



Dads: How to Provide for Your Family

Fathers must provide for their families in many other ways than just financially. Care from dads is unique and important because they have their own unique experiences as men. Boys can learn from their fathers' example about being a man and girls can learn from their fathers about how to relate to the opposite sex.

Dads, decide how you want to be involved in your children's lives by thinking about how you will want your children to describe your fathering when they are grown.

- Provide attention – listen, talk, spend time with your family
- Provide modeling of positive behavior – model appropriate communication, anger-management, and decision-making
- Provide guidance – be there to offer guidance for making good choices
- Provide affirmation – affirm your kids for who they are and affirm your wife for her parenting

How Can Dads Make Time for their Families?

- Prioritize – make your family your priority on your calendar and with your attention
- Balance – balance your own interests such as golf or watching sports with plenty of time with your family

Your kids are kids only once. How you care for them now will impact who they grow to be and how you relate to them for life. As a father, your children are your greatest legacy.

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Papa: Como Cuidar de Tu Familia

Los padres tienen que proveer para sus familias en muchas maneras y no solo financieramente. El cariño de papas es único y muy importante porque ellos tienen diferentes experiencias como hombres.

- Da atención – escucha, platica, y dale tiempo a tu familia
- Da un buen ejemplo de buen comportamiento- demuéstrales buena comunicación, como manejar la ira y como tomar buenas decisiones
- Da consejos – debes de estar presente para dar consejos a tus hijos cuando toman decisiones
- Dale mucha afirmación – afirma a tus hijos por la persona que son y también a tu esposa por ser buena madre

¿Como pueden los papas hacer mas tiempo para sus familias?

- Dar Prioridad – haz a tu familia tu prioridad en tu calendario y con tu atención
- Ten Medida – ten medida con tus intereses como jugando golf o ver deportes en la tele. Dale suficiente tiempo a tu familia.

Tus hijos solo serán niños una vez. Como cuidas de ellos impactara la persona que son y tu relación con ellos por todas tus vidas.

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