

▪ **Communication**

- Draw, dictate, and write about shared activities.
- Tell your child stories of when you were their age - types of things you did after school, what your interests were, what you liked to learn about, any major events, etc.
- Get out old photos of yourself and share stories with your children about when you were growing up.
- Express love, appreciation, and concern often.

Teaching

- Work on a project together with your child that integrates aspects of science, math, art, social development, and language skills - build a store, buy an aquarium, produce a weekly family newspaper, make a nature collection, make a book, build something out of wood, etc.
- Teach your child specific skills - how to fish, how to throw a ball, how to do a flip on the trampoline, how to do magic tricks, how to swim, etc.
- Give your child chores that are developmentally appropriate - making their own bed, setting the table, picking up own toys, hanging up their coat, etc.
- Answer your child's questions appropriately and on their level.
- Give your child many opportunities to problem solve by asking open ended questions about certain phenomena.

Monitoring

- Be aware of homework assignments and other topics of study your child has. Monitor the completion of homework and be available for help.
- Monitor your child's health, safety, and grooming.

Thought Processes

- Think, write, or discuss with your spouse the hopes and dreams of being the kind of father you want to be. Have you in any way lost touch with some of these hopes and dreams. Why?
- Think, write, or discuss with your spouse about a person in your life who you have noticed parents in a way you feel is admirable. What can you learn from their example?
- Think, write, or discuss with your spouse about the memories you have of your own father. What did you decide about how you would like to father your child based on those experiences.
- Think, write, or discuss with your spouse about times you enjoy most with your child. Notice the aspects of your relationship you think you are doing right.
- Think, write, or discuss with your spouse about times you felt personally challenged in interactions with your child. What are some of your strengths from which you can draw on to better meet these challenges?
- Think, write, or discuss with your spouse about what you believe others (partner, children, relatives, friends, community, etc.) expect of you as a father. How do they differ? When have you met or not met these expectations?
- Create a story about the kinds of stories you would want your child to tell of you as their father

Errands

- Drop your child off at school or the bus stop on time.

Care Giving

- Tuck your child into bed after sharing feelings about the day.

Child-Related Maintenance

- Help with the cleaning, laundry, and cooking associated with your child.
- Repair broken toys, bikes, beds, etc.

Shared Interests

- Develop a shared interest with your child and spend time working on learning more about that interest - sports, animals, stars, nature, weather, cooking, etc.

Availability

- Be available to attend parent teacher conferences at your child's school.
- Be available to attend any school plays, music performances, or extracurricular activities such as sports, dance, speech, etc.

Planning

- Plan field trips that would be of interest to your child. A trip to the fireman station, post office, flower shop, apple orchard, bakery, animal farm, museum, etc. Allow for a lot of exploratory time. Bring things to the child's level of understanding.
- Plan your work schedule so can be available to coach a soccer team, attend plays, recital, etc.
- Plan vacations and holidays that will meet the needs and interests of your child.

Shared Activities

- Read high quality Children's Literature.
- Make a tepee out of an old sheet and decorate it with stories of experiences you have shared.
- Play story telling games as you are in the car driving somewhere. You start, then they add another section, someone adds more, etc.
- Help children write stories about experiences in their life that are of significance to them. Put these stories in a scrapbook for future additions.
- Work together mowing the lawn, trimming the edges, weeding, planting, etc.
- Fix the car together. Let them help out and actively participate.
- Get out an old photo album and tell stories of various pictures to your child.

Providing

- Provide opportunities for your child to develop outside interests, skills, or talents. (Musical instrument lessons, little league baseball, joining nature clubs, etc.)

Affection

- Set aside special days when just you and your child have time together for shared activities designed to improve your friendship.
- Tell your child you love them often. Give them hugs, kisses, and smiles.

Protection

- Spend time with your child designing a fire escape plan. Teach them about fire safety.
- Ensure your child always wears a helmet when he/she rides their bike.
- Enforce sidewalk crossing rules.
- Ensure your child is visible when they are biking (light or brightly colored clothes, reflective patches).
- Teach your child to face forward and to hold onto the handrail when they are on escalators.
- Ensure they always wear a life jacket when involved in water activities.

Supporting Emotionally

- Support your child's endeavors whether in academics, recreation, team events, or social skill developments. You need to be available for advise, comfort, reassurance, and coaching.