

**F***amilies come in all sizes  
and shapes. So do Dads.  
But no matter what  
shape, color, or size,  
all great Dads share  
the same traits. As  
men define and shape  
their place in families  
and in society today,  
they express certain  
characteristics of  
good parenting over  
and over again.*

# DADS

*Every fool...can make a baby, but only a  
man can raise his children.*

Boyz N the Hood

*The guys who fear becoming fathers don't  
understand that fathering is not something  
that perfect men do, but something that  
perfects the man.*

Frank Pittman, psychiatrist and family therapist

*I watched a man thick with calluses on  
both hands work fifteen and sixteen hours a  
day...a man who came here uneducated,  
alone, unable to speak the language, who  
taught me all I needed to know about faith  
and hard work by the simple eloquence of  
his example.*

Mario Cuomo, American politician

For more information, contact:

CENTER  
ON THE  
FAMILY

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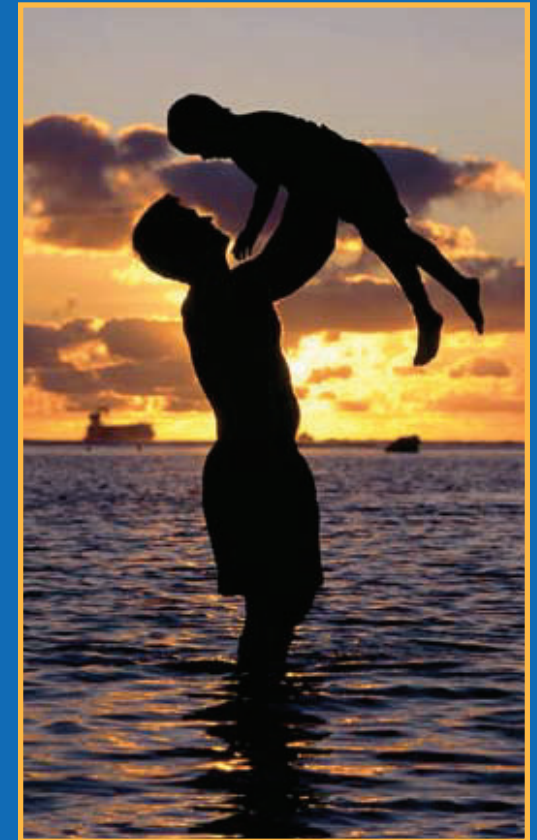
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# DAD WANTED

*All Hours,  
Great Benefits!*



### A great Dad keeps work and family in balance.

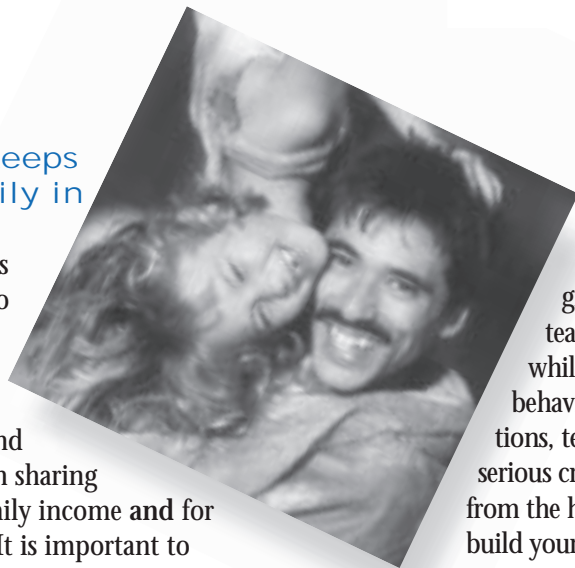
Over half of Hawai'i's children live with two employed parents, and another 20 percent live with a single parent. Men and women are now often sharing responsibility for family income and for raising the children. It is important to balance your time and effort between work and other family responsibilities.

### A great Dad plays with and helps care for his kids.

Dad is not just another version of "Mom." Men are often more playful. Your involvement has big payoffs for your young children: higher IQ levels, longer attention spans, and more eagerness for learning.

### A great Dad communicates with his kids.

A great Dad listens, really listens, to his children. He listens for words and meanings when his children talk to him. A great Dad can teach family cultural values by taking time to explain and help his children experience pride in their cultural heritage. When they become adults, your children will look back on these times of storytelling, talking, and sharing with you as "magic moments" of their childhood.



### A great Dad disciplines his kids with fairness.

Many people think discipline and punishment mean the same thing. A great Dad knows that discipline means teaching and encouraging good behavior, while gently and firmly correcting poor behavior. It takes maintaining high expectations, teaching and practicing skills, giving serious criticism in private, and motivating from the heart. You can discipline in ways that build your child's character and self-esteem.

