8 Ways to be a Better Dad

Make a difference in your Child’s life.

1. **Respect your child’s mother.** Speak kindly toward your child’s mother and listen to her opinions and thoughts, even if they are different than yours.
2. **Listen to your child’s ideas.** Listen to your child and encourage them to share their thoughts and ideas.
3. **Discipline with love.** Remind your child of the consequences of their actions and provide meaningful rewards for good behavior. Example: Because you picked up your toys, you can play outside for 15 more minutes.
4. **Be a good role model.** When you make a mistake, apologize and admit the mistake so your child learns everyone makes mistakes.
5. **Be a teacher.** Teach your child to throw a baseball, tie their shoelaces, do a push-up or any other fun skill.
6. **Eat together as a family.** Use this time to talk about your and your child’s day.
7. **Read to your children.** Reading a book to your child can be a great part of the bed time routine.
8. **Show affection.** Tell your child you love them. Children like to know they are wanted, loved, and accepted by their family.

National Fatherhood Initiative: Fatherhood.org