



Dad Central

Facts for Fathers

Young Dads

Its All In The Connection

Being a father takes preparation and connection. Doing these things lets your children know you are looking out for them.

Getting ready for the change

- Having a child changes your life in huge ways.
- The most important thing about being a father is to make sure you do everything in your child's best interest. The needs of your child come first.
- Get ready to spend as much time as possible with your child.
- Your priorities may need to change. You may not be able to do the things you did before you had a child.
- Take fathering or parenting courses to learn all you can about raising children.
- Spend time with relatives or friends and their babies to learn the little things about raising children.
- Talk with your partner about being parents. Find out what she thinks a father's role is.
- Be straight up and respectable in your relationship with mom, especially when there is conflict between you.
- Remember: Its not about how old or mature you are. What you *do* is what matters most.

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Keep Connected To What Matters

Provide for your child

Look after the basics. Even if you don't live with your child, you can give a child what they need to survive.

Do things with your child

Taking your child places, telling them about what is happening, and involving them in your life builds valuable connections between you both.

Care for your child

Do whatever it takes to help them grow.

Show affection

Kind, tender words, hugs, kisses – they all matter to your child and help your child learn to trust you.

Be dependable

Do what you say you are going to do.

Independence

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

Positive Discipline

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

Patient guidance from dad

Character develops slowly. Children need you to guide them with patience and care.

Stay connected to mom

Staying connected to your child means you will likely be connected with mom. Keep it respectful.

Be responsible

Finish school, get a job, do what it takes to provide for your child.



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Want to know more?

Dad Central Ontario has booklets and other resources for fathers.

Visit dadcentral.ca