



Dad Central

Facts for Fathers

Kids We Can Count On

People with strong character have two basic qualities. They usually do the right thing and they usually do what needs to be done.

Fathers can help **build character** in children by doing many things:

- Setting a good example of the ways you expect your children to act.
- Developing close relationships with your children.
- Working at keeping those relationships respectful, caring, and loving.
- Being a positive influence in your children's life.
- Supporting your children's healthy development.
- Guiding children as they learn right from wrong.
- Using teachable moments to help children learn from mistakes.
- Allowing children to overcome challenges and to solve some of their problems on their own.
- Show appreciation to your children when you see them doing something that shows good character.
- Teaching your children the building blocks of character – things like honesty, caring, kindness, patience, and joyfulness.

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Building Blocks of Character

Self control

Children must have some ability to control themselves before they can start learning to make good decisions about how to behave in various situations.

Conscience

Children need to be able to understand when you think they have done something wrong before they can figure it out on their own.

Empathy

Children need to learn to understand how other people feel and how their actions affect others.

Teachable moments

These are situations you can use to teach little lessons about the relationship between behaviour and consequences.

Making choices

Children can be given opportunities to make choices on small things that you are able to live with.

Independence

Allowing children to do things for themselves that they are able to handle.

Positive Discipline

Gradually helping children learn how to act when no one is there to tell them what to do.

Patient guidance from Dad

Character develops slowly over our lifetime. Children need you to guide them with patience and caring.



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Want to know more?

Dad Central Ontario has booklets and other resources for fathers.

Visit dadcentral.ca