

# The Power of Dads



Fathers demonstrate stability and strength and a model of leadership. Children with involved fathers tend to be emotionally secure, do better in school and are less likely to get pregnant, drink and do drugs or get involved in criminal activity.

Children enjoy a special bond with their dads. Nurture it by staying connected in different aspects of their lives.

*Ways to stay involved:*

- ★ **Volunteer in your child's school. Serve as a chaperone for a school trip or serve as a Lunch Buddy.**
- ★ **Schedule one-on-one activities with your child. If you have more children make sure everyone gets individual time. Use the outings to celebrate an accomplishment or discuss a problem.**
- ★ **Talk with your child about what makes them feel angry, sad or confused. Listen.**
- ★ **Respect your child's mother. How you treat her will not go unnoticed and may serve as a template for future relationships.**
- ★ **Model good behavior. Share your values.**

Children need a dad they can count on. Be present, active and supportive.



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800-Children (800-244-5373) Parent Helpline