

June 2024

Fathers and Child Well-Being

Fathers are important to children's well-being. Sensitive, supportive, and involved fathers contribute to children's physical, cognitive, emotional, and social adjustment. Fathers also influence children's well-being in conjunction with mothers and other caregivers, making it important to understand father-child relationships as part of the entire family system.

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The Parent Press

Programs for Parents, Inc. monthly newsletter features family-focused articles and resources on parenting, health, policy, and community information.

The Importance of Fathers for Child Development

Fathers are not just helpers for mothers but are important to children in their own right. For example, children with sensitive and supportive fathers have higher levels of social competence and better peer relationships. Children whose fathers provide them with learning materials and speak with them frequently perform better in school and have more advanced language skills. Fathers can serve those roles even when they do not live with the child. For example, regardless of whether they live together, children who have regular positive contact with their father tend to regulate their emotions better than children who have no contact with their father. Nevertheless, if no father is involved, other caregivers can also serve those functions. Family structure is less important than having loving caregivers meeting children's physical, cognitive, emotional, and social needs.

In addition to these direct effects that fathers have on children, a father can also influence a child's well-being indirectly through his relationship with the child's mother. [The Importance of Fathers for Child Development | Psychology Today](#)

The conflict between parents is detrimental to children's well-being, especially if the conflict is hostile and unresolved. Supportive co-parenting relationships, by contrast, are related to better self-regulation and fewer behavior problems in children. Families function as entire systems, not just as isolated parent-child dyads.

Family Structure

If two parents are involved in a child's life, these two parents may contribute to children's well-being in different ways. For example, parenting effects may be additive (more love from more people is better for the child) or buffering (harshness by one parent might be offset by care from the other parent).

Regardless of family structure, children need to have their physical needs met, have cognitive stimulation, and feel loved and accepted. If a father or mother is not involved in the child's life, another caregiver can serve these functions, but it is important for all caregivers to have support in their caregiving role. This support can come from the child's other parent, extended family, friends, or others.

June is National Fresh Fruits and Vegetables Month!

The month of June is an excellent time for families to focus on eating an abundance of healthy and delicious fruits and vegetables that are available during the summer season. Celebrating National Fresh Fruits and Vegetable Month can take a range of different forms depending on your access to types of produce, your child's favorite meals, and how creative you are in the kitchen.

4 Tips for Encouraging Healthy Eating Habits This Month

Tip # 1 Slip them into Desserts

Many fruits and vegetables lend themselves well to desserts. Carrots and zucchinis can be added to a batter after being finely grated with the finished product being a tasty loaf or cake.

Tip # 2 Make them Easy-to-Eat Finger Foods

Slices of veggies such as bell peppers, carrots, celery sticks, and cherry tomatoes with a side of hummus or other flavorful dip make for a fun and casual summer lunch for all ages.

Tip #3 Use them as a Sweet Finish to Any Meal

Eating fresh fruits is a terrific way to enjoy dessert. Try watermelon slices, juicy cherries, or ripe blackberries as a finale to a summer meal.

Tip #4 Eat a Rainbow

It's easy to eat the rainbow when you have colorful fruits and vegetables on hand. When you make healthy eating a fun game rather than a chore, your children will be less likely to complain and more open to trying new things.



Preventing Mosquito Bites

Mosquitoes bite day and night. They spread germs through bites that can make you sick. Prevent illness by protecting yourself and your family from mosquito bites.

[Preventing Mosquito Bites | Mosquitoes | CDC](#)

Use [EPA-registered insect repellents](#) with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the United States)
- IR3535
- Oil of lemon eucalyptus (OLE)—A plant-derived ingredient
- Para-menthane-diol (PMD)
- 2-undecanone—A plant-derived ingredient

Tips for babies and children

- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.

When using insect repellent on your child

- Always follow label instructions.
- **Do not** use products containing OLE or PMD on children under 3 years old.
- **Do not** apply repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
- **Adults:** Apply repellent onto your hands and then apply to a child's face.

Tips for everyone

- Always follow the product label instructions.

- Reapply repellent as directed.
- Do not apply repellent on the skin under clothing.
- If you are using sunscreen, apply sunscreen first and insect repellent second.

Wear protective clothing

- Wear loose-fitting, long-sleeved shirts and pants.
- Wear clothing and gear treated with permethrin.
 - Permethrin is an insecticide that kills or repels mosquitoes.
 - Permethrin-treated clothing provides protection after multiple washings.
 - **Do not** use permethrin products directly on the skin.



The Essex County Free Summer Music Concert Series offers a diverse lineup of performers who will take center stage throughout our historic Parks System. Pack a blanket, enjoy the cool evening breeze, and dance to the sounds of summer.

Joseph N. DiVincenzo, Jr.
Joseph N. DiVincenzo, Jr.
Essex County Executive



HOSTED BY:
Joseph N. DiVincenzo, Jr.,
Essex County Executive
 the Board of County Commissioners, and
 the Department of Parks, Recreation & Cultural Affairs
 PUTTING **ESSEX COUNTY** FIRST

