

Imprints Informs Devoted Dads

The role of fathers has changed dramatically over the last few decades. I was blessed to have a loving and devoted father, but my 70's pop was much like other dads in those days, leaving most of the nurturing and day-to-day care giving to my mother. Today many dads take a much more hands-on approach to fathering. My husband is no exception. From day one he picked up the football hold and colic dance and never looked back. Our sons and the children of other involved dads are benefiting from these changes. Children of highly involved fathers manage stress better and are more academically successful. Daughters of nurturing fathers tend to relate well to boys and men in adulthood and feel especially confident in math skills. Nurturing fathers encourage their sons to be more compassionate and self confident.

Increased involvement in their children's lives has its benefits for dads too. Family involvement is tied to men's personal happiness and satisfaction. One study showed that involved fathers were more likely to have advances in their occupations, when compared to less involved dads. With these successes also comes hard work. Daily care giving and nurturing doesn't always come easy. Here are some tips for involved fathers:

1. Set aside time weekly to spend with your children. Quality and quantity are important. Bedtime is an especially good time to connect with your children. This will make life easier for moms too.
2. Show physical affection often and not just when your children are young.
3. Ensure that you have conversations with your children that don't involve discipline. Compliment, support and share with your children.
4. Play. Play. Play. Dads are known for their rough and tumble play. Rough and tumble play helps kids develop large muscle coordination and to learn boundaries.
5. Learn all that you can about child development. Being a parent is hard. Good parenting information is available in books, websites and local agencies (like Imprints) where you can learn great tips that make parenting easier.