



Tip 41 - Appreciation.

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.

This weeks Tip is focusing on appreciation.

Being appreciative and respectful of your partner, strengthens the family as a whole, and models an attitude of gratitude - your children are likely to mirror your actions of acknowledgment and respect.

Appreciating your parenting partner.

- Recognise, encourage and celebrate your partner for their skills and hard work, both as a parent and in other areas.
- Express gratitude toward others when you feel it. Modelling this behaviour helps your children identify and understand what there is to be grateful for (and helps them avoid building an ungrateful or entitled mindset).
- Parenting can often be a thankless job. Make a conscious effort to change that in your home by acknowledging the effort that your partner puts in. Thank them for what they do.
- If your parenting partner is ‘stay-at-home’ and you are working away, keep your perspective when you return home. Make an effort to understand what their day was like, with all its unique challenges and highlights.



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