



## JERRY CAMMARATA FATHER'S DIARY

### Advice that's not for fathers only

How many ways are there to learn parenting, dad? Well, you learned by seeing your aunts and uncles along with your parents care for you. You learned by playing parenting games with your dolls, toys and other playthings.

You learned by listening to your teachers in school or seeing interesting stories of parenting on television. And, yes, you learned and are still learning by reading articles, books and whatever you can get your hands on in order to find the magic solution of raising your kids.

The more and more you read and try to find the magic solution, the more you realize the complexity of the art and how individual raising kids is; it is that individuality that will make raising your kids such a joy.

Not being exhaustive, I'd like to give you some references that I have learned to become very fond of over the years in trying to cope with parenting. All the entries may not be for you but they will prove to be interesting and provide food for thought. No particular order is given to the presentation of the books. Choose a book and start reading. Starting your own library on parenting now can be worth a lot later on to your children when they start searching for the answers.

#### Parenting library

Lerman, Saf, **Parent Awareness Training**, New York: A & W Publishers, 1980

Pogrebin, Letty, Cottin, **Growing Up Free**, New York: McGraw-Hill, 1980

Spock, Benjamin, **Baby and Child Care**, New York: Hawthorn

Books, 1968

Dodson, Fitzhugh, **How To Father**, New York: Signet Books, 1974

Lynn, David B., **The Father: His Role in Child Development**, Monterey, California: Brooks/Cole Publishing Company, 1974

Atkin, Edith & Rubin, Estelle, **Part-time Father**, New York: Signet Books, 1976

McFadden, Michael, **Bachelor Fatherhood**, New York: Ace Books, 1975

Lamb, Michael E., **The Role of the Father in Child Development**, New York: Wiley-Interscience, 1976

Green, Maureen, **Fathering**, New York: McGraw-Hill, 1977

Gilbert, Sara A., **What's a Father For?**, New York: Warner Books, 1975

Hamilton, Marshall, **Father's Influence on Children**, Chicago: Nelson-Hall, 1977

Greenleaf, Barbara Kaye, **Children Through the Ages**, New York: McGraw-Hill, 1978

Eimers, Robert & Aitchison, Robert, **Effective Parents/Responsible Children**, New York: McGraw-Hill, 1977

Shedd, Charlie W., **Smart Dads I Know**, New York: Avon Books, 1975

Cammarata, Jerry, **The Fun Book of Fatherhood**, Los Angeles: Pinnacle Books, 1979

Sussman, Alan, **The Rights of Young People**, New York: Avon Books, 1977

Gordon, Thomas, **P.E.T.: Parent Effectiveness Training**, New York:

New American Library, 1975

Ginott, Haim, **Between Parent and Child**, New York: Avon Books, 1973

**Between Parent and Teenager**, New York: Avon Books 1973

Benson, Leonard, **Fatherhood: A Sociological Perspective**, New York: Random House, Inc., 1968

Billler, Henry B., **Father, Child and Sex Role**, Lexington, Mass.: Heath-Lexington Books, 1971

#### Things to do

You say, right now you are looking for a book that will give you creative things to do with your kids? Why not try, **The Father's Almanac**, by S. Adams Sullivan (New York: Doubleday, 1980).

According to the publishers, the book, "builds bridges between a small child's world and a father's by giving detailed plans and instructions for dozens of shared activities, games and projects that will delight both child and father as they play and work together."

Even if you are a brand new dad, **The Father's Almanac** is just for you. You will learn how to make a game out of changing diapers or building a crib gym. And when it's time to build that outdoor swing and ladder set, the book will outline the plans if you supply the wood and manpower.

If you are a physical kind of dad, then you are going to have lots of fun with "Upside Down," "Colossus," "Daddy-Go-Round," "Leap Mounting," "Bouncing Swing," "Bionic Family Stock" and the "Run-Through Delight" among others. And, if your kids are deathly afraid of bugs, let **The Father's Almanac** help you establish an authentic insect hunt and explore the world of daddy long legs, crickets, slugs and the like.

Whatever you want to teach and do with your kids, **The Father's Almanac** has a specialty game or activity that will give you hours of parenting joy.

By the way, **The Father's Almanac**, honestly, is not just for dads only.

