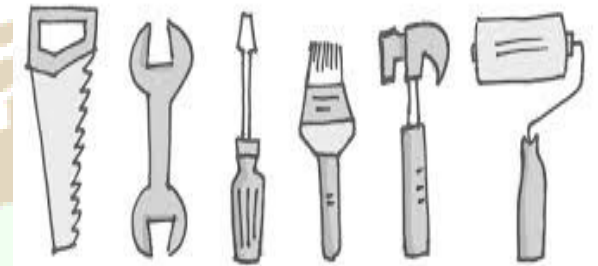


Tools for Being a Good Father

How to Raise Happy and Healthy
Children



Resources

All Pro Dad—Supported by Super Bowl Champion Coach Tony Dungy, this organization shares tips on how to be the best father possible. (www.alprodad.com)

Child Welfare Information Gateway Fatherhood Resources—Interventions, podcasts, printed materials. (www.childwelfare.gov/topics/preventing/promoting/fatherhood/)

National Center for Fathering— Resources, videos, news, blogs about fathering. [www.fathers.com, 1-800-593-DAADS (3237)]



"I cannot think of any need in childhood as strong as the need for a father's protection." - Sig-

"There's nothing worse than a man that can be everything to everybody else...except a father to their own child."

- Anonymous

"CLOTHES, CARS, HOMES, AND MONEY DO NOT DEFINE A "GOOD MAN" OR A "GOOD FATHER"! CHARACTER, GOOD MORALITY, RESPECT, HONESTY, AND HANDLING YOUR RESPONSIBILITIES DO!"

- Anonymous

How to Raise Happy and Healthy Children

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Simple Tools for Raising Healthy Children

Some things in life come with instructions, but children are not one of these. We are often left to figure out how to support children to make sure they grow up healthy and happy. Sometimes we parent the way we were parented, which is not always the best way. Sometimes we try and try, but struggle to balance work, family, relationships, finances, and time with friends. Here are a few tips on being the best father you can be.

- **Prioritize Your Life**- Make children a top priority because they need you to be active in their lives.
- **Tell The Truth**-Children watch how you deal with tough situations. If they see you not being truthful, they will do the same.

children
matter!

- **Actions Speak Louder Than Words**- Children carefully watch you from the time they can see you clearly (about 2 months old). From how your facial expressions match your tone of voice to how you speak to others, children learn more from what you do than what you say. Be the kind of man you want your daughter to marry or son to hang out with.



“The greatest mark of a father is how he treats his children when no one is looking.” - Dan Pearce

- **Do What You Say**-A person is only as good as their word. Children learn to rely on adults by watching their parents. If you say you’re going to do something, do it or children will learn words are meaningless.
- **Hard Work is Important**-Children need to learn how to push through hard things in life. If you give up on hard things, like school lessons or work, your child will give up easily, too.

- **Value Education**-School is one of the most important activities children can do to invest in their futures. Assist your children with homework, help them find tutoring, attend school events, talk with teachers to let your children know school is a top priority. Even if you were not good in school, let children know how important school success is.
- **Choose Your Friends Wisely**-Children watch who you hang out with, so be aware how your choice of friends impacts your children’s choices.
- **Both Parents Share Responsibility**-It takes two adults to make a child. From pregnancy to young adulthood, both parents are equally responsible to care for and raise children. Treat the child’s other parent with respect, so your child respects them, too. Children need to feel love and genuine caring from both parents all the time, and only you can be their father.



“It is much easier to become a father than to be one.” - Kent Nerburn, 1994