



**The McCusker
Charitable Foundation**

Tip 22 – Being aware of kid's emotions.

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. Tips derived from "The Blue Book of Tips for Fathers and Father-Figures"

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

- Encourage your children to tell you what is worrying them - personal worries, relationships or issues from the news.
- Don't laugh at these or dismiss them - discuss, listen and avoid the "fix-it" mode.
- Listen to their feelings without interrupting & "solving" their problems for them.
- It's ok to admit that you are worried too.
- Read up on the issue together (if appropriate).
- Be genuinely interested in how they are feeling.
- Occasionally ask them when it is that they feel most sad, frightened or lonely.
- Never discount their feelings, e.g. by saying "that's silly" or "just snap out of it".
- Don't overreact to things said that also worry you.

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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