



# 10 WAYS TO BE A GREAT DAD

1.

## RESPECT YOUR CHILD'S MOTHER.

Respecting your child's mother is an important part of being a good dad, no matter your situation.

2.

## SPEND QUALITY TIME WITH YOUR CHILD.

Spending quality time with your child will strengthen your relationship with them. It's not about how much time, but what you do with that time, that counts.

3.

## LISTEN BEFORE SPEAKING.

Listening helps you understand your child's needs. It makes them feel important and shows them that dad cares.

4.

## DISCIPLINE WITH CARE AND KINDNESS.

Discipline is not another word for punishment. Discipline means teaching your child responsible behaviour, appropriate boundaries and self-control.

5.

## BE A GOOD ROLE MODEL.

Be the person you want your children to be. Lead by example.

6.

## BE THEIR TEACHER.

Be a supportive and safe person that your child wants to learn from, and remember to learn from them as well. Your child is absorbing more than you realise.

7.

## SHARE MEALS WITH YOUR CHILD.

Meals are an excellent and easy way to spend conscious, quality time bonding with your child. Create some positive rituals around meals, such as cooking and setting the table together.

8.

## READ WITH YOUR CHILD.

Reading is a great way to spend time with your child. Giving your time and full attention when reading them a story shows your child that they matter. It helps build self-esteem, creativity, connection, and confidence.

9.

## SHOW AFFECTION.

If you have a warm, loving, and affectionate relationship with your child it will help them feel safe and secure. Set affection as part of your daily routine.

10.

## REMEMBER, A FATHER IS FOREVER.

Think about the legacy you want to leave. The impact you have on your child's life is lifelong.