

Fathers who want to impact the lives of their children should practice S.P.O.R.T.S. This will be one of many community workshops that we offer.

1. Stay involved – our children need us for a minimum of 18 years. Build a healthy communication with your child early to foster open communication as they get older
2. Play Interactively – children will mimic what they see you doing, so teach them to play by playing and demonstrating the ‘right’ way to do things (build blocks, clean up and play fair)
3. Observe and respond – children will always stretch your limits. They instinctively test what they can and cannot get away with, make sure you observe and respond consistently
4. Read Aloud – Start with children as babies, your voice will help soothe and will foster bonding. As they get older help them read and as they become young readers encourage them to read to you
5. Teach and Learn – you are your child’s #1 teacher, it’s important to stay informed so you can help your child grow
6. Stay the Course – being a parent is challenging...but it is also rewarding. You have to work on being a great dad every single day.