A guide to growing SECURE DAUGHTERS and CONFIDENT SONS
YOUR JOB AS A FATHER

You will one day retire from your career. When that happens, someone will likely take over and do as good a job that you’ve done (if not better).

Now think about your role as a dad. This is the only job in the world you will never lose and are uniquely qualified for. You hold a privileged position to impact your children’s image of self, impart important lifelong values and inspire them to leave their own mark on the world. A father’s role is indeed irreplaceable.

Fatherhood is a journey of a lifetime filled with many highs and its fair share of lows. But it is the most important journey a father can ever take. For on it, you grow to be a better dad and husband while leaving a legacy that transcends time.
6 TIPS TO GUIDING YOUR GROWING TEEN

1. EMPOWER YOUR TEEN TO TAKE RESPONSIBILITY

Your goal as a father should be to equip your child with the right skills and values so that he is able to make wise decisions even when you are not around. Allowing your growing child to take on more responsibilities will help him grow in maturity. Give him the freedom to make more choices within reasonable and age-appropriate boundaries. For example, “You can decide what to do at home on Saturday after you finish your homework.”

2. AFFIRM YOUR TEEN’S CHARACTER AND VALUES

During this critical phase where your teen is forming her identity, she needs to know that your love for her is unconditional. Make an intentional effort to affirm her for who she is – her character and values – above and beyond the accomplishments and outward successes. Praise her efforts, growth and cooperation, and make known your confidence in her. For example, you can say “Wow! You really seem to be getting the hang of algebra these days. I noticed how you persevered through the steep learning curve!”
LISTEN WITH THE INTENT TO COACH

Your teen will fail or disappoint once in a while. When this happens, actively listen by allowing him to share his thoughts before reacting or stating your opinions. Seek to understand your teen’s circumstances, feelings, and thoughts instead of trying to fix the problem or launching into a lecture. Instead of saying, “I told you so!” which will shut down the communication channel between you and your teen, try asking guiding questions to create opportunities for him to learn and self-correct.

SCHEDULE REGULAR ONE-ON-ONE QUALITY TIME

In this day and age, time with your teen may be hard to come by. However, research has shown that she will thrive through positive and quality interactions with you. Make the effort to show interest in her daily life, and allow your child to share her feelings and thoughts about school or her peers. Plan it into your schedule and keep to it!
6 TIPS TO GUIDING YOUR GROWING TEEN

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ENGAGE IN THE HARD AND HEART MATTERS

One of the greatest fathering challenges is broaching difficult subjects with a teen - this can be especially tough for dads who are “men of few words”. Learn to communicate about thorny issues like dating, house rules, managing privileges and money, the dangers of peer pressure, social media etiquette and other issues that teens grapple with on a daily basis. Create a safe environment for him to raise difficult questions and reveal any issues he may have. Listen to him, and dive below his words to find out what is in his heart.

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EQUIP YOURSELF AS A PARENT OF A GROWING TEEN

What is required of you as a dad changes as your child grows. It takes continuous effort and humility to be well-equipped in this lifelong fathering journey. Keep yourself updated by reading fathering resources and attending parenting workshops. Reflect on your journey using questions such as “How did my father raise me and what would I do differently?” Also, surround yourself with a group of like-minded fathers, men of character and commitment who can be your counsel and will hold you accountable.
“A good dad means taking an interest in what your daughter is interested in, encouraging her, being a steady hand in her life, and listening to her heart.”

— DR KEVIN LEMAN, AUTHOR AND PSYCHOLOGIST
YOUR DAUGHTER NEEDS TO KNOW:
SHE IS BEAUTIFUL, INSIDE AND OUT

What society defines as “beautiful” is often determined by what we see in the media today, and the messages conveyed often do not affirm a female’s value in an uplifting way. Thus, a crucial part of helping your daughter develop healthy self-esteem is teaching media discernment. Ask questions, like “Do you agree that being healthy and beautiful looks like what was shown in the television ad?” or “Do you think those images are realistic?”

Show her that you cherish her as a unique and special young lady, and that beauty isn't about having slender legs or a flat tummy, but about looking presentable and having good character. Help her feel comfortable in her own skin by letting her know that she is beautiful in your sight, and she does not need to hide that tummy or withdraw from her friends because of a zit. Praise her for having great character traits like compassion or generosity by saying, “Thank you for letting that elderly woman have your seat, that’s such a beautiful act!”

It’s been said that a father is the first man a daughter gives her heart to. With your constant affirmation and acceptance of her, she is likely to develop into a confident and secure young lady with a healthy idea of how the future men in her life should treat her.
Date with Dad™

When was the last time your daughter opened her heart to you?

Featuring interactive activities, fun games and intimate conversations designed for fathers to celebrate a daughter’s coming of age.

