

Dads raising the next generation

We're talking about raising the next generation of kids to be happy and healthy and how parents play a crucial role in making this happen.

The next generation of kids will also go on to contribute to their communities and take with them the messages, ideas and behaviours learned from their parents.

Support for Fathers wants dads to recognise how they play a major role in raising children and the next generation. So, we talked to dads and families around Australia and did some research.

We found that dads doing practical activities with their child/ren is most strongly linked to dads having a positive effect on raising the next generation¹. 'Practical activities' means everyday, routine things that dads do with their kids.



Use the following steps to get started

1. POSITIVE MESSAGES

Here are some positive messages about fatherhood. Choose the messages that apply to you or the dad you know.

- Becoming a dad is a life-changing event.
- Raising your child/ren is raising the next generation.
- The type of dad you are and your approach to being a dad influences the kind of person your child/ren will become.
- Doing practical things with your child/ren teaches them about the world.
- The more you're involved in your child/ren's lives, the more they'll learn from you.
- Or come up with your own...

2. DADS AND KIDS TOGETHER

Here are some practical activities that dads do with their kids. Choose the activities that apply to you or the dad you know.

- Dropping off or picking up their kids from school
- Going to the supermarket
- Hanging out with the dad's friends
- Doing house work
- Walking the dog
- Hanging out with the child/ren's friends
- Going to a dads' group.
- Or come up with your own...

3. NAME THE DAD

Here are some titles that can apply to dads. These can change in different scenarios, at different times of the day and depending on children's ages. Choose the titles that apply to you or the dad you know.

- Role model
- Leader
- Guide
- Teacher
- Coach
- Or come up with your own...

We hope this resource gives dads a chance to think about fatherhood, focus on their relationship with their child/ren and recognise that dads play an important role in creating healthy families and communities.

¹McKeering, H & Pakenham, K. (2000). *Gender and Generativity Issues in Parenting: Do Fathers Benefit More Than Mothers From Involvement in Child Care Activities?* Sex Roles. Vol. 43.