

BECOMING A FATHER IS EASY BEING A DAD ISN'T

SET A GOOD EXAMPLE

Your children may not listen to what you say but they will imitate what you do.

SHOW THEM THAT YOU LOVE THEIR MOTHER

Children feel safe and secure when their parents are happy and respect each other

TALK TO EACH OTHER POSITIVELY

Give heaps of praise to your family and to yourself too. Speak openly and honestly with compassion