

## Life with the adolescent



This is a transition time for both the parents and the adolescent. The better you know your child in the 'growing up' years, the smoother the ride. Your young person may often prefer the company of peers to time with the family, but there is still a very important place for dads!

- ★ You are still the dad who sets the rules, but now the rules need to respect the young person's ideas.
- ★ Be a good listener and your young person will appreciate having you as a 'sounding board'.
- ★ Do things you can still enjoy together. Do you share sporting interests?

## Life with the young adult

More families have young adults still living at home. The relationship is now more of an equal relationship than father and child. It can be difficult 'letting go' and recognising that you have done your fathering job. Your children are now independent – though you will continue to care and be there when you are needed. Congratulations!



**For more parenting information and support:**  
Mensline Australia 1300 78 99 78

Mensline Australia is a national telephone counselling support service for men with family or relationship concerns.

Parentline ACT	(02) 6287 3833
Parentline NSW	1300 1300 52
Parentline NT	1300 30 1300
Parentline QLD	1300 30 1300
Parent Helpline SA	1300 364 100
Parenting Line TAS	1300 808 179
Parentline VIC	13 22 89
Parenting Line WA	1800 654 432

Parenting lines provide a telephone service providing information and good ideas about caring for babies and children.

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NAPCAN is an independent charity and the leading advocacy body for prevention of child abuse and neglect.

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PREVENTING CHILD ABUSE

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## BEING A DAD

Being  
a  
DAD



# Becoming a father changes your life forever

Being involved means being there for your child from before the birth to young adulthood.

## Before your baby is born

- ✦ Spend time with your partner – share how you feel.
- ✦ Share the preparations for the baby.
- ✦ Be involved in what is happening, attend classes and the birth.



# Life with the new baby



Caring for a new baby can be stressful, tiring and exciting. There are many new feelings and experiences. It is important to keep up a caring, open communication with your partner

- ✦ Work out how to share the care of your baby, especially during the night.
- ✦ Take leave if you can.
- ✦ Work out how you can balance your work hours, to spend time with your baby and your partner.
- ✦ Work out what can be your 'special' jobs such as bathing baby and then you can do these jobs on your own in your own way.

# Life with a toddler/ preschooler

This is where you can really come into your own! Now your little person is not so reliant on his mother for nourishment, you as a dad can connect with him more actively:

- ✦ Play together – fly a kite, kicking a ball, go to the park.
- ✦ Include your child in your life, working in the garden, washing the car.

- ✦ Organise activities as a family. Family activities are very special and may develop into traditions.
- ✦ Plan together to nurture your child as a couple.
- ✦ Be involved in your child's care outside the home. Transport your child to and from care and find out about the day's happenings.

# Life with the school age child

This can be a most enjoyable time for dads. Children this age are very proud of their dads and show them off to their friends. Your child is interested in your life away away from the home.

- ✦ Be involved in your child's life; know what is going on in school – names of friends, teacher, likes and dislikes.
- ✦ Be involved in after school activities. Help out with sports games or regularly attend training sessions and games.
- ✦ Involve your child in your life. Can your child come to work sometimes or go with you to your leisure activities?

