



STRONG Beginnings
Strengthening families for a Healthy Start

Strong Fathers/Padres Fuertes

August 2022



Health

Your emotional, mental, physical well being creates an example for generations to come. Keep up with appointments, seek mental health support, and take part in activities that make you happy. Staying healthy is our superpower.

Who were your heroes as a child? Was it Black Panther, Spidermans' Myles Morales, The Incredible Hulk? Maybe Yoda... Jenny Friedman, Executive Director of Doing Good Together says that, "Heroes exemplify cherished values, display qualities we admire, show us how to overcome challenges – and call us to stand up for others. They help build a better world for us all." This month we're focusing on heroic play and staying active. When a father is involved in their child's life they become that hero, that larger than life figure that teaches by simply being, by playing. "Early childhood educators and parents know the value of play for young children. Play is a way children process what they see in real life, is an outlet for expressing feelings and helps children develop and practice language skills, social skills, gross motor and thinking skills. Play supports building children's imagination and creativity which in turn allows them to build their thinking skills." * So play with your children, stay active, be there. We don't need make believe when the best superhero's we have in community are our active dads.

History

A heroes origin story is important. How we see history is going to be about us now, who we are for our families in the present. As we change, as times change, we remember our history, our why.

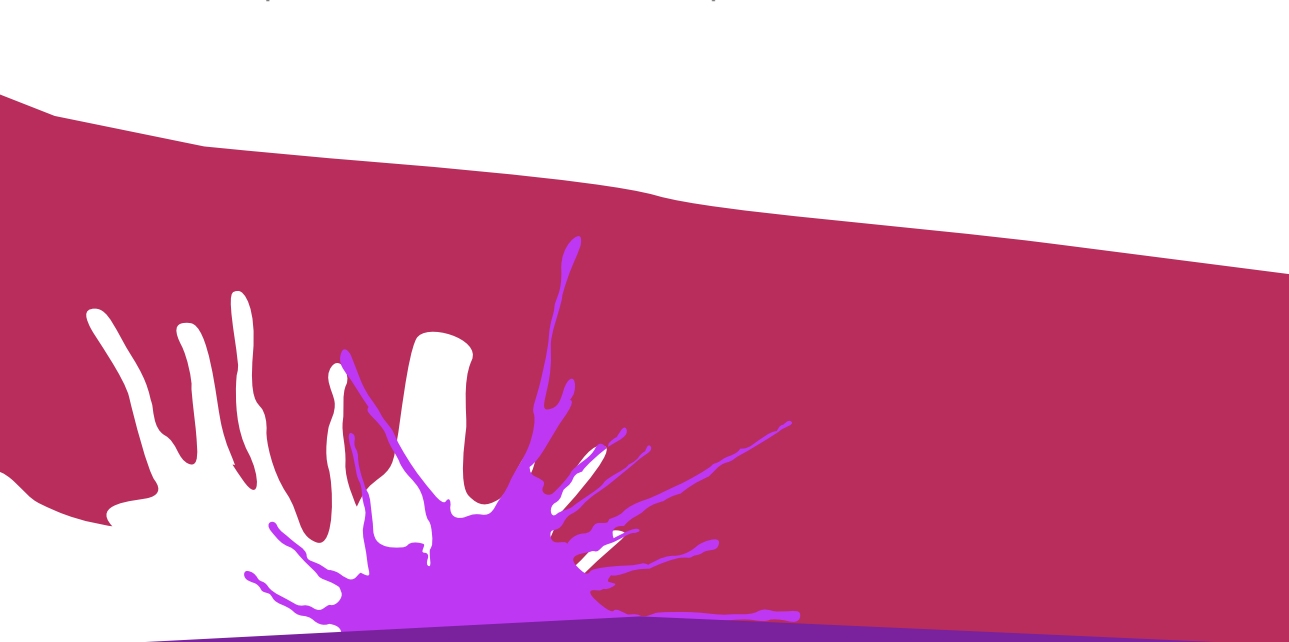
Hope

With the uncertainty that we live with daily, remember, "With hope and virtue let us brave more icy currents and endure what storms may come."

