



Tip 36 - Equipping separated dads.

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 week, we are focusing on easing the distress for yourself, the kids and your parenting partner/s after the separation.

Equipping separated dads:

- Family separation is a big adjustment for everyone involved, remember to be calm and sympathetic during this time.
- Have specific arrangements for regular pick ups like schools and sports - and then be on time. It's important for the kids that you work together to build and maintain a new routine; this will help reduce the amount of things that are 'unexpected' and can ease any 'unsettled' feelings.
- Be civil with your parenting partner and remember that if your kids are upset, it may be because visiting the other parent is a reminder that their family is not together.
- Respond to distress in a calm and sympathetic way, sometimes all they need is for you to listen and to feel understood - not a solution.
- Work with your parenting partner/s to maintain similar discipline and behaviour standards.
- To maintain evening routine, it's best to avoid moving kids between households too close to their bedtime.

Use your phone's camera app to scan 



get involved
with your
Dads Group
at Gosnells Primary School



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