BOARD OF COUNTY COMMISSIONERS
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FIREWORKS SHOWS

All performances begin at 7:30pm

NEW JERSEY SYMPHONY ORCHESTRA
 Friday, June 28 • Branch Brook Park, Newark

MEN OF SOUL

Tuesday, July 2 • Weequahic Park, Newark

THE INFERNOS

Wednesday, July 3 • Brookdale Park, Bloomfield/Montclair

ESSEX COUNTY BROOKDALE PARK

All performances begin at 7:30pm

THE NICHE: A NIGHT OF R&B
 Friday, July 12

EARTH WIND FIRE

Friday, July 19

MOTOR CITY REVIEW

Friday, July 26

STEP BY STEP: A TRIBUTE TO JOHNNY MAESTRO

Friday, August 2

GARDEN STATE GROOVE: TOP 40 HITS

Friday, August 9

LIVE AT YOUR LOCAL ESSEX COUNTY PARK

All performances at 7pm unless otherwise noted

SUIT & MAI TAI

Tuesday, June 25 • Yanticaw Park, Nutley

JERSEY SOUND

Wednesday, June 26 • Verona Park, Verona

TRIOLOGY: AN OPERA COMPANY PERFORMANCE OF SCOTT, GARNER, GRAY: SAYS JIMMY BALDWIN

Tuesday, July 9 • Watsessing Park, Bloomfield

LUIS MOTTA Y SU RUMBA

Wednesday, July 10 • Riverbank Park, Newark

SOULAR RHYTHM

Tuesday, July 16 • Veterans Memorial Park, Newark

DIAMOND JUPITER

Wednesday, July 17 • Ivy Hill Park, Newark

NADINE SIMMONS

Tuesday, July 23 • Vailsburg Park, Newark

STEELPAN MUSIC

Wednesday, July 24 • Riverfront Park, Newark

HERE'S ELTON

Tuesday, July 30 • Cedar Grove Park, Cedar Grove

DANNY V'S

Wednesday, July 31 • Grover Cleveland Park, Caldwell

VOLARA

Tuesday, August 6 • Independence Park, Newark

NO STANDARDS

Wednesday, August 7 • Belleville Park, Belleville

MEMORIES MUSIC

Friday, August 16 • Eagle Rock Reservation, West Orange

FESTIVALS

GOSPEL FESTIVAL

Saturday, June 29 • 12noon – 6pm

Rain Date: Sunday, June 30

Monte Irvin Orange Park, Orange

JAZZ AND FOOD TRUCK FESTIVAL

Saturday, July 20 • 12noon – 8pm

Rain Date: Sunday, July 21

Monte Irvin Orange Park, Orange

CARIBBEAN FESTIVAL

Saturday, August 10 • 12noon – 8pm

Rain Date: Sunday, August 11

Monte Irvin Orange Park, Orange

INTERNATIONAL FOOD FESTIVAL

Saturday, August 10 • 2pm – 9pm

Rain Date: Sunday, August 11

Ivy Hill Park, Newark

LATINO FESTIVAL

Saturday, August 24 &

Sunday, August 25 • 12noon – 8pm

Monte Irvin Orange Park, Orange

Festivals are co-sponsored by the Essex County Department of Parks, Recreation, and Cultural Affairs.

Concert schedule is subject to change. Please check for updates and cancellations.

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Harmonizing Health: The Transformative Power of Art in Maternal Child Health:

Join an illuminating conversation on how creative engagement fosters resilience, self-expression, and emotional healing during the journey of motherhood. Learn how artistic interventions can address maternal mental health challenges, promote bonding, and empower women to navigate the complexities of pregnancy, childbirth, and beyond.

A special feature of this session includes witnessing art and maternal health in action with a performance by Kelline Bonny, a parent in the Lullaby Project at the New Jersey Performing Arts Center (NJPAC), who will perform an original lullaby created in collaboration with a teaching artist.

Tue, 06/18/24 @ 12:00PM

Venue: zoom

Genre(s): wellness

Camp NMOA 2024

Welcome to Camp NMOA 2024, an extraordinary six-week summer adventure at the heart of Newark, NJ! From July 8th to August 16, 2024, let your child embark on a journey of artistic and scientific discovery, surrounded by the rich cultural landscape of our renowned art museum.

Join us for six weeks of project-based learning where campers can develop their skills in art and science while building community.

Camp Dates:
 July 8 – August 16, 2024

Ages:
 3 - 13 years old

Camp Day:
 9:00 am – 3:45 pm

The one-hour break includes lunch and recess.

Questions? Contact Jessica Nuñez at camp@newarkmuseumart.org

49 Washington Street
 Newark NJ, 07102
 (973) 596-6550

THE NEWARK MUSEUM OF ART

Programs for Parents, Inc.

Programs for Parents is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and childcare providers in Essex County through advocacy and action, providing education and referrals, sharing best practices, and helping families access available financial resources.



Giving Every Child a Chance to be Safe, Healthy, and Educated

Dear Friend:

ACNJ along with other advocates and partners, participated in an NJ Senate Education Committee public hearing on the state's full-day public preschool mixed-delivery model. They wanted to learn how well school districts were partnering with local childcare providers in the state's effort to expand public pre-K.

- What are the benefits and barriers to maximizing mixed-delivery preschool?
- How has preschool expansion impacted New Jersey's childcare system?

Organizations testifying included the National Institute for Early Education Research (NJAECY), NJ Business & Industry Association (NJBIA), NJ Early Care & Education Consortium, NJ YMCA State Alliance, NJ Head Start Association, Dr. Lisa Goldey, Tinton Falls School District Superintendent, and individual #NJchildcare providers from Jersey City, Bayonne, Trenton, Oakhurst, and Tinton Falls.

As the state continues to expand public preschool, we need a strong system that supports the continuum of care for children from birth to age five. This requires addressing the unintended consequences related to expansion, which includes the barriers to access for local childcare centers to partner with school districts.

Read Recommendations on Strengthening NJ's Public PreK Mixed Delivery Model and Our Child Care Infrastructure: https://acnj.org/acnj-testifies-on-prek-mixed-delivery/?utm_medium=email&utm_source=acnj-budget-eneews&utm_campaign=budget2024&eType=EmailBlastContent&eld=9218174f-4420-4777-8429-ae237edcd370

Programs for Parents, Inc.

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The Parent Press is a monthly newsletter published for childcare providers and parents.



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