

A Checklist For Fathers

How are you doing as a Dad? Where are you on the graph of greatness?

Here is a checklist to assess where you stand as your family's hero.

Seldom/Sometimes/Often

- ___/___/___ 1. I take time to play and have fun with my family.
- ___/___/___ 2. I show my children that they are loved for who they *are*, not just for what they *do*.
- ___/___/___ 3. I listen carefully to my children and try to find out what they are *really* saying.
- ___/___/___ 4. I get involved in my children's schooling. I read to them and make time to attend special events.
- ___/___/___ 5. I share equally in daily chores (cleaning, feeding, caretaking, transportation, etc.).
- ___/___/___ 6. I correct behavior with restraint, consistency, and fairness.
- ___/___/___ 7. I contribute to the financial security of the family to the best of my ability.
- ___/___/___ 8. I am dependable. My children can count on me to do what I say I will do.
- ___/___/___ 9. I am drug and alcohol free so that I am the kind of person I want my children to grow up to be.
- ___/___/___ 10. I encourage my children to reach for their dreams.

Do you find that you're doing your best "often?" Great! Your lucky children are probably doing well in life.

If you're mostly a "sometimes" or "seldom great Dad, it's time to get back into shape, flex those hero muscles, and move into the "often category.

Your kids count. Most of all they count on you!

*Adapted from the leaflet/poster DAD WANTED from the Center on the Family (956-4132),
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[Web resources @ www.: <fathers.com>; <fatherhood.org>; <mrdad.com>; <newdads.com>] 10/04

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