



## Tip 9 – Staying connected during the day.

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.**

- Make sure your children have access to you at work.
- Make “holes in your day” to get to their school for events, e.g. assemblies, sports and music.
- Be there for these very special “first” events.
- If your school has a canteen, be a volunteer.
- Occasionally leave notes in their lunch boxes.
- Send your teenagers fun text messages.
- Email your children, especially if you are away.
- Bring your children into work - tell them about your job and how it helps other people.

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:  
David Walker at [dwalker@parkerville.org.au](mailto:dwalker@parkerville.org.au) or 9391 1900.