



## Tip 2 – Showing kids you love them

As part of The Fathering Projects involvement with your school, I will be including helpful tips and ideas for all fathers and father – figures. I hope these tips will help, inspire and encourage all fathers and father – figures to be the best that they can be, as all fathers and father – figures are critically important in every child's life.

**More involved fathers and father – figures = better outcomes for children.**

- Spending fun time with your kids is the simplest way to show them you love them.
- Show love physically by appropriate hugs.
- Go out of your way to do things with and for them, especially if you are busy (they notice).
- Give them 3 A's – Attention, Affection and Affirmation. Love is the combination of attention and affection. Providing for our kids is not enough.
- Be with them at crisis times, e.g. when they are sick – don't always leave it to their mother to take them to the doctor.
- It is especially important to not withdraw, show appropriate physical affection when daughters go through adolescence.
- Use technology to communicate whilst you are away i.e. book in facetime catch up, send daily texts.

Please note: The above tips used with permission from "The Blue Book of Tips for Fathers and Father - Figures" by Prof. Bruce Robinson.

The Fathering Project is not a counselling service; we are seeking to inspire and equip fathers and father - figures to engage with their children.



If you would like more information about The Fathering Project, you can contact me:  
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