



Anyone can be a father.

_____ BUT _____

It takes someone special to be a daddy.

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

I am an involved dad.

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 am not with them.

I need ideas!

What are some simple things I can do to support my child?

Be involved in teaching your child. Try reading together at night or helping your child get dressed in the morning.

Share daily chores with your partner which contribute to the well-being of your child (like making meals).

Let your child know that you are there for them even when you aren't directly interacting with them.

Help plan daily activities and play dates for your child to let them know you care.

