

## Making New Year's resolutions WORK

By Ryan Butter, Dads Matter Case Manager

3-2-1, Happy New Year!!! Yes it's that time of year again, time for New Year's resolutions. Did you quit smoking or lose 30 pounds last year?

If you gave up on last year's resolutions, then get your family involved in helping you follow through this year. It will increase your chance of success and your kids will learn, from watching you, how to set goals for themselves.

This year set realistic goals for yourself. For example, don't plan to lose 50 pounds this year if you haven't worked out since the Steelers won the Super Bowl.

Make smaller, incremental goals like "I'm going to lose 10 pounds by June." Two pounds per month is more realistic, and it's quite possible you'll lose more than that! Wouldn't that be great?

To get started on that resolution, make a family workout night. You all can burn 100 calories by

- Playing tag for 25 minutes
- Going on a science walk and talk about the seasons for 30 minutes
- Dancing with your "special someone" for 25 minutes.



Set goals as a family. Have everyone make a goal and write a plan describing how to successfully meet each goal. Nothing can raise your sense of self-worth quicker than reaching a goal.

Each month have a family meeting to talk about what's been working and how to improve your plan. And make it fun, even if it's saving money or working out. Make it a game to see who's the biggest loser or winner!

Reward the winner with their favorite food or their choice of a movie for family movie night. It's always easier to be successful when you have support.

## Sample resolutions: try them out in 2011!

### These can work

**"I will join the gym on January 4th."**

- Write down the phone number and put it by the phone.

**"I will watch only 10 hours of TV this week."**

- Tape it to your TV remote, and keep a clock nearby.

**I am spending 30 minutes jogging every Tuesday and Thursday before work.**

- Tape it to your alarm clock, so you can set it 30 minutes early.

**"I will only eat a snack before bed on Friday and Saturday."**

- Tape it to your fridge.

**"I'm going to cut my cigarette smoking from one pack a day to half a pack a day by June."**

- Write down how many you smoke each day, so you can keep yourself going.

**"I'm going to forgive myself if I slip, and I won't give up."**

- Look up motivational quotes and tape them everywhere.

### These don't work

**"I'm not going to be lazy anymore."**

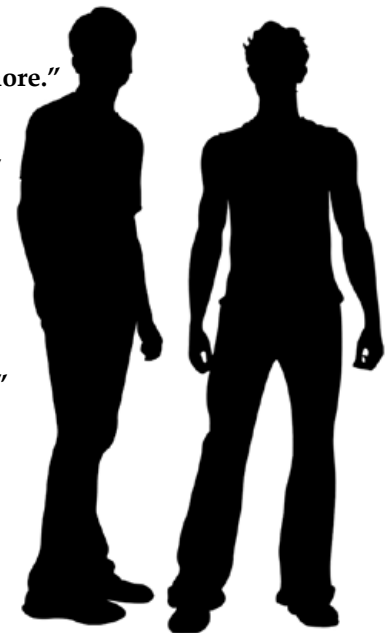
**"I won't watch TV ever again."**

**"I'm going to get in shape."**

**"I won't eat snacks ever again."**

**"I'm going to quit smoking."**

**"I slipped...so I give up."**



## Free stuff to do!

Questions? Call us at 724-437-2590 x322.

### Winterfest

Sat, Feb 5 - 11am-4pm

Sugarloaf Sledding Area, Ohio, PA

Grab your opportunity to try a horse drawn sleigh ride, cross country skiing, snowshoeing, and sledding. You can also see real sled dogs and see them run the trail. Bring your own sleds and equipment if you have them. If not they will have snow shoes and cross country skis for you to borrow. Refreshments will be available inside the warming hut. Call 724-329-0986 for more info.

### Dad 2 Dad class

**Starts Mon. Jan 10:** Private Industry Council, 480 Coolspring Road, Uniontown

**Starts Mon, Jan 24:** Cherry Tree Alliance Church, 640 Cherry Tree Lane, Uniontown

Become a more confident, involved, and loving father in just six 2-hour sessions. Get \$100 in Sheetz or Walmart gift cards (plus an official Dads Matter t-shirt) when you complete the class! Call 724-437-2590 to register!

# DAD 2 DAD

## FREE CLASS FOR DADS

- Learn discipline that works
- Understand yourself & your kids
- Boost your confidence
- Communicate better
- Get more involved
- Deal with anger issues
- Build up your fathering skills

**\$100 in Sheetz or Walmart gift cards when you complete!**

### UNIONTOWN PIC OFFICE -- Six Monday Nights

480 Coolspring Road in Uniontown

(5:30-7:30pm): January 10, 24, 31, February 7, 14, 28

### CHERRY TREE ALLIANCE CHURCH -- Six Monday Nights

640 Cherry Tree Lane in Uniontown

(5:30-7:30pm): January 24, 31, February 7, 14, 28, March 7

*Be a more confident, involved and loving father in six 2-hour sessions.  
When you complete the program you'll get an official Dads Matter t-shirt too!*

**Register today! 724-437-2590 x322**

**Call Dads Matter at 724-437-2590 x322 to sign up. Dad 2 Dad is free for anyone to attend!**

**Mission Statement:** "Dads Matter of Fayette County's mission is to enable fathers to improve their relationships with their children; improve parenting skills; and help fathers overcome barriers that often prohibit them from being effective and nurturing parents by providing them with training and learning opportunities." **Eligibility & Corporate Info:** (1) These services are available to all eligible persons, regardless of race, gender, age, disability, or religion. (2) Dads Matter of Fayette County is a department of the Private Industry Council of Westmoreland/Fayette, Inc. Participation in Dads Matter of Fayette County is FREE and strictly voluntary. (3) The Private Industry Council of Westmoreland/Fayette, Inc. is a 501c3 non-profit corporation headquartered in Greensburg, PA. **Funding Info:** (1) Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FR0075/05. (2) Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.



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Dads Matter is a department of  
the Private Industry Council of  
Westmoreland/Fayette, Inc.

# The Dad Difference

January 2011

**MAKING NEW YEAR'S RESOLUTIONS WORK**

**MAKE RESOLUTIONS, WRITE THEM DOWN, THEN DO THEM!**

**FREE \$100 IN SHEETZ OR WALMART GIFT CARDS AFTER COMPLETING DAD 2 DAD**

**FREE STUFF TO DO IN FAYETTE COUNTY**

A free publication of  
 **Dads Matter**

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Council  
OF WESTMORELAND/FAYETTE, INC.