

## A Brief Quiz for Fathers

Effective dads teach primarily by role modeling. To be a role model, Dad has to be interactive with his child, not a little, but a lot. Are you "there" for your child?

- Do you work 60+ hours a week?
- Do you travel (overnight) more than 50 days a year?
- Do you live in a different city than your child?
- Do you spend twice as much time with your home computer, TV, or sports than you do with your child?

Fathers form secure attachments with their children through active, physical "rough and tumble" play. Do you and your child play together at least 2 to 3 times a week?

Absentee Dads often claim that they make up for the time they've missed with their children by spending "quality time" with them. Which list do you believe builds quality father-child relationships?

### List A

- Going to the movies
- Going out to eat
- Going to Disneyland
- Going to Hawaii

### List B

- Helping with homework
- Working on home projects
- Meeting with teacher
- Taking child to doctor
- Disciplining
- Talking with child about success and defeat

Evidence supports the notion that fathers play an important role in preparing their children for life outside the comfort of the family. At times, Dad's role will trigger conflict with Mom about rules, consequences, risk taking, performance expectation, children becoming self-reliant and self-protective. When conflicts arise, do you automatically "give in," assuming that the child's mother knows best?

Active fathers understand that the power of their role is linked to their ability to pull their child into their world. Do you initiate and welcome opportunities to be with your child; to take him/her with you to work, on errands, or to join you in doing the things you enjoy as a man?

Children without effective fathers run a far greater risk of getting in trouble for uncontrolled anger or aggression. When arguments between family members occur within your home, are you able to contain your anger (i.e., avoid name



