

Make “Daddy Time” For Your Child

What are the concerns?

Children who grow up with an active father in their lives experience many positive outcomes. These children may perform better in school, have higher self-esteem, and stronger cognitive and motor skills. They may also be less likely to become involved in risky behaviors.

What is father involvement?

Involved fathers actively participate in their children’s lives in a number of ways. Each day, fathers can be involved with their children by caring for, teaching, and playing with them. Fathers can also bond with their children through various activities, like reading to them, taking them on outings, helping them with homework, and so much more! Above all else, involved fathers make an effort to be present in order to provide their children with the love, nurturing, and positive examples that all kids deserve.

Why is it important to be an involved father?

Fathers can play an important role in promoting children’s development, happiness, and well-being. Children who grow up with involved fathers tend to have stronger cognitive and motor skills, as well as better physical and mental health. These children also appear to perform better in school, have higher self-esteem, and display less disruptive behavior. Children with involved fathers also tend to display lower rates of substance use and legal problems, along with a lower likelihood of experiencing abuse and neglect. With that said, involved fathers are like shields that protect children from a wide range of problems to foster their healthy development.

How can fathers be engaged in their children’s lives?

In addition to providing daily care, play is an important way for fathers to become actively involved with their children. Play creates opportunities for positive interactions between parents and children, which can help form and strengthen healthy bonds. However, it is important to remember that the quality of time that parents spend with children is often far more important than the quantity of time spent together. To make the most of play time, fathers should make an effort to be enthusiastic, engaging, and attentive.

Here are just a few ways fathers can become actively involved in their children’s lives:

Preschool-Age Children

- Go for a walk with your child and collect treasures (leaves, stones, feathers, etc.).
- Set aside time every day for “daddy time” with your child. During this time, give them your complete attention, and do not let anything interrupt your special time together.
- Play with your child often. Be sure to get on their level; squat, kneel, or lay on the floor.
- Read a book together or tell your child a bedtime story. Make the stories animated by using different voices, facial expressions, and sound effects.
- Go on weekly one-on-one outings. For a day of fun, go to the zoo, take your child to the movies, visit a children’s science museum, or head to the park.

**Don’t be the dad on the bleachers.
Be the dad who’s in the game!**



Tips to Remember:

- An involved father makes an effort to be present in order to provide their children with love, nurturing, and positive examples.
- Children who grow up with involved fathers tend to have stronger cognitive and motor skills, as well as better physical and mental health.
- Play creates opportunities for positive interactions between parents and children, which can help form and strengthen healthy bonds.
- Make the most of play time. Fathers should make an effort to be enthusiastic, engaging, and attentive.

Elementary-Age Children

- Ask your child, “What would you like to do together?”, and then do it.
- Attend their sporting events. Be their #1 fan and encourage them to have fun.
- Find a new skill your child wants to learn (riding a bike or catching a ball) and teach them how to do it.
- Get “hands on” with your child’s education — help with homework, practice sports or other activities, and attend school meetings and events.
- Make a healthy meal together, eat it together, and enjoy your masterpiece.
- Work in the yard or do household chores together.

Being an involved father benefits children in so many ways.

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