out—I am here to serve you!

Call or text: 857-209-4964

Email: cambdads@cambridgema.gov



Fatherhood Text Campaign

Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

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

Step 2: Receive a confirmation text

Step 3: Keep being a great dad!



Feb. Kids Dental Health Month

Here are some tips from the Cambridge Public Health Department's Healthy Smiles program for keeping children's teeth healthy:

TIPS

- A tooth needs to be cleaned as soon as it is in the mouth.
- Brush your child's teeth twice a day, for two minutes.
- Use a small soft toothbrush or finger brush.

For more Tips and Resources: <http://bit.ly/2ViJNXX>

Reading Challenge Winners

Thank you to everyone who participated in our Dads & Kids reading Challenge this past January!

Raffle Winners:

Week One: Daniel S.

"We had so much fun reading The battle of the labyrinth!"

Week Two: Scott K.

"Is This The Bus For Us is Rowan's favorite book. He loves the trash truck so he can say peeyoo!"

Week Three: Riz

"Our daughter's current favorite is Curious George series and our son's is Clifford"

Week Four: Andy S.

"Llama llama red pajama (again dad again!!!!)"

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



March/April Activities

Cambridge Dads Talk!

Join us for a cup of coffee and discussion with other dads! Over the course of 3 weeks, we will meet and talk about topics such as:

- Portrayal of fathers in media
- Men's Health/Stress
- Discipline and behavior
- And other topics!



Date: March 16, 23, 30
Time: 10:00 a.m. –11:30 a.m.
Place: 119 Windsor Street,
2nd Floor Conference Room

Breakfast served!

Limited childcare available upon request.

Registration required. To register 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, 3/2, 4/6, 5/4
Gately Youth Center, 70 Rindge Ave (behind Peabody School, door 13), 10:00-11:30am.

Registration required. 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 dad 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.

Date: March 5, 12
Time: 5:30 p.m.—7:30 p.m.
Place: Cafeteria
Fletcher-Maynard Academy
225 Windsor St. Cambridge, MA



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

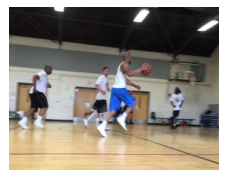
Dads and Kids Swim

Come have fun at the pool with your kids ages birth-8 years old swimming and meeting other dads & their children.

Friday, 4/12 at War Memorial Pool, 1640 Cambridge St, swimming from 5:30pm-7:00pm.
Registration required. To register call/text John at 857-209-4964 or email cambdads@cambridgema.gov

Basketball for Dads

Have some spare time to lace 'em up with other dads/male caregivers? Join us for Basketball for Dads! *Facilitated by Shawn Proctor*



Tuesdays, 3/12, 3/26, 4/9, 4/23, 5/7, 5/21
at Fletcher Maynard Academy (FMA), 225 Windsor St. (use door at the corner of Windsor & Harvard Streets), 6:00pm-8:00pm.

Registration required. To register email [Shawn Proctor at sproctor@cambridgema.gov](mailto:sproctor@cambridgema.gov)