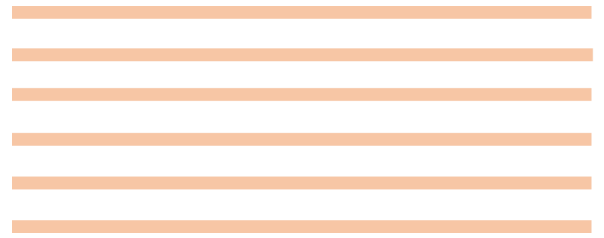


# FATHERHOOD NEWSLETTER



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The pumpkins are out at grocery stores across Oklahoma, pumpkin patches and corn mazes have started welcoming families, and this is a great time for dads to connect with our children. Getting out the hot chocolate for them and coffee for you while throwing a football, Frisbee, or opening up monopoly are some of the great ways to make memories this fall. Finding ways to connect to your kids can be unique to you and your family, whatever brings you together is not nearly as important as the effort to stay engaged. Keep up the great work dads!

## Please connect with us!

Contact our Fatherhood Initiative  
Project lead James Craig

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## Screens causing separation

There has been a consistent “drumbeat” of research about the importance of limiting screen time for children and the negative impacts spending too much time on screens can cause for them, but there is a new study by researchers at the University of Waterloo showing that parents that spend too much time on digital media (more than three hours a day) are more likely to engage in negative parenting practices such as yelling at their children and nagging. Studying 549 parents with at least two children, each of the parents in the study provided the researchers with information about their parenting practices, how their family functions, their mental health, and how they engage in screen time. There wasn't one app or website that the study focused on, rather the common thread was that the more parents retreated into their phones as an “escape” the less engaged they were as parents. The only exception to this trend was when parents used screens to connect to friends through social media. Catching up with friends actually lowered the anxiety and depression levels in parents.

## It pays to be prepared when it comes to kids

In the past several years, several times I've had to stop what was supposed to be a fun Saturday with my kids to make a run to the nearest store for adhesive bandages, antibacterial cream, gauze, or other first aid supplies. After the most recent scrape in the parking lot on the way to the donut shop, I decided it was time for a first-aid kit in the car. No matter the size of your vehicle, there are first aid kits that you can either build yourself with a small fabric or nylon bag, or purchase a pre-packaged kit like the ones sold by Adventure Medical (see opposite image). If you decide to create your own, here are some of the essentials to make sure and include:

1. Plenty of adhesive bandages in several sizes
2. Butterfly closure bandages
3. Sterile gauze
4. Antibacterial cream
5. Gloves
6. Instant cold pack
7. Ibuprofen
8. Antihistamine



## P Bar Farms Corn Maze & Pumpkin Patch

P Bar Farms features one of the oldest corn mazes in Oklahoma. Once a working farm and wheat field, P Bar Farms now focuses on agritourism and family-friendly activities. Take on the farm's renowned corn maze with more than 3.5 miles of twists and turns and over 95 decision points. Experience old-fashioned farming traditions brought to life with P Bar Farm's annual pumpkin patch and other recreational activities. The event will take place at P Bar Farms 1002 Old 66 Rd Hydro, OK 73048 starting on September 17th and going through October 31st.



## New dad tool for your toolbox for October: Storing breastmilk; how and how long?<sup>2</sup>

# Human Milk Storage Guidelines

	Countertop or table	Refrigerator	Freezer with separate door
Storage Temperatures	77° F or colder (25° C)	40° F or colder (4° C)	0° F or colder (-18° C)
Freshly Pumped/ Expressed Human Milk	Up to 4 hours	Up to 4 days	Within 6 months is best, up to 12 months is acceptable
Thawed Human Milk	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.

### Why skin-to-skin matters to fathers<sup>3</sup>

The practice of putting babies on their mothers' chests in the first few hours after birth has been a practice started since the late 1970s. Initially the practice was solely promoted with mothers after the belief that the warmth from the mother's body helped newborns regulate their body temperature in those early hours. Fifty years later studies have shown even more benefits promoting more healthy attachment, improved weight gain, stronger immune systems, and higher blood oxygen levels amongst other benefits. There are now emerging studies showing benefits of skin-to-skin contact with fathers as well as mothers. One recent study measured the cortisol (stress hormone) levels and blood pressure in new fathers when they engaged in skin-to-skin contact with their new babies. The authors of the study found that there was a significant reduction in both blood pressure and cortisol levels of the father after the time holding their new baby skin-to-skin against their chest. There were also fathers who participated in the study who reported feeling as though skin-to-skin contact boosted their self-esteem and confidence as fathers; they felt as though this was a tangible way they could connect with and calm their new baby.



### Need Resources?

Throughout the state you can call 211 or go to <https://www.211oklahoma.org> for help with housing, food, utilities, mental health, transportation, COVID-19 information, or other needs.



## REFERENCES

- 1Zhang, J., Madigan, S., and Browne, D. (2022) Caregivers' psychological distress, technology use, and parenting: The importance of a multidimensional perspective. *Computers in Human Behavior*, Vol 134.
- 2 USDA WIC Staff (Retrieved Sept 21, 2022) *Human Milk Storage Guidelines* <https://wicworks.fns.usda.gov/resources/human-milk-storage-guidelines>
- 3Varela, N., Tessier, R., Tarabulsky, G. and Pierce, T. (2018), Cortisol and blood pressure levels decreased in fathers during the first hour of skin-to-skin contact with their premature babies. *Acta Paediatrica*, 107: 628-632.