

MINNESOTA DADS AT HOME

*We are a diverse group of dads
in the Twin Cities and across
Minnesota, united by the com-
mitment to raising our children
and building strong families.*

*MDAH's mission is to connect
and support Minnesota dads
who are part time or full time
caregivers for their kids.*



**Minnesota Dads
At Home**

E-mail: info@mdah.org
www.MDAH.org

MINNESOTA DADS AT HOME



Having fun fathering the future.

WWW.MDAH.ORG

ONLINE COMMUNITY

We can be found at www.MDAH.org.
The website offers information about the organization, scheduled events and a members only discussion forum that covers these and other topics such as:

- ◆ Playgroup playdate information
- ◆ Dads Night Out information
- ◆ Home improvement
- ◆ Parenting techniques
- ◆ Parenting challenges
- ◆ Kids activity ideas
- ◆ Educational topics

REGIONAL PLAYGROUPS

Regional playgroups are setup at local parks, community centers or other local gathering spots so kids can play together and dads can get a chance to engage in more adult conversations.

Playdates are great for:

- ◆ Socialization and interaction for kids
- ◆ Adult conversation for dads
- ◆ Watching and Learning from other dads

SPECIAL EVENTS

Special events for families and kids are organized to offer unique enrichment activities. These events help us break out of routines and provide opportunities for adventure including:

- ◆ Dads and Kids camping
- ◆ Hiking, Sledding, and Zoo trips
- ◆ History, Science, and Children's museums



Flyer 2013c

DADS NIGHT OUT

DNOs are your time to leave the kids at home and get out of the house with your other at-home-dad friends.

DNOs are helpful for:

- ◆ Maintaining a healthy life balance
- ◆ Adult interaction
- ◆ Building friendships
- ◆ Experiencing new activities

Typical DNOs include:

- ◆ Poker and Movie nights
- ◆ Vikings, T-wolves, Saints, and Twins games
- ◆ Rock Climbing, Camping and Hiking

MEMBERSHIP

Participation in MDAH is FREE and includes the following benefits:

MDAH Calendar with detailed playgroup, Dads Night Out and Special Event information.

Event details listed as *Private* on the MDAH Calendar are only available through our members-only forums.

Access to MDAH's online network of at-home dads to discuss everything from changing diapers to changing tires.

Check us out at www.MDAH.org
