



5 Ways to be a Better Dad

Research has proven that involved fathers can help children lead happier, healthier, and more successful lives than children whose fathers are absent or not involved. Fathers who spend time with their children increase the chances that their children will succeed in school, have fewer behavioral problems, and experience better self-esteem.

- **Respect your children's mother** – When children see their parents respecting one another, they will learn to respect their peers, elders, and future partners.
- **Spend time with your children** – Setting aside time to spend with your children makes them feel loved and valued, and avoids feelings of neglect.
- **Discipline with love** – All children need guidance and discipline – not as punishment, but to teach them healthy limits and boundaries.
- **Show affection** – Children need the security that comes from knowing they are wanted, accepted, and loved by their family. Showing affection every day is the best way to let your children know you love them.
- **Be a role model** – Both girls and boys look up to and learn from their fathers. They'll learn honesty, humility, and responsibility by your example.

