

## Be the Best Dad You Can Be

Whether you're a doting dad, grandfather, uncle or mentor, fathers hold a special place in their children's lives. Children who have their fathers involved in their daily lives tend to be better adjusted in every way. They're less likely to use drugs, engage in criminal activities or experience educational, health, emotional or behavioral problems. Remember that you are important to your child and that actively showing your interest and love makes all the difference.

### Here are a few easy ways to be a better dad:

- **Spend quality time with your kids.** Whether it's playing a board game, sharing a meal together, tossing a ball around in the backyard, or going for a walk in the park, children need to spend time with their dad. Time is the most precious thing you can give a child.
- **Be firm, but gentle.** Remember that you are a role model and need to lead by example. Give your children rules and make sure they follow them, since setting boundaries is part of being a good parent. You are your children's greatest teacher.



- **Keep an open line of communication.** Be a father your children can talk to. Can your children sit down and discuss their hopes, fears, dreams, aspirations and relationship issues with you? For your children to open up to you, you need to open up to them, too. Talk to them about your work or other everyday life issues, and then listen to what they have to say. As your kids grow older, memories of those heart to heart conversations will be cherished.

**Guernsey County Children Services offers an opportunity for fathers interested in becoming the “Best Dad You Can Be”. On My Shoulders is a program designed to give a wide array of men valuable tools for being strong, effective to fathers. One focus of the program is to equip participants with skills for a healthy relationship with their Kids. For more information contact Jamie Miller at 740.439.5555.**