



## Fatherhood Buzz January 2013

Thank you for your ongoing commitment to supporting the fathers and families in your communities! With your help we have been able to create a **Fatherhood Buzz** across the country. You have allowed your barbershops to serve as a hub for the distribution of important and life changing information and have raised the level of conversation around the importance of responsible fatherhood.

January is National Mentoring Month and January 21 is the National MLK Day of Service. This January's Fatherhood Buzz initiative focuses on volunteering, especially by encouraging mentoring in your own community!

### Encourage Families to Volunteer Together

Research suggests that families who volunteer together forge stronger ties. Also, kids who become involved in community service develop greater self-esteem and are less likely to engage in risky behaviors in their teen years.

By volunteering, kids and teens learn what it means to make and keep a commitment. They learn how to be on time for a job, do their best, and be proud of the results. But they also learn that, ultimately, we're all responsible for the well-being of our communities.

### Why Mentor?

Mentoring—the presence of a caring adult offering support, advice, friendship, reinforcement and constructive examples—has proven to be a powerful tool for helping young people fulfill their potential.

Research results show that mentoring:

- Improves young people's attitudes towards their parents, peers and teachers
- Encourages students to stay motivated and focused on their education and provides a positive way for young people to spend free time
- Helps young people face daily challenges and offers opportunities for youth to consider new career paths and get much-needed economic skills and knowledge

### Determine a Volunteer Need in Your Community

Identify a local organization to partner with. Work with them to find out what their needs are, and how your shop can help. Not sure where to start? Contact a local Fatherhood Buzz community partner in your City by visiting [www.fatherhood.gov/fatherhood-buzz/cities](http://www.fatherhood.gov/fatherhood-buzz/cities).

You can start by identifying an organization, like a local non-profit, faith-based organization, school, library, or food bank, and see what they may need. You could also identify a need that you and your shop connects with, like hunger, or encouraging reading, and look for organizations that are doing that work already.



## Finding Volunteer Opportunities

There is a wide range of organizations that help identify volunteer opportunities and community service projects that your shop can be involved with, or can connect dads and families to participate.

Here are some places to start:

- MLK Day of Service: <http://mlkday.gov>
- Points of Light: <http://www.pointsoflight.org>
- United We Serve: <http://www.serve.gov>
- Volunteer Match: <http://www.volunteermatch.org>

## Find a Mentoring Program

Connecting to a mentoring program in your community is easier than you might think. Online tools from [Mentoring.org](http://www.mentoring.org) and Big Brothers Big Sisters (<http://www.bbbs.org>) can help you find established programs in your area. If you don't find results in your community, consider asking at your local school about what is available. Whether you're looking to become a mentor or find a mentoring program for your child, it's important to do a little research to find the right program for you.

Find out more about Becoming a Mentor at <http://fatherhood.gov/for-dads/become-a-mentor>

## Starting Your Own Volunteer Project: Federal Resources

There are a lot of resources available for families and community groups interested in spearheading a service project. Here are some Federal resources to help you get started.

- United We Serve: Getting Started Toolkits: <http://www.serve.gov/toolkits.asp>
- Community Renewal: Starting a Clothing Drive Team: <http://www.serve.gov/toolkits/clothing-drive/index.asp>
- Community Renewal: Supporting a Local Food Bank: <http://www.serve.gov/toolkits/food-bank/index.asp>
- Education: Starting a Book Distribution Team (Book Drive): <http://www.serve.gov/toolkits/book-drive/index.asp>
- Create Your Own Project!: <http://www.serve.gov/toolkits/general/index.asp>

## For More Information

Contact the Fatherhood Buzz Outreach Team with any questions, concerns, ideas or feedback you may have. NRFC Buzz Outreach Team:

- David Miller (410-215-8167)
- Ed Lawson (845-290-2763)
- Matt Crews (703-225-2320)

Follow the NRFC on Twitter ([@fatherhoodgov](https://twitter.com/fatherhoodgov)) and Facebook ([www.facebook.com/fatherhoodgov](http://www.facebook.com/fatherhoodgov)) for Fatherhood Buzz updates and news and resources on responsible fatherhood.

**Thank you for your commitment to promoting responsible fatherhood!**