– President Barack Hussein Obama



“Climbing the mountain top toward fatherhood. Coming into this world was never meant for me. In the depths of survival or death. I was given the gift of life. My mom had me when she was 16 years old. Not knowing who my father really was. She knew only two guys that could be my “dad”. No DNA test was ever given, but I was given the chance to have two family’s in one. With all that said, I never had a day to day father. My “dad’s” only came around when it was convenient for them or a special event. Coming from a broken home and raised by my grandmother. Knowing for a fact, I wanted to be a father when I got older, but I wanted to do it for the right reasons. For instance, I never got the chance to live the “perfect” movie life family story. Which, brings me here today. I’m 28 years old. A husband and a father. As a father, brings different obstacles. You don’t just have dad duties. You have a multiple of duties. As for me, I have to take care of my wife’s needs, my kids needs, my house hold needs, and not to forget my own. I took on a role that is “hard”. I can get mentally unstable, and just plain worn out. That seems a little extreme doesn’t it. It can be, but there is beauty in it as well. Seeing a family that grows and seeing their achievements come to life brings a smile to my face. On the other hand, as a father, I seem to reach a point in life to where I take ownership in all aspects which makes my family’s life better. Handling personal issues, and financial issues make life much easier as a father. Taking on less stress as possible gives the change to focus on things that really matter, “My family”. As a ending point, these are some of my trials and tribulations to climbing the mountain top toward fatherhood.” – Enrique Griswold



Beauty in Fatherhood

Enrique Griswold and family



Strong Beginnings–Healthy Start, Strong Fathers/Padres Fuertes supports human milk feeding and celebrates August as National Breastfeeding Month recognizing the following observances:

8/1 – 7, WABA/World Breastfeeding Week,

Theme: Educate & Support, <https://worldbreastfeedingweek.org/>

8/8 – 8/14, Indigenous Milk Medicine Breastfeeding Week,

Theme: Strengthening Our Traditions From Birth and Beyond

<https://www.facebook.com/IndigenousMilkMedicineWeek/>

8/15–21, Asian American, Native Hawaiian, Pacific Islander Breastfeeding Week,

Theme: Telling Our Own Stories. Elevating Our Voices,

<https://www.facebook.com/APIBTF>

8/25 – 31, Black Breastfeeding Week,

Theme: 10 Years, A New Foundation, <https://blackbreastfeedingweek.org/>



DID YOU KNOW?

Moms whose partners support their breastfeeding efforts, breastfeed longer and increases benefits for mom and baby.

Here are a few “**How Dads Can Help**” tips offered from **REACHING OUR BROTHERS EVERYWHERE (R.O.B.E.)** for supporting breastfeeding:

- **Encourage** mom to make a breastfeeding plan and set goals. Let her know that you’ll be there to help along the way.
- **Support** skin-to-skin time for mom and baby during the Sacred Hour, the first hour after delivery. Even babies who are delivered by cesarean.
- **Get** plenty of skin-to-skin time where **you** cuddle the baby on your bare chest. This is great bonding time with lots of benefits for both of you.
- **Help** by holding your baby after a feeding, changing diapers and giving mom a break to shower or nap.
- **Be thoughtful**. Small acts make you a hero. Make sure she has water and snacks nearby, (breastfeeding burns calories).

Strong Beginnings offers virtual breastfeeding support. Call 616-391-5830 for group details.

Fathers & Breastfeeding

For more from R.O.B.E @ www.breastfeedingrobe.org

Aberdeen Park

Est. 1925 the park is classified as a Community and Specialty Park. It serves as the recreational and social focus of the neighborhood and broader community. The park features a playground, ball fields, a soccer field, tennis courts, and open green spaces.

In 1941 and 1946 the park added more acres, becoming an 18 acre park. Most recently, the playground was rebuilt through a KaBOOM! project. The neighborhood also installed the first urban orchard in the park.

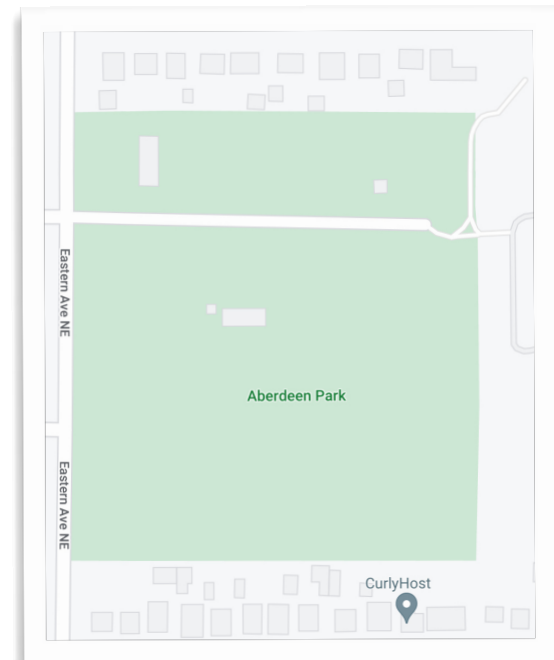
Recent updates to the park included a new Michigan-themed splash pad with state-based components including a morel mushroom, Petoskey stone, black bear, lighthouse, Grand River cascades and a mitten shape.

