



Labor Day

Yesterday, Monday, September 7, was Labor Day. It is a day that pays tribute to the contributions and achievements of American workers. It is traditionally observed on the first Monday in September. Labor Day was created by the labor

movement in the late 19th century and became a federal holiday in 1894. Thank you to all of you who work long hours to provide for yourselves and your children. Thank you to you--the American worker--the creator of so much of the nation's strength, freedom, and leadership.

Congratulations

to our newest groups of Fatherhood Development graduates! Don't they look great sporting their new **Good Dads** t-shirts?



Victory Mission, Springfield



The ROCC, Joplin

Ask Drew!

Hey Drew,

I really want to be a good parent. I have a history of anger issues, but I have been working on them for years now. Lately I have noticed that when it comes time to discipline my kids, I get very angry, and so instead of properly dealing with them or what they did, I yell at them to go to their room. I want to give them an appropriate punishment, but I also do not want to lose my temper around them. Any thoughts?

From- A concerned dad

Hey Concerned Dad,

Thank you for writing. I think it is so important and strong of you to recognize where you have an issue and be willing to ask for help.

Time and distance. Those are the key things to utilize when parenting, especially when we must deal with correcting our children, and we get angry. If your children do something that deserves to be dealt with, and you can tell you are too angry to deal with it now, say to them, "What you have done is not acceptable and there will be consequences, but we are both taking a short break before we talk about it."

Next and this is important, have them go to their room, or you leave and take deep breaths until you can look at the situation from a neutral perspective. Think of it as giving yourself a timeout. Distance from the situation enables you to look at the situation with a new point of view that you cannot have while you are angry. Ask yourself, "Did my child know that his/her behavior was wrong?" A time out also enables you to decide on an appropriate consequence that you cannot clearly do when you are angry.

After your timeout, bring your child calmly into the room and discuss why you are upset and what needs to happen from then on. You can be firm and still be upset with their behavior, but you are modeling respect, control, and discipline.

I hope this helps,
Drew

**If you have something on your mind,
just ask Drew!**

Call or text Drew at **417-427-6364**. Your call or text message will remain confidential--your name will not be used with your question. Questions and answers will be featured in an upcoming newsletter.

**Counseling for dads in the New Pathways for
Good Dads program!**

Dads that are enrolled in the New Pathways for Good Dads

program and have completed at least 4 weeks of the Fatherhood Development Course are eligible to receive counseling on a sliding scale. Counseling will be done with Drew Dilisio, a PLPC, under the supervision of Dr. Jennifer Baker. Call the Good Dads office for more details.

Check This Out!

Pay your child support with a new, quick, secure and contactless mobile payment and digital wallet service through:

The mobile and digital wallet options allow users to avoid touching buttons or exchanging cash by making payments in IOS and android apps on the internet. A convenience fee of 2.5% for each transaction will apply. Find out more at mo.smartchildsupport.com. Payments can also be made by mail, online, over the phone, and by cash payments at local retailers using PayNearMe.

Got questions? Call 1(800) 859-7999 or visit <https://dss.mo.gov/>

- Helpful Resources -

- Here is a **NEW** resource for those who are struggling with shared visitation during COVID-19. Crisis Planning is necessary for the children's benefit, as well as for your own benefit.
- Pandemic EBT Benefits
- File for Unemployment Benefits
- Special Unemployment Link for COVID-19 crisis
- Legal Services of Southwest Missouri
- Child Support questions? Contact Ra'shad Hibler-Family Support Division 573-751-0980



Mentoring: A Life-Changing Experience

What is a mentor? Why would you want a mentor? Why should you mentor others?

The word, **mentor**, may be used as a **noun**: an experienced and trusted adviser. It may also be used as a **verb**: advise or train (someone, especially a younger colleague).

Perhaps you can be that "experienced or trusted adviser who could offer to "advise or train" another dad in the NPGD program.

Maybe you could use some wisdom and guidance from

someone else.

For more information or to get started on your mentoring journey, please email [Lisa](#) at the Good Dads office.

- NPGD SPOTLIGHT -

Inspiration From New Pathways Dads

Check back next time for our next Spotlight!

New Pathways for Good Dads

- Upcoming Classes -

More Fatherhood Development classes and Within My Reach relationship classes are on the horizon. If you or someone you know is interested in the FDC or the WMR please contact the Good Dads office.

We will add you to our upcoming class lists.

Please let us know if you prefer in-person classes or virtual classes on Zoom.

For more information or to enroll, call the Good Dads office at 417-501-8867.

This Week's Featured **- Good Dads Podcast -**

E369 Military Careers

We talk with Shawn Moreland about military careers and what you and your family should know about recruitment.

Click below to listen to an episode on [iTunes](#), or search on any other favorite podcast player -
- we're on [Google Play](#), [Stitcher](#), [Spotify](#), [TuneIn](#), and more.



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