

Fatherhood, Reimagined: Parenting Through Change, Challenge and Healing

Webinar Tip Sheet

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Model healthy expressions of emotions

Your kids learn how to handle emotions by watching you. Don't hide sadness, frustration or joy. Instead, name your emotions out loud:

- *I'm feeling sad today because I miss grandma"*
- *I'm frustrated because I had a stressful day at work*
- *I'm so happy that I got to share this experience with you*

Normalize all emotions — anger, sadness, joy — and show healthy ways to process them. When fathers are vulnerable, children feel safer expressing themselves.



Lean into connection, not just providing

Providing financially is important, but emotional connection lasts a lifetime.

Be present for the fun stuff — silly moments, shared hobbies, teaching life skills.

Ask your kids regularly: "Is there anything you need from me that I'm not giving you?" Be open and listen to their answers.



Create safe spaces for conversations

Make time to talk openly — at dinner, during activities, or even while driving. Let your children lead sometimes, and resist the urge to "fix" every problem. Instead, listen and reassure your kids that you are there for them and whatever they are feeling is okay.



Find support through community

Seek out other dads for support — but do it in ways that feel natural: working on projects, golfing, volunteering, or community events. Men often open up more while "doing" than while "talking."

