

# Dads

Involved dads or other men are essential in a child's life. Here are a few ways for men to develop a positive relationship with a child:

- Define your role.
- Create unique rituals.
- Make time for both work and family.
- Be creative to overcome long distance.

**Dads and other important men make a unique contribution to each child's development.**



## WHEN FATHERS:

- Are affectionate
- Spend time with their children
- Are involved in children's daily activities
- Have a positive attitude



## THEIR CHILDREN:

- Are less likely to cry or worry
- Have fewer behavior problems
- Are more sociable
- Perform better in school

## To stay involved, dads can:

**Define your role.** Decide what kind of role model you want to be and how you will be involved in your child's life. The key is to be consistent, provide lots of hugs and talk with your child as much as possible.

**Create unique rituals.** Turn basic activities into special dad-and-child traditions, like taking a walk or eating breakfast together.

**Make time for both work and family.** Involvement is critical, but it is also important to find some personal time to refuel.

**Be creative to overcome long distance.** Dads who travel often or who live far away can use the phone, record a child's favorite bedtime story on tape, send email, letters, pictures and surprises. Also, plan special one-on-one time whenever possible.