

TODDLERS NEED THEIR DADS

When Toddlers have Dad in their lives they are more successful as teens and adults. Here are some ideas for bonding with your toddler.

Help with Daily Activities

Be involved with helping your child get dressed and eating meals together. Bath and bedtime rituals can be great ways to connect.

Cuddle Time

Kids love Dad's lap. Hold your child on your lap while reading or watching a ball game on TV.

Listen to Them

Listen to their stories. Often the stories make little sense. Don't worry; just repeat back to them what was said, "So the yellow one is called Jordan." Involve yourself in their conversation.

Get Down on Their Level

When you talk to your child get down on one knee so that you are the same height. This shows your child you have directed your attention to them.

Read Stories

Read slowly and discuss the pictures in the book. Create different voices for the characters. Read their favorite stories over again, and add their name into the story.



Get to Know Them

Don't assume you know every aspect of their life. Ask them their favorite color, food or book. Who do they think is funny? Who are their good friends?

No Cost Field Trips

Visit the library or tour your city's playgrounds. Simple walks outside can lead to great questions and fun, impromptu games of tag.

Get Active

Teach them to throw a ball, play soccer or wrestle. Make a fort or take a nature walk.

Show Your Silly Side

Invent silly songs or stories, dance when you hear music, or try on a funny hat when you are shopping. Kids expect grown-ups to be serious, so they love to see their Dad be silly.

Teach Your Favorite Activity

Toddlers think parents are cool and want to spend all their time with them. Take advantage of this and show them some of your favorite things.

- Give your child kid-safe tasks in the kitchen.
- Take your child fishing with you.
- Teach your child about different cars or your favorite sport.

Guide to Roughhousing With Kids

Studies show that a Dad's natural tendency to roughhouse with kids (both boys and girls) helps them grow. It may help kids become smarter, understand right from wrong, develop social skills and get physical exercise.



Games to Try

- Old-fashioned pillow fight
- Sock Wrestle--Father and child try to snatch each other's sock
- Get up--Dad tries to get up while the child tries to hold him down.

Safety First

Be aware of your surroundings and keep your kids from areas where they could be hurt. Don't forget you have super hero strength compared to them.

Not Before Bed

Kids need time to relax and calm themselves before bed. Roughhousing before bedtime will make it harder to fall asleep.

