

TIP SHEET Tips for Dads

Fathers play an important role in the lives of their children. The rewards of spending time with children are unmatched by other successes in life. Here are a few tips for building a strong relationship between father and child.

When Baby Arrives

- Discuss important issues with mom before the baby is born or soon thereafter. Make a plan for handling discipline, parenting techniques and child care. Then, stick to the plan or work together when changes are necessary.
- Practice makes perfect. Things that seem cumbersome at first (like diapering and bathing) become comfortable with practice.
- Show affection daily. Children of all ages need to feel like they are wanted, loved and respected each day.

Throughout the Years

- Schedule a regular time to read with your child. Children of all ages benefit from reading – it's never too early! As the child gets older, encourage him/her to begin sounding out words and eventually reading to you.
- Children grow quickly. Don't miss the milestones along the way. Parents often have to sacrifice other things to spend time with their children.
- Begin talking with children when they are young. This will make difficult discussions easier when they get older.
- Discipline with love. Fathers who discipline in a calm and fair manner demonstrate love for their children.
- Build skills for making good choices by teaching your child about right and wrong. Use everyday examples to teach life lessons.

For Children with Disabilities

- Learn about your child's disability and what it takes to care for him/her.
- Celebrate your child's gifts and strengths.
- Become an advocate for your child.

These tips were compiled from a variety of sources including The National Fatherhood Initiative. For more tip sheets, visit www.fraser.org.