

What is a **F**ather?



F

F is for **Foundation**

Parenting is like building a house - you need a strong foundation. As a father, you have an opportunity to be the strong, steadfast foundation in your child's life.



A

A is for **Awareness**

Be aware of what is going on in your child's life, including their health, school, and interests. Your child wants to spend time with you and looks to you as a role model. Be aware of the example you are setting.



T

T is for **Teach**

One of the most important jobs of a father is to teach, guide, and instill proper values in his children so they have what they need to succeed in the future. Your children look to you as a leader.



H

H is for **Health**

With all the bustle around your developing child, it can be easy to forget that your own health is important, too. By taking care of your physical and mental health, you are modeling healthy habits for your child and doing your part to be around for your child's life longer.



E

E is for **Engage**

Children who have actively involved fathers are more likely to be successful in life! Be involved with your child early on, especially during the early days of their life, so that you can develop a strong bond with your child that lasts throughout their life.



R

R is for **Responsible and Resourceful**

Raising a child is a great joy, and there are many responsibilities involved. It is important to be resourceful in what you have and to learn new skills so that you can support your family in many different ways.