



Tip 10 – Making time after school.

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.

- Pick them up from school when possible.
- Take them out occasionally for after-school ice creams, swims, bowling or other fun times.
- Have dinner with the children, if possible, at least 4 nights of the week.
- Turn the TV off during dinner and listen to them.
- Encourage plenty of humour at home.
- Don't miss special evening events, e.g. music, sport, club nights.
- When that is impossible, communicate this to your kids early and ask how it went.
- Coach, manage or assist with their sports teams (not just the sport you like).
- Don't answer your phone or check emails and messages during mealtimes.

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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