

A Note to Fathers



Fathers, what if our life is THE message? What if how we choose to live our life is the central learning that our children have come to earth to discover?

“Fathers are critically important to the development of children. Boys learn how to be a man by observing their father; girls learn what a man should be from observing their father. The role of Father is not easily replaced or substituted.” - *Daryl Joseph, Counselling Psychologist*

Although a Father’s role is not easily replaced or substituted, positive role models and a greater effort by the fathers that are present can help shape the minds of our children, and community.

- ❖ If you are a mother, you can encourage the involvement of positive male role models in the life of our child/ children.
- ❖ If you are a non-custodial dad, you can make the effort to visit with your child more often and be intentional about teaching them important life lessons.
- ❖ If you are an educator, you can encourage fathers to take on a more active role in the classroom.
- ❖ If you are a positive male role model, you can involve yourself in the lives of children in your community who can benefit from your influence.
- ❖ If you are a faith-based institution, you can provide programs that bring fathers together with their children and also encourage male role models to be involved with children in their sphere of influence.
- ❖ If you are a leader in your business, encourage your employees to be involved in community efforts.

An important part of being there for others is caring for self. Here are some tips for fathers of all ages:

The 20s: Real men wear seat belts. It saves lives and reduces injuries in car crashes.

The 30s: No man is an island. Don't let work displace family and friends. Instead, establish priorities and begin to build the social networks that can sustain you throughout life.

The 40s: Obesity happens. For men who need to lose weight, the “C” word is calories, not carbs. Exercise counts, too. Walk for at least 30 minutes a day.

The 50s: Real men have doctors. Talk to yours about screening for common cancers, and get regular tests of blood pressure, cholesterol, and blood sugar.

The 60s: Expand your horizons. Stay involved. Consider travel, sports, courses, and hobbies.

The 70s: Use it or lose it. Mentally stimulating activities can reduce the chances of developing Alzheimer’s disease and other forms of dementia. Do anything you find interesting, stimulating, and new.

The 80s: Count your blessings. Keep working to stay healthy and active, but also learn to cope with Father Time, and keep looking for good things in your world.

The 90s: Share your wisdom. Elders can teach younger generations a lot.

Fathers, we honour and appreciate you. We respect your hard work and your commitment to make time for your family. Your steadfastness and dedication are a real source of security and joy to the families of our community!

HAPPY FATHER’S DAY!

For more helpful tips, log on to MyEAP at www.myeap.familiesinaction.net with your username and password.