

DAD...

it's a doing word

Today's dads want to do a better job than our dads did with us. Many succeed, and their kids thrive as a result. Yet many of us struggle to live up to our own ideals. Why?

Firstly, we expect respect simply because we are 'Dad', without putting in much effort. Good fathering however, requires action and interaction. Some guys just aren't up to the challenge or sacrifice required, while some only focus on being a good provider. But you need to be around if you're going to fulfil the other aspects of the 'Dad job description': protector, playmate and promoter. It all takes effort but the outcomes for kids are enormous.

But the second reason some men struggle is they don't take hold of the tools now available to us. There's help out there... from our own dads, mates and mentors. There's some great stuff on the web, and guys these days see the wisdom in doing a parenting course, get counselling, or get connected in a men's group. Work places are becoming more flexible and family-friendly so Dads can bond with their newborns and be more involved at home.

Don't overlook perhaps the sharpest tool in the shed: You. Not 'the you' before kids, but the 'new improved' model, rewired by hormonal changes. Science can now measure hormone levels and it's a fact that around childbirth our testosterone drops and other hormones kick in, presumably to get us more focused and better equipped to be the doting dads our kids need us to be.

Nature has redesigned us for a greater purpose. You are more than a man now. You are a DAD.

If you want to be a good Dad, you have it in you to act like one! It's your responsibility to grab every tool at your disposal to be the best Dad you can be. Your kids are worth it... aren't they?

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