

Show Affection

Children need the security that comes from knowing they are wanted, accepted and loved by their family. Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection every day is the best way to let your children know that you love them.

Realize that a Father's Job Is Never Done

Even after children are grown and on their own, they still look to their fathers for wisdom and advice. Building good relationships with your children when they are young will ensure that you maintain a good relationship with them throughout their lives.

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10 Free Ways to be a Good Dad



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Your job as a father is never done. It's important that fathers try to become the best fathers they can be. You don't have to have all the right answers, and you don't have to be perfect. But taking the initiative to learn how to become a better dad will be an investment that will pay off for the rest of your children's lives. Here are 10 simple ways to get started.

Respect Your Children's Mother

One of the best things a father can do for his children is to respect their mother. If you're not married, it is still important to respect and support the mother of your children. When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.



Spend Time with Your Children

How a father spends his time tells his children what's important to him. Spend time with your children even if this means sacrificing other things. Kids grow up so quickly. Missed opportunities are forever lost.

Earn the Right to Be Heard

All too often the only time a father speaks to his children is when they have done something wrong. That's why so many children cringe when their mother says, "Your father wants to talk with you." Begin talking with your kids when they are very young so that difficult subjects will be easier to handle as they get older. Take time to listen to their ideas and problems.

Discipline with Love

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children.

Be a Role Model

Fathers are role models to their kids whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect and what to look for in a husband. Fathers can teach sons what's important in life by demonstrating honesty, humility and responsibility. "The world's a stage," as a famous saying goes, and fathers play one of the most vital roles.

Be a Teacher

A father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. Use everyday examples to help your children learn the basic lessons of life.

Eat Together as a Family

Sharing a meal together (breakfast, lunch or dinner) can be an important part of healthy family life. In addition to providing some structure in a busy day, it gives kids the chance to talk about what they are doing and want to do. It is also a good time for fathers to listen and give advice.

Read to Your Children

It is important that fathers make the effort to read to their children. Children learn in different ways. Begin reading to your children when they are very young. When they are older, encourage them to read on their own. Giving your kids a love of reading will make them lifelong learners.