



Tip 3 – Letting kids know your love is unconditional.

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.

- Tell your kids that your love does not depend upon their performance at school or sport.
- Tell them too that it doesn't depend on their music, friends, beliefs or behaviour.
- Make a clear distinction between not loving what they say or do versus not loving them.
- Don't confuse unconditional love with trying to be their 'pal' rather than their parent.
- Surprise them by doing random, unpredicted kind acts for them (see actsofkindness.org).
- Avoid using the word 'but', e.g. "I love you, but"
- Do a self audit on how you react—at sporting games or when a report card comes home if the results are good or bad what is your reaction?

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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