

Love, Love,
Love

Be There



Children whose dads are there for them have a better sense of humor, longer attention spans, and more eagerness for learning.

Learn as Much as You Can

Take parenting classes or attend a fatherhood program. It's always a good idea to improve your knowledge and build relationships with other dads.



Source: Ohio Commission on Fatherhood

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You're a Dad!



You don't have to have all the answers. And you don't have to be perfect. Here are some good things to know.



Keep Them
Safe & Strong

Teach
Them Well

Dad's Influence Lasts All Life Long

- Babies can tell their father's voice from a stranger's by four weeks.
- School-age children show large gains in intellectual development when fathers are involved with them as infants.
- Having dads in their lives helps teens grow their self-esteem and resist peer pressure.



Be There

Take Care of Mom-to-Be

Go to major doctor appointments with her. Discourage drugs, alcohol or smoking during pregnancy. Make sure mom-to-be has three nutritious meals daily and healthy snacks. Encourage breastfeeding. It's free and better for baby.

Parent Together

Always show respect and support the mother of your children, even if you're not married or living in the same place. Share concerns and find solutions jointly so you present a united front to your child.



Teach Them Well

Be a Good Role Model

Teach your kids right and wrong. Help them make good choices. Daughters learn what to look for in a husband from their dads. Sons learn honesty, humility and responsibility from dad. Sons especially will treat women like their dads do.

Discipline with Love

Help your children learn reasonable limits. Remind them of the consequences of their actions. Reward them for good behavior. Be calm and fair when you do discipline them.



Love, Love, Love

Show Affection

Kids need to know they are wanted and accepted all the time. Hug and tell your children you love them often. Discuss difficult subjects starting at a young age to build trust.

Spend Time with Your Child

Read to baby and encourage children to read on their own as they grow. Go to kids' school activities and help them with homework. Eat meals together. Make time for talking, listening to their ideas and problems, and for giving advice.



Keep Them Safe & Strong

Encourage Healthiness

Never smoke around children. Don't overdo alcohol use and never do drugs. Create a safe and peaceful environment. Physical and emotional abuse can damage a family forever. Ensure children have enough to eat and a safe place to live.

Be Positive and Supportive

Give your children the emotional, physical and financial care they need to grow into strong, flexible adults. Dads bring a unique perspective to the family. They're good at problem solving. They play more actively which helps kids with physical development.