



**What does it mean to be an involved dad?**

<b>Characteristics</b>	<b>Description</b>	<b>Examples</b>
A dad who interacts with his children -	Being present with my child: time spent interacting with your child or simply being available and accessible.	1. Getting your child dressed. 2. _____
A dad who takes care of his children -	Sharing in daily chores which contribute to the well-being of your child.	1. Feed your child. 2. _____
A dad who is loving -	Words and actions which reassure and encourage your child.	1. Give your child a hug. 2. _____
A dad who is responsible -	Works toward the development and wellbeing of your child: the father who plans and organizes the life of your child, supports the social and moral life of your child.	1. Follow your child's development and provide support. 2. _____
A dad who provides -	Provides financial assistance.	1. Work to pay the bills. 2. _____
A dad who reminisces -	Thinks about your child even when your child is not there.	1. Showing pictures of your child to others. 2. _____



"Anyone can be a father; it takes someone special to be a daddy"

Involved	What do I do?
I spend time with my child.	
I am there when my child needs me.	
I take care of my child.	
I show my child how much I love them.	
I am a good provider for my child.	
I want my child to be like me.	
I think about my child even when I'm not with them.	

**The more time I spend with my child, the less time I have to smoke and the less I want to smoke.**