

Safe kids Healthy kids Happy kids

10 Ways Dads Can Connect with Their Children

Every family has joys, fears, concerns and worries. A father is expected to care for his family — during ups *and* downs.

Some fathers have learned from good role models. Other men have painful memories of their childhood. Some dads are single or divorced. Others are foster parents or step parents.

Parent Help Line enjoys talking to dads. Call for support and parenting information as you build a bond with your child — one step at a time.



All fathers have one thing in common – their children want to be a part of their life. These steps can help a dad “connect” to his family.

1. Tell yourself that you are an important part of your child’s life.
2. Look at how your father raised you. Use what was good and positive. Learn from his mistakes.
3. Be a “hands-on” dad from the beginning. Hold, rock and talk to your baby.
4. Learn how to take care of your baby. Diaper him. Give him a bath. Dress her. Calm her when she is crying.
5. Remember — your children need you. Your family must have food and a safe place to live. Love and spending time together make you and your family healthier.
6. Spend some time alone with each child. Make them feel special.
7. Share your skills and interests with your child. Take him fishing. Share your love for music. Fix up old cars.
8. Show an interest in your child’s education. Read stories together. Teach her how to color.
9. Be a partner with your child’s mother. Work together to do what is best for your child.
10. Discipline your child with love. Teach instead of punish.

Brought to you by Parent Help Line and St. John’s Children’s Hospital



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

