

# Click on the <u>underlined</u> title to navigate to the digital resource!

### **Fatherhood Websites**

The Dad Website - Dad News, Dad Life, Dads to Be, Dadvice, Reviews, and The Heart Talks!

<u>All Pro Dad</u> - All Pro Dad is on a mission to help you love and lead your family well - become an All Pro Dad by signing up for their free daily email to get advice delivered right to your inbox.

<u>Fatherly</u> - Digital media site whose mission is to "empower men to raise great kids and lead more fulfilling adult lives through original reporting, expert parenting advice, and hard-won insights into a challenging, but profoundly rewarding stage of life."

<u>DHHS Fatherhood Website</u> - Find activities for dads & kids, dad jokes, documentary on fatherhood, events, DadTalk Blog, and more. Available in Spanish.

<u>Children's Bureau Fatherhood Website</u> - Fatherhood Resources to Promote Family Well-Being.

## **Activities for Dads & Kids**

<u>Activities for Dads & Kids</u> - Ideas for easy, free or low-cost ways to spend quality time with your kids (filter by age)!

<u>Gail Borden Public Library District</u> - Storytime, Bookmoblie schedule, and other library events!

Lullaby for Fathers to Calm a Crying Baby (English)

Canción de Cuna para que el Padre Calme a Bebé (Español)

### Dad Jokes

<u>Dad Jokes</u> - Discover new dad jokes or submit your own!

<u>Dad Jokes</u> - List after list of funny jokes for kids!

## Video Clips - Inspirational and Educational

#DADication - DADication documentary videos on fatherhood.

WIC Breastfeeding Support Video - How Dads Can Support Breastfeeding Video.

The Babbling Baby & Dad Video - Like Father, Like Son - Viral Funny Video Clip.

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## **Educational and Parenting Resources or Groups**

<u>Breastfeeding Resources for Dads</u> - Learn about breastfeeding and how you can support mom and baby.

<u>RISE Magazine</u> - digital magazine about parents' rights and strengthening parent skills led by parents.

Elgin Partnership for Early Learning - FREE Parenting Support Groups.

<u>Children's Bureau: A Father's Impact on Child Development</u> - 10 Facts About Father Engagement and Tips for Dads.

<u>Learning Heroes</u> - Tips and resources to support your child's learning.

Child Welfare Training System - Guides for Fathers in Child Protection Cases.

#### Children's Books

Look for the following children's books during your next library trip!

Wherever You Are: My Love Will Find You by Nancy Tillman

Just Me and My Dad by Mercer Mayer

My Dad Loves Me by Marianne Richmond

Daddy Hugs by Karen Katz

Guess How Much I Love You by Sam McBratney

I Love My Daddy by David Bedford & Breanna Vaughn

# Mental Health Support for Men

<u>Postpartum Support International: Help for Dads</u> - Postpartum mental health support for men/dad including:

- HelpLine 1-800-944-4773(4PPD) English and Spanish
- Dad Support Group <u>PSI Online Support Meetings | Postpartum Support</u>
  International (PSI)
- Chat with a Fatherhood Expert <u>Chat with an Expert | Postpartum Support</u> International (PSI)
- Connect with Specialized Coordinator for Dads <u>PSI Specialized Coordinator</u> Online Form (icarol.com)
- Closed Facebook Group for Dads (13) PSI's Group For Dads | Facebook

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