

10 STRENGTHS MEN BRING TO PARENTING

Each man is different, and each man brings different strengths to the job of being a father. This is a list of some strengths that are often found in dads.

- 1) They know how to play physically - rough and tumble play - children think it's fun and learn different skills from physical play.
- 2) Dads are often tall or strong. Kids love the feeling of sitting high on their dad's shoulders, or being kept safe in dad's arms.
- 3) Dads that aren't around their child as much as mom, can give a fresh view of a problem that mom and child are having.
- 4) Sometimes dad's lower voice can get kids attention when disciplining.
- 5) Some dads are less fussy about messes, and nurture their child's creativity by letting them play in the mud, or jump on the couch pillows.
- 6) Dads can introduce their children to the activities that they love: fishing, reading, fixing things with tools, cooking, cars, sports.
- 7) Sometimes dads encourage their children to try new things.
- 8) Dads can have a great sense of humor and share it with their children.
- 9) Dads can be playful. Children see dad and think 'time to play.'
- 10) Dads often have high expectations for their children. They give their children a 'you can do it' attitude.

Are some of these true for you? What are some other strengths you bring to parenting? Remember - **YOU ARE IMPORTANT IN YOUR CHILD'S LIFE!**

Adapted from "Working with Fathers" by the Minnesota Fathering Alliance (10)