

Parenting is Hard Work

April 2010

Parenting *Rules!*

Fathers Play an Important Role...



It is important for fathers to be involved in their children's lives whether they live with them or not. Fathers parent and play much differently than mothers. Not only is that ok; it helps kids have a more balanced view of the world.

Being an effective father isn't just about ***being around***. It is about being ***available*** to teach your children about life, provide encouragement and most importantly show them lots of love.

When a father spends time with his children, he is letting them know they are important. Children need their father's love and attention, ***everyday***. Don't be too busy to make your kids feel loved, accepted and important.

Here are ten ways that you can become more involved and show your kids you care:

1. spend time listening
2. read to your child
3. eat dinner together
4. give hugs
5. say "I love you"
6. start a hobby together
7. go to school functions
8. help with homework
9. play their favorite game
10. let them be your "helper" around the house

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Resources for Dad...

The RI Department of Health, Family Health Line

Men2B Mentoring Program 401- 222 – 4630

National Center for Fathering

P.O. Box 413888, Kansas City, MO 64141
800-593-DADS www.fathers.com

Children's Friend - Dads Making a Difference Program

621 Dexter Street, Central Falls, RI 02863
401-721-9200 www.cfsri.org/dadsdifference.html

iParenting

PO Box 1780 Evanston, IL 60204
847-556-2300 www.dadstoday.com

Rhode Island 211

2-1-1 www.211ri.org

ABOUT PARENTING RULES! E-NEWS...

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 **Prevent Child Abuse**
Rhode Island

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Please share this information with the families in your programs. Thank you!