

DadsLink Tips: Connecting with your Kids

Suggestions for building close connections with your kids from the [DadsLink](#) coordinator.

1. Get out to a park, sports or aquatics venue to play, walk, run, swim, exercise or enjoy ball games, just relax outdoors or head into the garden and tidy up together.
2. Sit down in the evening or at dinner and talk about each person's highlights and other experiences from the day: connect by sharing stories and plans together.
3. Create and maintain *family rituals* around meals, reading together, celebrating milestones, family outings to favourite spots, visits to relatives or friends.
4. A great time for talking is while travelling in the car: family time in Dad's taxi.
5. Attend your children's sport practices or matches: kids just love you being there.
6. Spend time cooking, preparing for meals or doing other household tasks together.
7. Take an interest in what your children are reading: talk about the books (and film adaptations too); for younger kids read with them every day that you can.
8. Meet your children's teachers and get along to parent-teacher events to discuss their learning and social development at kindergarten or school.
9. Make time with grandparents, cousins, uncles/aunties, and family or children's friends regular parts of the family schedule.
10. *Get together* with your kids or the whole family to share activities, sports or games, attend a weekend camp (DadsLink run two each year), hold a BBQ or movie night.

One of the key questions at the recent DadsLink workshop on ways to support Dads was exploring *how fathers can best forge unbreakable relationships with their kids*. See our DadsLink newsletters or website articles for more ideas on helping fathers and families.