

Parenting Tips
from
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Opening times : Monday to Friday 12 PM to 4 PM

Fathers are parents too!

The place of fathers in the development of children is finally being recognised by many experts. Increasingly fathers are sharing the three roles of provider, carer and domestic helper with their spouses and children are benefiting from this greater involvement. There is little doubt that a woman who can share the emotional and financial burdens of child-rearing with a supportive partner is more likely to be a loving, affirming mother.

Bright Ideas

- Fathers are the kings of play-so do what comes naturally and enjoy a variety of games with your children. Playing is a great way to relax let off some steam and develop relationships.
- Involve yourself in all areas of parenting. For instance, cook a meal for them, take children to their various activities and help them when they are sick. The children will not only enjoy seeing you involved but having their father's direct influence on their lives can be hugely beneficial.
- If you are the breadwinner and your partner is an at-home mother provide her with a break from her regular duties. Not only will she appreciate the change but the children will benefit from a mother who is refreshed rather than fatigued.
- Provide emotional support for your partner by discussing the difficulties and joys of raising children. Parenting is often hardest when there is no one to discuss problems with or to bounce ideas off.

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