### A great Dad supports and respects his child's mother.

A child can learn to be loving and to accept love by living in a home where both parents are dedicated to keeping their relationship strong. But whether or not it is possible for both parents to live together, you must let your children see that you treat their mother with respect and dignity. Children grow up feeling secure when the two adults most important in their lives treat each other kindly.

### A great Dad knows how to be a hero!

Your child wants to grow up to be just like you. A great Dad demonstrates by his actions and his ethics how to become a strong, responsible adult. Life is complicated- and full of risks and temptations for young people today. Children need a strong person, a hero, to show them how to make the right choices and to be the kind of person other people will admire. You are that hero!

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

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!

# DAD

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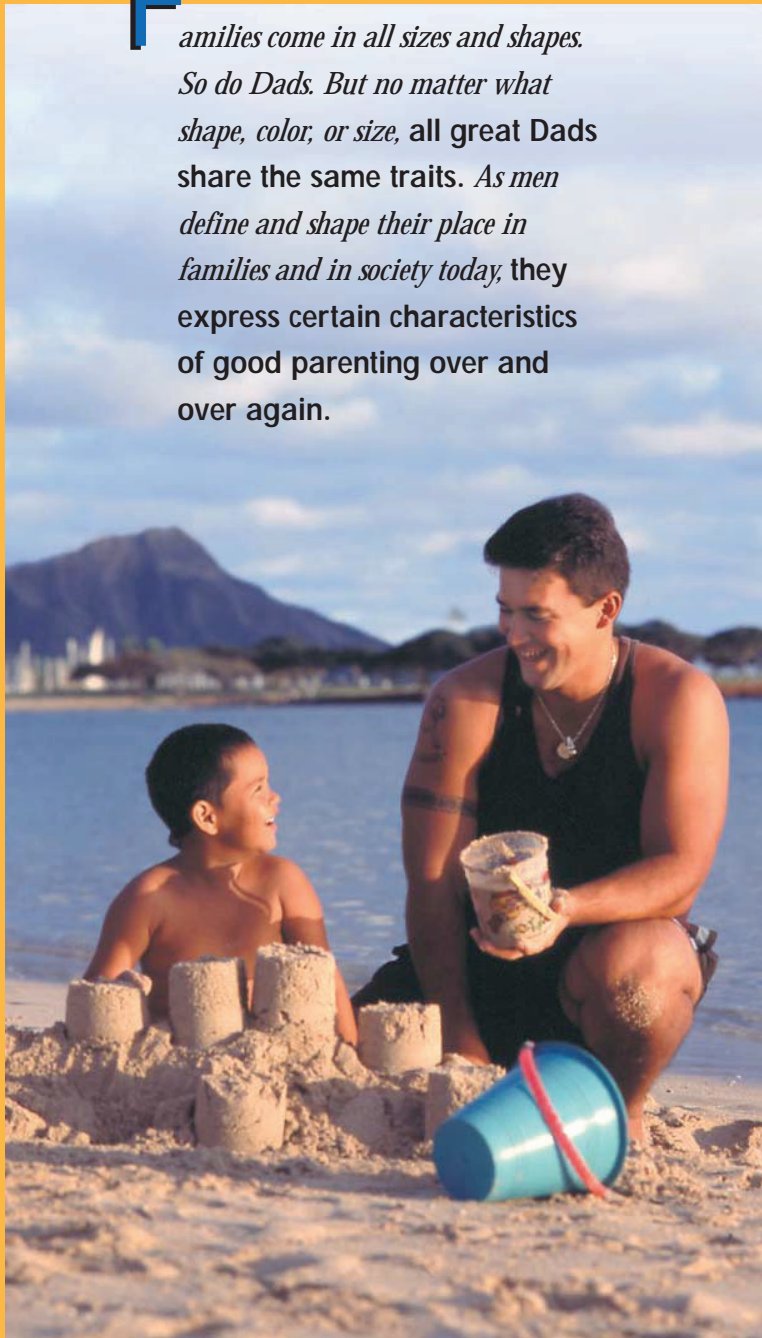
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A great Dad disciplines his kids with fairness.

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For more information or assistance in becoming a better Dad, contact any of the following organizations:

**For Counseling and Parenting Classes:**  
Parents and Children Together (PACT)  
Phone: 847-3285

The Institute for Family Enrichment (TIFE)  
Phone: 596-8433

Catholic Services to Families  
Phone: 536-1794

Child and Family Services (CFS)  
Phone: 521-2377

Family Services Center  
Naval Station, Pearl Harbor  
Phone: 472-4222

**For Information and Support:**  
The Parent Line  
Phone: 526-1222

**For Policy Advocacy:**  
Hawaii Dads Coalition  
Phone: 841-2245



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