



## Cambridge Dads'



Cambridge Dads is a project of the Agenda for Children Literacy Initiative and the Center for Families. Questions about our Fatherhood Programming? Email: [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).

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](mailto:cambdads@cambridgema.gov)

### Cambridge Dads' Programs:

- **Dads and Kids at the Gym**

Saturday, 2/1 at the Gately Youth Center, 70 Rindge Ave (behind Peabody School, door 13), from 10:00-11:30am. 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! All dads, uncles, male-caregivers, grandfathers, step-dads, godfathers, etc. welcome with at least one child age birth to 8 years. To register call/text John at 857-209-4964 or email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).

- **Dads and Kids Cook**

Come have a great time cooking with your kids and meeting other dads 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. **More information coming soon! Registration required. To register call/text John at 857-209-4964 or email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).**

- **Dads and Kids Reading Challenge**

Starting January 13st, Cambridge Dads will be hosting a virtual winter reading challenge! Read books and share your thoughts for a chance to win cool prizes every week!

**Dates:**

Week 1: January 13– January 19th – Winner announced January 20st

Week 2: January 20th – January 26rd – Winner announced January 27th

Week 3: January 27th – February 2th – Winner announced February 3rd

Check our Facebook (Cambridge Dads) and Twitter (@CambDads) pages after the New Year for details! For more information, call/text John at 857-209-4964 or email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).

## **Men's Health**

The beginning of the year is a good time to start adopting some healthy habits. See below for 6 links prepared by the staff of the [Men's Health League](#) to get you off to a good start!

### **Healthy Tips for Men in their 20s & 30s**

· <https://www.webmd.com/men/simple-health-steps-men-20s-30s>

### **Healthy Tips for Men in their 40s & 50s**

· <https://www.webmd.com/men/guide/simple-health-steps-men-40s-50s>

### **Mental Health**

· <https://www.webmd.com/men/features/men-depression#1>

### **Healthy Sex**

· <https://www.webmd.com/men/guide/mental-health-male-sexual-problems#1>

### **Healthy Exercise**

· <https://www.webmd.com/men/features/10-health-benefits-regular-exercise-men#1>

### **Anger Control**

· <https://www.webmd.com/men/features/anger-control-men#1>

## **Information and Resources for Dads:**

- **Ages and Stages Questionnaire**

Interested in knowing more about your child's development ages 2 months—5 years? The Ages and Stages Questionnaire (ASQ) is a set of questions to help parents find out what skills their baby or young child has. **If you would like to obtain an Ages and Stages Questionnaire for your child, contact John at 857-209-4964 or email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).**

- **Help in a Bag**

Cambridge Dads now offers free resource bags on the following: 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 with questions, please contact John at 857-209-4964 or email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).

- **Cambridge Dads on Social Media!**

Cambridge Dads on social media is building an online network of Dads to promote active parenting and self-care. It is an initiative of the Center for Families and the Agenda for Children Literacy Initiative. *Follow @CambDads on Twitter and 'Like' Cambridge Dads on Facebook.*

- **Fatherhood Text Campaign**

Join the Center for Families 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!