

Tips for Everyday

- **Tell your children you love them** — “I love you” are the three most powerful words you can say to your children. Say them often to make your children feel cherished, safe, and special.
- **Hug your children** — Expressing your affection with a hug is just the right touch to make your children feel valued and loved.
- **Listen to your children** — Your children have fears, worries, joys, accomplishments, and so much more they want to share with you. Pay careful attention when they speak so you can really understand them and prove that you care.
- **Spend time with your children** — Go for a walk, read a story, cook a meal, play a video or board game, color a picture, or do a crossword puzzle. Small moments and simple activities add up to a great relationship.
- **Get involved in your children’s school** — Join the PTA or a school committee and attend classroom, schoolwide, or afterschool events. Your participation shows your children that their success in school is important to you.

Take Time to Be a Dad Today



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