

Parenting Fact Sheet #3



For more information, speak with Andrew and Michelle Kew, co-ordinators of parenting courses on 9630 7083.

For the Dads, Are You a Bridge Builder?

- If a child cannot trust their Dad more than their peers, ultimately their peers will have greater influence and they will listen to them
- Trust is the bridge that links the child's need to know that he/she is loved with the feeling of being loved
- Trust takes his/her need to know that he/she is loved and connects it with belonging
- Trust takes his/her sense of belonging and links it with acceptance.



Dads Are Bridge Builders

What every child needs to know:

1. *That their Dad keeps his promises*
2. *That their Dad has time for them emotionally.*
3. *That their Dad is there for them.*
4. *That their Dad is involved in their life and what they do.*

These show a child that he/she is loved, belongs and is accepted.

Dads, try these ways of building trust:

- Be the encouragers of the family.
- Intentionally make your marriage special.
- Verbalise your commitment to your family.
- Give each child age appropriate tasks that show you trust them.
- Give each child freedom to fail.
- Physical touch is important; Mum's arms are comforting, Dad's arms are secure.

