

Tips for Dads

Strike While the Iron is Cold!

- ✓ Be nice and forgive.
- ✓ Treat your children with dignity and respect.
- ✓ Show them you believe in them.
- ✓ Enjoy your mate more than your kids.
- ✓ Strike while the iron is cold!
- ✓ It is more important to show your kids how much you care before you show them how much you know.
- ✓ The more you show your humanness the more you are lovable.

Lead by Example

- ✓ Take positive risks to show your vulnerability and to develop more authentic relationships. For example, at the dinner table take the lead on sharing something you did that was really embarrassing!
- ✓ Put yourself out there and be open and willing to improve your relationship with your child.

Live in the Present & Not in the Past

- ✓ Don't start sentence with, "When I was your age..." – unless you want your kid to turn off.
- ✓ Ignorance is not bliss – understand Generation X, Z and don't fall into a trap and generalize – like Millennials are lazy.
- ✓ Engage with your kid's social media interests, their pop culture, their social movements, and be tolerant, accepting, and generous.

Ask Your Kids & Listen Carefully!

- ✓ How am I doing as your parent?
- ✓ What am I doing well?
- ✓ What do you like most about our relationship?
- ✓ What could I do better?
- ✓ What are the messages (if any) do I give that tells you I believe in you?
- ✓ Do you feel you can tell me anything and if not, what am I doing that is getting in the way?
- ✓ Do you feel I am honest with you?
- ✓ Do you know me?