



Comfort Play & Teach:

A Positive Approach to Parenting™

Every Day

Fathers Can and Do Make a Difference

Comfort, Play & Teach Tips to Help Fathers Make the Most of Playtime

Fathers play a very important role in the healthy development of their children. Their tendency to engage in boisterous and high energy play with their children helps kids learn self-control and makes them feel safe, loved and secure. But like many parents, fathers often wish they had more time to spend with their little ones. It can be a challenge for all parents today to find a good work/life balance. Fathers often want and need to bond with their children and to be partners in parenting. In some instances they may even change their careers or request more flexible hours in order to focus more on being the parents they want to be.

Here are some ways for fathers to spend **Comfort, Play & Teach™** time with their children.



Comfort

If you do this:

- Σ Involve your child in planning a special event that is just for the two of you, like a picnic in the park or a visit to the museum.

Your child will:

- Σ Feel that she has an important role in making decisions about how she will enjoy spending quality time with her father. By allowing your child to take the lead in this way she will feel loved and valued.



Play

If you do this:

- Σ Make time for outdoor play together—playing catch, tag, hide and seek, even blowing bubbles.

Your child will:

- Σ Learn social skills like sharing and taking turns through playing simple games with one of his most important play partners – you!



Teach

If you do this:

- Σ Act out some of your child's favourite stories. Don't be surprised if the story has a twist, new characters or goes in a completely different direction.

Your child will:

- Σ Develop language and literacy skills as she recreates the story. She will use and develop her imagination and begin to learn how to translate the sequence of a story into dramatic play.



For more information visit www.investinkids.ca

425 Adelaide Street West, 6th Floor, Toronto, Ontario M5V 3C1
Tel: 416.977.1222 Fax: 416.977.9655 E-mail: mail@investinkids.ca Website: www.investinkids.ca

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