



**The McCusker
Charitable Foundation**

Tip 19 – Encouraging a healthy lifestyle.

As part of The Fathering Projects involvement with your school, I will be including helpful tips and ideas for all fathers and father – figures. I hope these tips will help, inspire and encourage all fathers and father – figures to be the best that they can be, as all fathers and father – figures are critically important in every child’s life.

More involved fathers and father – figures = better outcomes for children.

- Encourage your kids to do team sports and outdoor activities, e.g. walking/hiking.
- Ensure your kids have a clear understanding that being healthy is important in not only a physical sense (diet, exercise, avoiding smoking) but also in a social and emotional sense (creating positive relationships, developing resilience and managing stress).
- Encourage enjoyment of sport, not winning.
- Don’t be an ugly parent at the kids’ events.
- Don’t add to their performance pressure but encourage them to just do their best.
- Role modelling is more powerful than talking about exercise or just watching it on TV.
- Accept the fact that sporting activities are not without some risk.

The Fathering Project is not a counselling service; we are seeking to inspire and equip fathers and father - figures to engage with their children.



If you would like more information about The Fathering Project, you can contact me:
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