

## Ways to be a Good Dad

- Be there for your child
- Show your child love
- Protect them and keep them safe
- Help them out when they need it
- Reward them
- Tuck them in at night
- Spend quality time with your kids in an activity they enjoy
- Be their dad and best friend
- Be patient, kind and understanding

*Anyone can be a father. It takes someone special to be a dad.*

*-Unknown*



## Mission Statement

Child & Family Resources is a non-profit agency dedicated to improving the well-being of Arizona's children and families through programs that strengthen child care, youth and families.

A Program of :



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Funding provided by:  
Pima County Outside Agency

## Father to Father



**Because Fatherhood Doesn't Come  
With an Instruction Manual**

# Father to Father

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## Benefits of Involved Dads

- Involvement gives a child an identity.
- Experience often leads fathers to personal growth, motivation and responsibility.
- Daughters and sons are less likely to engage in early sexual involvement and in the use of alcohol and drugs.
- Sons are less likely to be incarcerated in state juvenile institutions.
- Children are less likely to commit suicide.
- Involvement enhances children's chances for academic success, clear values, and moral development.

## What is it?

The Father to Father Program is a series of **monthly two-hour workshops** that improve the involvement of fathers in the lives of their children.



The program is **free** and available to fathers **ages 14 and older** who reside in **Pima County**.

## Topics covered include:

- Basic care and infant needs
- Parenting
- Positive communication
- Community resources
- Consequences of absent or uninvolved fathers



*Fathering is the single most creative, complicated, fulfilling, frustrating, engrossing, enriching, depleting endeavor of a man's adult life...A father may embrace his children but until he embraces his own unique, irreplaceable value to them as a parent, he does not have as much in his arms as he thinks.*

*-Kyle Pruett, The Nurturing Father*