



Tip 43 - Back to BUS basics.

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.

We're taking it back to basics this week with The Fathering Project's founding BUS principle.

With BUS, we can provide that internal dialogue that guides our children safely and happily through life. It's easy to remember and helps dads build good habits of fathering from birth to adulthood.

- **B - being there**, Be available, present and engaged. Always offer your presence so they know they can always ask.
- **U - unconditional love**, Love them and show it (even if you don't always love their behaviour).
- **S - special**, Recognise your child's quirks - what unique things to they bring to the world?

Ask yourself:

- Was I available and attentive today - either in person or through technology?
- Did I communicate my love today in a way that my child understood?



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