2017 improvements were made possible thanks to the voter-passed 2013 Parks Millage.

Address = 2230 Eastern Ave NE Grand Rapids, MI 49505

Celebrate Summer

The fall is around the corner, keep exploring! Stay active and always play. Check out this local park!



Checkout this Book

at your local library, barbershop, or Sankofa Read Aloud ([youtube.com](https://www.youtube.com)) !



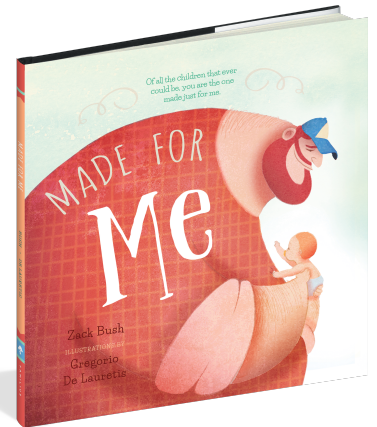
Zack Bush

Born and raised in Miami, Florida, Bush was able to realize another dream – bringing his love for jazz music to his hometown by reviving Ball & Chain, a historic live music venue on Calle Ocho in the heart of Little Havana.

Following widespread global acclaim and success with Ball & Chain, Bush embarked on a new journey: fatherhood. The National Best Selling children's book *Made For Me* is the product of a lifetime desire to become an author combined with a devotion and love only a father could know.



Gregorio De Lauretis studied at the Academy of Art in Florence and graduated in Teramo. Since then he has studied graphic design and web design at Nemo NT Academy of Digital Arts where he awarded a scholarship from the famous character designer Stephen Silver. Gregory works digitally but begins with drawing with ink on paper. He then scans the work on his computer where he exalts the piece with his colors and finishing touches. He currently works as freelance illustrator based in Florence, where he lives. "Imagination is my world. Illustration is my language"



Reading is fun!

Manhood Monday

JOIN US THIS MANHOOD MONDAY:

August 8th , 2022, 5-6pm Watch the event **LIVE** on facebook.com/StrongDadsGR/



Join Project Supervisor Bo Torres as we welcome our new team member Jose Santoyo ! Jose will serve the community as a Community Health Worker and will speak about his life, experiences, and what drives his passion for the Strong Beginnings work.

We will also talk about our upcoming Fathers and Families Flag Football event for 2022 ! August 28, 2022, Martin Luther King Park, 10 am to 5 pm. A day for families to come together and witness heroic play at its finest.



Dallas Lenear was born and raised in Flint, MI. After completing his Bachelor of Business Administration at the University of Michigan, he returned to Flint where he worked as Assistant VP & Community Bank Manager of the former D&N Bank. In 1999, he moved to Grand Rapids, MI where he earned a Master of Divinity in Pastoral Studies from the Grand Rapids Theological Seminary of Cornerstone University. In 2019, he launched Project GREEN to live out this vision with like-minded individuals, churches, and community organizations in Kent County and the state of Michigan.



WHO WE ARE

Project GREEN (Grassroots Economic Empowerment Network) empowers financial capability in our community and implements advocacy initiatives that tear down systemic barriers to economic success.



OUR VISION

Turning everyday people into money heroes. We define a money hero as someone who is pursuing their own financial goals and helping others to do the same.



OUR MISSION

Helping families rewrite their financial legacy. We move consumers away from asset-reducing products and practices – like payday lending – and toward asset-building tools and life-changing financial education.

projectgreengr.org

Partnership Spotlight

PROJECT GREEN
TURNING EVERYDAY PEOPLE INTO MONEY HEROES!

STRONG FATHERS



What about fathers?

Children whose fathers are involved in their lives are more confident, get better grades

and avoid risky behaviors. Our fatherhood initiative seeks to strengthen families by encouraging fathers to play an active role in

nurturing and raising their children through mentoring, education, and father-child activities.



Strong Fathers/Padres Fuertes is available to male partners of Strong Beginnings clients and to men raising a child through 18 months.

Male staff can meet virtually, in your home or other convenient location.

