



3 EASY WAYS any dad can be a **HERO**

1. Start a weekly tradition.

Find something easy and cheap to incorporate into your weekly routine with your kids. It could be getting donuts or milkshakes on Saturday mornings, having a movie night, or going to the local park or nature center. It really doesn't have to be complicated. Just something fun that you can be consistent with. It will give them something to look forward to each week.

2. Eat together as a family.

Sometimes this can be tough because of work schedules, soccer practices, etc., but make it a goal to eat together (with the TV off) at least 3 times a week. Studies show that sharing a meal together leads to a healthy family life and gives kids the opportunity to talk about what is going on in their life.

3. Read to your kids.

Or even better, have them read to you! Bedtime can be a great time to squeeze in a short story. Not only do kids learn communication and comprehension skills by reading, reading together can be a wonderful bonding moment that brings you and your child closer together.

♡ COMMUNITY AMBASSADORS

COMAMB.ORG // 216.200.7030 // FACEBOOK.COM/COMAMB // TWITTER.COM/COM_AMB



3 EASY WAYS any dad can be a **HERO**

1. Start a weekly tradition.

Find something easy and cheap to incorporate into your weekly routine with your kids. It could be getting donuts or milkshakes on Saturday mornings, having a movie night, or going to the local park or nature center. It really doesn't have to be complicated. Just something fun that you can be consistent with. It will give them something to look forward to each week.

2. Eat together as a family.

Sometimes this can be tough because of work schedules, soccer practices, etc., but make it a goal to eat together (with the TV off) at least 3 times a week. Studies show that sharing a meal together leads to a healthy family life and gives kids the opportunity to talk about what is going on in their life.

3. Read to your kids.

Or even better, have them read to you! Bedtime can be a great time to squeeze in a short story. Not only do kids learn communication and comprehension skills by reading, reading together can be a wonderful bonding moment that brings you and your child closer together.

♡ COMMUNITY AMBASSADORS

COMAMB.ORG // 216.200.7030 // FACEBOOK.COM/COMAMB // TWITTER.COM/COM_AMB