

- Become the most significant male figure in your child's life.
- Spend time with your baby. The more time you spend with them, the more you will understand their needs and feel competent in caring for her.
- Be available to your child. Listen to what your child is saying, and talk about what they think or feel.
- When you are together, give your child all your attention. Don't try to watch TV or do other activities.
- Tell stories or read to your child every day.
- Give your child nurturing gestures such as smiles or hugs.
- Hold, gently rock, or sing lullabies to your infants.
- Build your child's confidence. Affirm your child after playing a game. Notice your child's gifts and talents. Tell your child something you like about them regularly.
- Reassure your child and help them feel safe. Comfort your child when he is having problems and assure him that someone will always be there for him.
- Take an active role in your child's education. Know your child's teachers, visit school, and praise your child's progress.
- Help set discipline guidelines and rules so your child learns to set limits.
- Have fun with your child. Celebrate the joy of being a father.
- Build a relationship early. It is easier to build then to make up for lost time later.

Be consistent with your child. It brings order to their world.