



A Dad is ...

...very important to his children and his influence lasts a lifetime. When a dad has a close relationship with his children, they are more likely to be well adjusted, have positive self-esteem, do better in school, and develop good relationships later in life. Here are some things to keep in mind about the relationship between a dad and his children.

- Dad is a special person who is very important to his children
- Dad, together with mom, takes care of his children and is just as important as mom.
- Dad has lots of jobs. One of them is to let his children know that he loves them and will take good care of them.

Dad, just like mom, can be involved in his children's lives by:

- Making a habit of talking and listening to them.
- Spending time with them.
- Teaching them about the world.
- Being a positive role model.

Dad knows that he doesn't instantly become good at being a dad just because he has a baby. He will learn all about being a dad as he spends time developing a loving relationship with his children.

- Dad can spend time regularly with his children, even if he doesn't live with them.
- Dad is just as important to his daughters as he is to his sons.
- Dad can learn to take good care of his children, even if his own father wasn't around to teach him about being a father.
- Dad can ask his brother or another trusted male friend to include his children in activities if he can't be with them as much as he'd like.

Groups of dads and their kids can get together on a regular basis and learn from one another. Planning activities takes only a little organization, and often schools, religious organizations, and other public agencies are willing to offer space for activities. Here are some ideas for group activities:

- Meet regularly (e.g., the first Tuesday evening of every month) at school or another public building to play basketball or have a potluck dinner.
- Meet once a month on a weekend morning for breakfast together. Different fathers and kids can rotate to cook, serve, and clean up.
- Get together for picnic and some games in the park.

A dad is a wonderful person whose children need him very much!