

Keep in Touch with Dad



**FAMILIES NEED
FATHERS**

Top tips for keeping dad in the picture

Attitudes

Changing attitudes is a big task and it is sometimes difficult to put feelings aside; however it is important for children not to be caught in the middle. We get a lot of calls asking 'how do I keep dad involved' and sometimes more sadly 'how do I get dad involved?'

1. Does he know how important he is to the child?

Dads are more likely to be involved if they know how important they are and the unique role that they play.

2. Tell the father how important the child is to him

Being a parent is one of our most rewarding experiences and it is important that you share with him some of the things that make you proud as a mother.

3. Make Dad feel welcome

It is not easy after separation or divorce, but try to

appear welcoming at all times. The majority of the time children want to see more of the other parent - so make sure dad knows this. Also, dad might not feel welcome if there is a new partner in your life, try to let dad know that he is still wanted and needed by his children.

4. Be encouraging

Try to encourage his fathering, mention things he is good at and emphasise the positive.

5. Don't be a gatekeeper

Try not to watch over parenting time, it is important that they can develop their own relationships. So being 20 minutes late is not the end of the world. If you are anxious about this, the children will pick up on it too.



