

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ways Father's can Invest in Their Children

By Darrin F. Coe, MA

Ways Father's can Invest in Their Children by Darrin F. Coe, MA

One of the primary negative impacts on children is the lack of a consistent, nurturing father or father-figure. One of the primary predictors of future violent behavior in boys is how much neglect they perceive from their father. It's not enough for "dad" to go to work, come home, read the paper, watch ESPN and then go to bed. That's being a roommate not a dad.

Children need to perceive active investment from fathers. We've defined a good dad as the man who works consistently, brings home the paycheck, and doesn't openly abuse his children and family. I think it's time to expect more out of fathers. Here's some suggestions.

- 1) Mentor Humility: Fathers can have a powerful impact on their children if they are willing to actively mentor humility. Showing children it's ok to admit when they are wrong and placing others before one's self are powerful investments.
- 2) Invest Time: Set aside time for your children on a regular, frequent basis. This time is for the kids. It allows them to bond with dad and each other in a familial, empowering way. This develops family coherence, problem solving development, and can be used to develop ethics and values.
- 3) Have bedtime with your children: Fathers should set aside bedtime as very specific time to spend with each of the children. This is a time to reflect on the day, a time to establish calm communication with the children.

Children require a sense of safety and security. Bedtime can be used to create a quiet atmosphere that encourages your children to share and allows them to see that you are there for them when the world is dark and unsure.

Finally, both mom and dad should participate in bedtime. If children can fall asleep feeling safe, and secure they will experience a higher quality of sleep leading to improved, positive behavior. They will trust their parents more, leading to an increase in communication.

Fatherhood is no longer about procreation leading to paycheck contribution. It is investment leading to excellence. Fathers need to be as involved or more involved than mothers in the raising of children.

Darrin F. Coe, MA is the father of two very active pre-schoolers and a mental health professional

Darrin F. Coe, MA
1019 Clover
Canon City, CO 81212
719-275-5907
coe@ris.net

Darrin F. Coe holds a master's degree in professional psychology and is the father of two preschool boys. contact at <http://dcoe1.tripod.com>

Father's Day Cards Are A Must

By Triston Huntsmin

Fathers are the heroes to many people. Young children, teens and adults often site their father as the person they look up to the most. Father's day is a day that happens once every year that is dedicated to reminding our fathers of how special they are and of celebrating their lives. Families gather to share meals and games or children that no longer live at home call their fathers on this day. One of the best ways that all children and adults can celebrate their fathers is by sending great father's day cards to the men they love the most.

Father's day cards are a great and simple way to show dads how much you care. Every card shop sells a variety of father's day cards every year. You can choose a funny card that will get your dad laughing or a more serious card that reflects your heart toward him a little more. Card companies have come out with father's day cards that are appropriate for a five year old to give or for a fifty-five year old to send. So no matter what your age you have no excuse not to send your father a father's day card. Cards are written with various levels of depth and caring, so even people that do not feel extremely close to their dads can send a card.

Father's day cards are a great opportunity to share with your dad the way you feel about him and the reasons why you are glad he is in your life. Think back to the past year of your life. Has your dad done anything special or said any kind words that have impacted you this year? If so, include those memories in your father's day card. Show your gratefulness for all of the ways your father has sacrificed for you over the years. Use father's day cards as a time to share with your dad all of your hopes about where your relationship will head in the year ahead. Tell him your desire to spend more time with him or to make him a bigger part of your life.

If creativity is a strong suit for you, consider making father's day cards of your own. What a great way to bless your dad with a card that you made just for him. You can include his favorite colors or a quote or saying that he particularly enjoys.

Make sure that you celebrate and appreciate your father the next time father's day comes around by giving him a father's day card that comes right from your heart.

Triston Huntsmin has become an expert in sending the perfect Father's Day card to his dad. He believes strongly in the importance of valuing the people you love. See

to find the perfect card for the father in your life.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!