

TABLE TALK TOPICS TO CELEBRATE DAD

Try these conversation starters (If Dad is not available you can still celebrate the father figures in your life):

Tell Dad

1. My funniest or favourite memory of my Dad
2. Some of my Dad's best qualities are...

Ask Dad

1. How did you react when I was born?
2. What's one of your favourite memory of me from when I was little?



GOOD MORNING DAD!

On our baptism day, we become the beloved son or daughter of our Creator and Heavenly Father. Jesus showed us what our relationship with God the Father can be like, he called his Father 'Abba', an affectionate Aramaic name, much like Daddy or Papa.

Do you feel this close to **your** Father in Heaven? Try praying to our Father with an affectionate name that comes most naturally to you. It might feel a bit strange at first, but with practice you will feel more comfortable talking to God as a Father who loves you.

A PRAYER FOR FATHERS

Heavenly Father,
we praise you for the gift of our fathers
and those who have been father-figures
to us.

We thank you for the life and love they
have brought to our world.
May they be strengthened in virtue and
faith so that
they might give glory to you through
their lives of service.

Amen.



THE DIFFERENCE THAT DAD MAKES



**We all have a father,
and almost any man can
biologically father a child,
but the irreplaceable and
unique role of fathers is
often little acknowledged.**

**Fathers today are more
likely to be closely involved
and emotionally connected
with their growing children
than their grandfathers
were. This is good news for
children for many reasons.**



DADS HELP THEIR CHILDREN THRIVE

Children do better academically, emotionally, and socially when their father has greater involvement in their lives. They tend to take more risks, while also developing greater self-discipline. Involved fathers are also more likely to have a stronger influence on their children's moral development and religious belief and practice.

The kind of involvement is important too.

The most effective forms involve:

- Listening, encouraging, and conveying warmth
- Providing everyday assistance
- Providing reasonable and consistent behavior correction, and
- Facilitating children's increased independence over time



DADS DO IT DIFFERENTLY

Father's play styles and type of nurturing provides unique benefits:

- Through roughhousing type of play children are prompted to develop their gross motor skills
- Encouragement of risk-taking in play develops confidence
- They tend to use more questions in play, which encourages children's interaction and develops vocabulary
- They inculcate a strong physical sense of protection. Children who spend lots of time with their fathers tend to be less vulnerable to sexual assault or abuse
- Fathers tend to provide firmer discipline, whereas mothers tend to negotiate more. Both are important, with the firmer correction prompting children to achieve goals



FATHERLY MENTORS

Where the dad is absent, the positive findings on fatherly influence still hold so long as the father substitute is a loved and trusted male such as a grandfather, uncle, or step-father.