Services include:

- Education on topics like men's health, healthy relationships, and infant care
- Ideas on how men can support their partners during pregnancy and after
- Information on parenting and child development
- Help with getting transportation, job training, food, legal advice, baby supplies and medical care
- Referrals to counseling for stress and depression
- Help with building life skills such as communication, budgeting, goal-setting, and resilience

For information contact Adnoris "Bo" Torres

Fatherhood Supervisor at:

616-250-2620, adnoris.torres@spectrumhealth.org

or visit our website

www.strongbeginningskent.org/Enroll



Padres Fuertes

"It is easier to build strong children than to repair broken men."

Frederick Douglass

PADRES FUERTES



¿Y los padres?

Los niños cuyos sus padres están envueltos en sus vidas tienen más confianza, obtienen mejores calificaciones, y evitan comportamientos peligrosos. Nuestra iniciativa de paternidad busca fortalecer a las familias alentando a los padres a desempeñar un papel activo en la educación y crianza de sus hijos a través de la tutoría, la educación, y actividades de padre e hijo.



Strong Father / Padres Fuertes está disponible a los socios masculinos de las clientes de Strong Beginnings y para los hombres que están criando a un niño hasta los 18 meses.

Personal masculino le puede visitar virtualmente, en la casa o otro lugar conveniente.

Los servicios incluyen:

- Educación sobre temas como la salud de los hombres, relaciones saludables y cuidado infantil
- Ideas sobre cómo pueden apoyar a sus parejas durante el embarazo y el después del parto
- Información sobre la crianza de los hijos y el desarrollo del niño
- Ayuda para obtener recursos tales como transporte, capacitación laboral, alimentos, asesoría legal, artículos para bebés y atención médica
- Remisión a asesoramiento para el estrés y la depresión
- Ayudar a desarrollar habilidades para la vida como la comunicación, la presupuestación, la fijación de metas y la resiliencia.

Para más Información contacte a Adnoris "Bo" Torres al:

616-250-2620, adnoris.torres@spectrumhealth.org

o visite nuestro sitio web:

www.strongbeginningskent.org/Enroll





Strong Beginnings-Healthy Start es un esfuerzo de toda la comunidad para mejorar la salud materna, paterna e infantil entre afroamericanos y latinos, promover la participación de los padres y promover la equidad racial en los resultados de los nacimientos.

- Somos equipos de apoyo familiar de...
 - Trabajadores de salud comunitarios
 - Enfermeras
 - Padres y entrenadores de salud
 - Consejeros
- Aquí para.....
 - Conectarse contigo para brindarte apoyo y orientación durante el embarazo y durante los 18 meses posteriores al nacimiento de tu hijo.
 - Puedes esperar...
 - Hablar con tu equipo sobre cómo tener un embarazo saludable, ayuda para obtener atención médica, educación para la crianza y la coparentalidad, conexión con recursos, establecimiento de objetivos, apoyo para ayudarte a lidiar con el estrés que conlleva el embarazo y la crianza y otras cosas que son importantes para ti.
 - Servicios en inglés y español
- Además...
 - Apoyo individual para las parejas masculinas, grupos de discusión semanales para hombres y actividades para padres e hijos.
 - Empiece con nosotros si...
 - Vive en el condado de Kent
 - Está embarazada
 - Es la pareja de una persona embarazada
 - Es una madre o un padre con hijos menores de cuatro meses
- Póngase en contacto con nosotros...
 - Llamando a.616-391-3940
 - Correo electrónico: info@strongbeginningskent.org



Strong Beginnings-Healthy Start is a community-wide effort to improve maternal, paternal and child health among African Americans and Latinxs, promote father engagement and advance racial equity in birth outcomes.

- We are family support teams of...
 - Community Health Workers
 - Nurses
 - Parent and health coaches
 - Counselors
- Here to...
 - Connect with you to provide support and guidance during pregnancy and for 18 months after the birth of your child.
 - You can expect...
 - To talk with your team about having a healthy pregnancy, help with getting medical care, parenting and co-parenting education, connecting to resources, goal setting, support to help you deal with stress that comes with pregnancy and parenting and other things that are important to you.
 - Services provided in English and Spanish
- And...
 - Individual support for male partners, weekly discussion groups for men, and father-child activities.
 - Get started with us if you...
 - Live in Kent County
 - Are pregnant
 - The partner of someone pregnant
 - A mom or dad with children younger than four months
- Contact us by...
 - Calling.616-391-3940
 - Emailing:info@strongbeginningskent.org



¿Tiene Su Pequeño(a) Entre Cinco Meses y Cinco Años?

