

On Being A Dad - to older Children & Teenagers ...

33 Items for You to Consider

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{ Also refer to the *Guide For Life* sheet }

1. RESPONSIBILITY, Responsibility, responsibility

- Role model responsibility in **everything** you do & say – your kids will copy you!

2. Building & Maintaining Relationships

- Spend time doing things with your son/daughter – school functions, sports, camping, home/car maintenance, movies, etc.
- Teaching trust & active listening
- Hugging & valuing his efforts
- Teaching independence
- Encourage sports & social group membership; drive them there, coach a team
- Giving unconditionally, etc
- Respect their private space & time

3. Encouraging Healthy Friendships

- Get to know your son's friends & their parents – help him to choose nice friends
- Get to know his coaches & team mates
- Encourage sleep-overs and visitations after school & on weekends

4. Manners (etiquette)

- acting as a role model for speech & behaviour
- reinforcing & reminding about manners (eg: opening doors, looking at people, saying “thanks”, eat with your mouth shut, waiting your turn, etc.)

5. Morals & Ethics

- Teach & role model honesty, hard work, patience, compassion, etc.
- Teach **responsibility**

6. Discipline & Rewards

- “Firm but Fair” ... with love, but not controlling
- consistent approach by both parents

7. Home chores

- Teach **responsibility**, teamwork, independence
- In garden with dad on weekends
- Clear table, do dishes, put out rubbish bins, clean own room & toilet
- Wash car

8. Faith & Belief

- In yourself,
- In your friends, your partner/family/wife/children
- In justice
- In your way of life & your society

9. Broken Families

- If children are involved, ALWAYS speak about & deal with your “X” respectfully

10. Sports & Recreation activities

- Encourage sports/Scouts/youth groups, etc
- Drive children to & fro (Mum's & Dad's taxi)
- Limit TV and electronic games & chat time

11. School, Homework & How to Study

- Both Mum & Dad should help
- Encourage a positive attitude to education
- Attend school functions; go to parent/teacher nights; meet the teachers

12. Pocket Money, Budgeting & paying Board

- Use pocket money to teach budgeting & saving
- Sample amounts (these will depend on family finances): 4-6yrs = \$5 ; 7-9 = \$10 ; 10-12 = \$15 ; 13-15 = \$20 ; 16+ = \$30 ... but some gets banked into a "Future Fund" & some into a "Working Account" to save for Christmas gifts & holidays, etc., so a 15 yr old might only get \$10 in hand to spend.
- If working FT or PT, they should be paying "board", to help support the family

13. Going Out

- Home immediately after school
- Not allowed to roam the streets at night or congregate at the Mall, etc.
- Only allowed out in groups (eg: parties, movies, beach, skatepark)
- *PARTIES*: know when & where; visit the home to see it & meet host parents & give them your 'phone number; have set pick up time (by yourself or other known parent); have curfew time; have emergency plan
- *If taking girl out* - go in groups of ~6
 - meet their parents first (shows respect for them also)
 - teach how to treat them
- *Changes to arrangements* -- call home -- "anywhere--anytime policy"

14. Girls & Women

- Respect **their** independence, opinions, wishes, etc.
- Treat them **all** as "ladies" and
- Treat them as equals

15. Teach Independence (& Problem-Solving)

- Think for yourself – do not follow the crowd
- How to cook/Bar-B-Q
- How to do washing, cleaning, ironing, etc
- How to repair things – tap washers, damaged walls, hose ends, etc
- Budgeting, insurance, etc.
- **How to problem-solve** (awareness, ID causes, alternatives, solutions, etc.)
- Encouraging them to accept responsibility – chores, etc
- Encourage sports & social group membership

16. Nature

- Help them to develop a familiarity with, understanding of & respect for the natural environment

17. Home, Car & Bike Maintenance

- Home maintenance (replacing tap washers & light bulbs, etc)
- Show son/daughter how to change tyres, etc
- Take son/daughter to mechanics shop

18. Safety

- “Rock & Water”, self-defence, etc
- Awareness of safety
- Incidentally teach First Aid
- Manual handling of tools, etc
- Push Bike safety – route to school first time; helmet; etc
- Use of mobile phone, internet, social media, etc.
- Driving cars – take a safe driving course (especially for boys!)

19. Part-Time Work

- Drive them to & from
- Meet employer & check out workplace
- Expect him/her to pay “board”

20. Risk-Taking

- Be a good role model
- Encourage sensible, safe risk-taking
- alcohol, Tobacco & other Drugs
- driving sensibly
- Tattoos & piercings

21. Health Issues (especially related to Mens’ Health)

- Cancers – breast, prostate, lung, bowel, testicular, skin
- Sleep – get the right amount at the right time of night
- Diet – beware of overweight causing diabetes and other diseases
- Exercise...so you can enjoy fun activities with your son/daughter

22. Sex

- At the appropriate age, time, place
- With the appropriate precautions
- Respectfully
- “No!” means exactly that.

23. Family Meetings

- weekly or fortnightly
- to discuss gripes, holidays, problems, budget

24. Other Cultures & Religions

- respect them

25. Neighbours

- respect their privacy
- take care with music
- help them – pets, footpaths, mail
- invite them over

26. Relatives

- Keep in touch regularly
- Make sure your kids know their cousins, aunties & uncles socially
- Help them to know your extended family's story
- Ensure they have as much contact as possible with their Grandparents

27. Social Responsibility

- litter
- etiquette
- attending team practices/meetings
- standing by a commitment
- abiding by the law
- not abusing sick leave
- doing your fair share
- volunteering – eg: Red Shield Appeal; Service Clubs (Lions; Rotary, Zonta)
- watching over neighbours' children
- Helping elderly or sick neighbours (eg: mowing lawn, or putting out bins)
- “Neighbourhood Watch”

28. Build his/her Self-Confidence & Positivity

- Guide him, do not control him.
- Encourage adventure and curiosity
- Help him to learn from mistakes & failures
- Set him up for success
- Be a confident, positive & happy role model

29. Encourage him to develop his Physical Strength

- Fitness & Gym ... but **not** steroids!
- Via Sports

30. Encourage him/her to learn Self-Defence

- Boxing or a Martial Art, ... but **not** MMA or Cage Fighting

31. Discuss Alcohol & other Drugs openly with them

32. Help him to recognize both his Strengths & Weaknesses

33. As older Teens, help them to find What they are Good At, & What they Love Doing so they develop ideas about what they might become