



## **10 Things for Fathers**

- Pray Together – If you want something to help build you in community as a father, check out Men of St. Joseph. Read scripture with them, or just say a short prayer. Always bless the meal.
- Tell them you love them. Even as they get older never stop telling them you love them.
- Physically express love – Especially as they mature into young men, don't stop hugging them and kissing them on the head or cheek. As men we are afraid to show affection. Don't be.
- Spend quality time with each child – talk with them about life and God.
- Take an Excursion – do something with your children. Camping, hiking, fishing, hunting, going to the beach, golfing, or just playing catch. Make the event completely about them. Have fun! Laugh!
- Raise your voice less – Discipline with justice and mercy, not raw emotion. Take a breath; say a prayer – the Lord knows you need it!
- Talk to your children at bedtime. You never know how they will open up or how enriching that experience can be. Tuck in your older kids.
- Be present In the first five minutes – When either you or they first get home, talk to them and ask how they are. Show them you love them and that their life is important to you.
- Get to know what they are into – Be present where they are. If they like video games, play with them.
- Be Vigilant – Protect them against bad decisions and difficult situations by parenting as Father – not as a friend.