*Customised for daughters aged 12–15.*

**DATE & TIME**
Sat, 4 Mar 2017 • 2.00pm–4.30pm

**VENUE**
Mandarin Orchard Singapore
Grand Mandarin Ballroom (Level 6)

**FEE**
*Buddy Rate:
2 father-daughter pairs at $250
Standard Rate:
$150 per father-daughter pair
*Buddy rate valid till 4 Feb 2017

Enquiries and Registration
[www.family.org.sg/DwD](http://www.family.org.sg/DwD)

Organised by: Event Partners:

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When was the last time your daughter opened her heart to you?
Featuring outdoor challenges, fun activities and memorable conversations designed for fathers to celebrate a son’s coming of age.

Customised for sons aged 12–15.

DATE & TIME
Camp 1:
Sun-Mon, 12 & 13 Mar 2017
9.00am–12.30pm (the next day)
Camp 2:
Mon-Tue, 13 & 14 Mar 2017
1.00pm–4.30pm (the next day)

VENUE
The Float @ Marina Bay, 20 Raffles Ave

FEE
*Buddy Rate:
2 father-son pairs at $640
Standard Rate:
$360 per father-son pair
*Buddy rate valid till 4 Feb 2017

Enquiries and Registration
www.family.org.sg/AwD

Organised by:
In conjunction with:
“A father who defines masculine boundaries for his son and paints a picture of healthy manhood gives his son weight or substance in life… Boys who don’t receive this information become featherweights, lacking stability. They are easily blown away by any gust of cultural or peer pressure that comes along.”

– RICK JOHNSON, AUTHOR OF ‘BETTER DADS, STRONGER SONS’
A FATHER AND HIS SON

YOUR SON NEEDS TO KNOW:
HE CAN MODEL HIS LIFE AFTER YOU

From a young age, a boy instinctively looks up to his dad as the larger-than-life figure who will protect him and give him courage to face life’s challenges. Your son is “catching” all the nuances of what it means to be a man by observing you. If he sees you being kind to a stranger or showing tender care to your wife, it is likely he would assume a man should act this way. In the same vein, if he sees you respond with anger during conflict, chances are he will adopt the same posture when caught in that situation. We understand that no one is perfect and there will be times we make mistakes. That, too, can be valuable teachable moments as we demonstrate to our sons how a man of honour is never too proud to apologise and learn from mistakes.

He is looking to you with the following questions in mind – ‘What does it mean to be a man? What does a man believe in? How does a man build relationships?’ How you live out your convictions in these areas will shape the kind of man he will one day become. Give him a vision of manhood which he can pass on to the generations after him.
BONDING ACTIVITIES FOR FATHERS AND TEENS

Comprising of activities for you and your teen, the following tool is designed to build consistency and stability – providing a foundation for a solid relationship. Push yourself to go out of your comfort zone, encourage your teen to follow through and make each activity something you both look forward to.

3 STEPS TO GET STARTED

#1: Find a time to sit down with your teen and work on the plan together.

#2: Schedule suggested activities in the months ahead. Fix a date and time for each activity.

#3: Pin the plan in a visible place as a reminder of the commitment both of you have made towards each other.

All in all, it is not the activity that matters; it is how meaningful the conversations and interactions are. Look out for opportunities to share your values with your teen - whether it is talking about kindness when volunteering together or cultivating financial literacy through grocery shopping! Take as many photos to document these shared memories with your teen, as a keepsake for both of you.

*Intentionally sow into your children’s lives and make memories that last a lifetime!*
Dads

- Participate in Date with Dad™ (4 Mar) or Adventure with Dad™ (12-14 Mar) with your teen
- Better equip yourself as a parent of a blossoming teen
  - Attend parenting programmes (find out more at www.family.org.sg)
  - Sign up for Focus e-Newsletter to receive current parenting tips and advice
- Make an intentional effort to get to know your teen better, aside from talking about school and grades
- Learn to “speak” his/her love language
- *(Create your own activity)*

Daughters / Sons

- Ask your dad about his childhood or how he met and dated your mum
- Plan and invite your dad on an outing with you
- Share your dad-daughter/son moments on Instagram to encourage other dads and daughters/sons
  - Tag your photos with #FamChamps
  - Follow @FamChamps on Instagram to receive inspiring quotes
- Learn to “speak” your dad’s love language
- *(Create your own activity)*

Shared Activity for both Dads & Teens

- Cook a meal for the family
- Create a family photo album (online photo book, scrapbook, etc)
- Make simple home furnishings/repairs
- Plan weekly exercises or walks
- Volunteer with a charity
- *(Create your own activity)*
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About Focus on the Family Singapore
Focus on the Family Singapore Limited is a local charity with Institution of a Public Character (IPC) status dedicated to *helping families thrive* by being a voice for Family. We partner individuals and organisations to nurture families at different life stages through transformational family life education, trusted resources, content placements and counselling.

Get **free Parenting + Marriage tips and encouragement** in your inbox! Subscribe at [www.family.org.sg/subscribe](http://www.family.org.sg/subscribe) to receive our monthly e-newsletter.

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