¡Queremos ayudarle a preparar a su hijo(a) para el éxito en la educación!

ENTRENAMIENTO PARA PADRES Y MADRES
APOYO PARA PADRES Y MADRES
RECURSOS EDUCATIVOS
PREESCOLAR DE CALIDAD

¡REGÍSTRESE HOY! BabyScholarsGR.org

¡El/La primer(a) y mejor maestro(a) de su hijo(a) es Usted!

usted ES EL/LA PRIMERA Y MEJOR MAESTRO(A) DE SU HIJO(A)!

BABY SCHOLARS
HELP YOUR CHILD'S GROW SMARTER
Brought to you by Barbara Chismore



¡El/La primer(a) y mejor maestro(a) de su hijo(a) es Usted!

Nombre del padre _____
Nombre del niño _____
Calle del niño _____
Ciudad _____
Estado _____
Código postal _____
Teléfono _____
Correo electrónico _____
Móvil/celular _____

FOR FATHERS AND MOTHERS FOR CHILDREN'S EDUCATION
MAESTRO(A) DE SU HIJO(A)
Strong Beginnings
4000 Central Ave., 4000
Suite 102
Grand Rapids, MI 49504

MAESTRO(A) DE SU HIJO(A)
Early Learning
Neighborhood Collaborative
P.O. Box 2000
Grand Rapids, MI 49502

LAS SESIONES DE ENTRENAMIENTO COMENZAN EN ENERO, ABRIL, JULIO Y OCTUBRE.

Entre las edades de cinco meses y cinco años, los niños están en su mejor momento para aprender, y los padres son sus primeros y mejores maestros.

Baby Scholars es un programa educativo diseñado para ayudar a los padres a ayudar a sus hijos para que alcancen todo su potencial. Baby Scholars da a los padres los conocimientos que necesitan para ayudar a sus hijos a crecer más inteligentes y les da la oportunidad de ser los mejores maestros que pueden ser, para que sus niños puedan tener éxito en la escuela y en la vida.

¿Preguntas? ¡Pregúntanos!
• Padres de bebés entre 5 y 18 meses: 616.391.6078
• Padres de niños/niños de 19 meses a 5 años: 616.819.3406

¡REGÍSTRESE HOY! BabyScholarsGR.org

¡Servicios provistos en asociación con Strong Beginnings (Comunidad Fuerte) y The Early Learning Neighborhood Collaborative (Comunidad de Vecindarios para el Aprendizaje Temprano)!

BABY SCHOLARS
HELP YOUR CHILD'S GROW SMARTER



Is Your Little One Between the Ages of Five Months and Five Years?

We want to help you prepare your child for education success!

PARENT COACHING
EDUCATION RESOURCES
PARENT SUPPORT
QUALITY PRE-SCHOOL

¡REGÍSTRESE HOY! BabyScholarsGR.org

YOU ARE YOUR CHILD'S FIRST & BEST TEACHER!

BABY SCHOLARS
HELP YOUR CHILD'S GROW SMARTER
Brought to you by Barbara Chismore



your child's first & best teacher is you!

Parent Name _____
Child's Name _____
Child's Address _____
City _____
State _____
Zip _____
Phone _____
Email _____
Primary Language _____

PLEASE START HERE FOR THE FIRST STEPS KENT
MAESTRO(A) DE SU HIJO(A)
Strong Beginnings
4000 Central Ave., 4000
Suite 102
Grand Rapids, MI 49504

MAESTRO(A) DE SU HIJO(A)
Early Learning
Neighborhood Collaborative
P.O. Box 2000
Grand Rapids, MI 49502

COACHING SESSIONS START IN JANUARY, APRIL, JULY AND OCTOBER.

Between the ages of five months and five years, young children are primed to learn, and parents are their first and best teachers.

Baby Scholars is an educational program designed to help parents help their children reach their full potential. Baby Scholars gives parents the tools they need to help their children grow smarter and to expose them for kindergarten. The program focuses on helping parents become the best teachers they can be, so their children can succeed in school and in life.

Questions? Please give us a call!
• Parents of infants 5 to 18 months: 616.391.6078
• Parents of toddlers/children 19 months to 5 years: 616.819.3406

¡REGÍSTRESE HOY! BabyScholarsGR.org

¡Servicios provistos en asociación con Strong Beginnings (Comunidad Fuerte) y The Early Learning Neighborhood Collaborative (Comunidad de Vecindarios para el Aprendizaje Temprano)!

BABY SCHOLARS
HELP YOUR CHILD'S GROW SMARTER