TIP CARD FOR DADS OF PRESCHOOLERS (AGES 3-5)

DID YOU KNOW?
Preschoolers are beginning to master their world - a loving, nurturing relationship helps them navigate the journey.

SPENDING TIME WITH DAD POSITIVELY AFFECTS THEIR GROWTH AND DEVELOPMENT.

- They like learning numbers and letters, doing arts and crafts, riding tricycles, and playing games.
- Reading to them is good for language development and helps them do better in school.

PRESCHOOLERS CAN BE BOTH COOPERATIVE AND DEFIANT.

- Stating clear expectations and being consistent helps them exercise self-control.
- Research shows physical discipline can lead to more aggressive and antisocial behavior from children.
- Providing a nurturing environment can help avoid negative emotional consequences.

REFERENCES

- Child Development Institute https://bit.ly/2mKtAeN
- First5LA https://www.first5la.org/parenting/fathers/
WHAT YOU CAN DO

Help your preschooler find their way in the world – set clear expectations, praise them, encourage them, do things with them, hug them.

ENCOURAGE THEM TO DO SOME THINGS FOR THEMSELVES.

• Make their own peanut butter and jelly sandwich.
• Put their shoes on.

DO THINGS WITH THEM.

• Play simple games like Go Fish or Checkers; teach them to throw a ball.
• Tell silly jokes and riddles – see https://www.fatherhood.gov/dad-jokes.
• Pretend to be the characters in their favorite story.
• Take them with you to the store or on other errands.
• Let them help you with simple tasks around the house.

LET THEM MAKE SOME DECISIONS, BUT GIVE 2-3 CHOICES THAT YOU SELECT.

• “Would you like to wear your blue socks or your white socks?”
• “Which of these three books do you want to read tonight?”

BE A GOOD ROLE MODEL.

• Be patient. Try not to react in anger or frustration.
• Always treat your child’s mother with respect.
• Don’t shout at the driver who cuts you off.
• Avoid excessive drinking or smoking.
• Limit the time you spend looking at your smartphone!

NRFC RESOURCES


OTHER RESOURCES

• Fathering Your School-Age Child: A Dad’s Guide to the Wonder Years (3 to 9), Armin Brott https://bit.ly/2WqI4kl
• Screen Time vs. Reading: How They Affect Your Child’s Brain, Robert Myers, PhD. https://bit.ly/2LJ5RKc