

Dads are IMPORTANT!



Dads are very important to children. His influence lasts a lifetime. When a dad has a close relationship with his children, they are more likely to be well-adjusted, have positive self-esteem, do better in school, and develop good relationships later in life. Here are some things to keep in mind about the relationship between a dad and his children.

Dad, together with mom, takes care of his children, and is just as important as mom.

Dad has lots of jobs. One of them is to let his children know that he loves them and will take good care of them.

Dad, just like mom, can be involved in his children's lives by:

- ✓ making a habit of talking and listening to them
- ✓ teaching them about the world
- ✓ being a positive role model

Dad can spend time regularly with his children, even if he doesn't live with them.

Dad is just as important to his daughters as he is to his sons.

Dad can learn to take good care of his children, even if his own father wasn't around to teach him about being a father.

Dad can ask his brother or another trusted male friend to be included in his children's activities if he can't be with them as much as he'd like.

Dad knows that he doesn't instantly become good at being a dad just because he has a baby. He will learn all about being a dad as he spends time developing a loving relationship with his children.

A dad is a wonderful person whose children need him very much!

An Easy Recipe Dad's Can Make With Their Kids

Taco Soup

- _ 1 lb. hamburger
- _ 1 cup chopped onion
- _ 1 16-oz can tomatoes with liquid
- _ 1 16-oz can corn with liquid
- _ 1 16-oz can kidney beans with liquid
- _ 1 8-oz can tomato sauce
- _ 1 1+oz pkg taco seasoning

Dad browns the hamburger and onion.

Child adds tomatoes (break up with spoon), corn, beans, tomato sauce, and taco seasoning.

Child stirs and **Dad** brings to boil. Cover and simmer 15 minutes.

Dad can place sliced avocado, grated cheese, sour cream, or corn chips in small bowls so kids can add whatever they want.



Sierra-Sacramento Regional Child Abuse Prevention Councils' Coalition

A working coalition of child abuse prevention councils from 15 counties.

www.sierrasaccoalition.org