



## Tip 7 – Building up their confidence.

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.**

- Teach children to do things for themselves and not to just rely on you.
- Avoid sarcasm - it can destroy confidence.
- Don't overuse praise - encouragement works better (kids need coaches, not fans).
- Discuss challenges as part of any journey and the key to learning.
- Encourage them that if they have tried their best they have done enough.
- Create a family celebration for all milestones and successes, e.g. a special meal, with speeches.
- Establish a "no put down" rule about all things.
- Encourage reasonable risk taking.

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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