

MOVING ON TO HIGH SCHOOL

HOW TO BE AN INVOLVED DAD

FACTSHEET FOR FATHERS

TEN TOP TIPS FOR DADS

- Try to find a quiet desk space where your child can sit away from the television.
- Ask your child to explain what he or she is learning. When a child has to verbalise a concept or a problem, it often helps the child to understand it clearly.
- Children can get stressed out about learning – being calm and encouraging helps them to stay focused.
- Do you give your child enough praise? Here are a few things you might say this week: You're trying so hard; you must have put a lot of effort into that; great stuff; excellent; neat work; well done; you've improved a lot; you're on top of that now. Try to think of more.
- These days, teenage boys tend to perform less well than girls. One reason is boys' thinking schoolwork is 'girly'. Help boys see that this isn't the case.
- Stock your home with reference books. Make sure your children have access to public libraries and to the internet. Many libraries provide this resource free.
- It's your job to make sure that your child isn't bunking off school and is handing in homework. Make sure that you are the first to know when things aren't going right.
- 'A' levels and battling for a university place may not be for your child. He or she may be better suited to vocational qualifications. Find out more at www.dfes.gov.uk/nvg
- Make time to chat casually and meet your child's friends.
- No child is too old for a story from dad, and no dad should be too busy to enjoy a story read by his child.

Try the quiz at the end of this factsheet to see how well you and your child know each other.

GOOD CONTACTS FOR DADS

Parentline Plus Advice for dads and mums

Add logo here

0808 800 2222 (24 hour helpline)

www.parentlineplus.org.uk

Centre for Separated Families Supporting dads and mums

01904 610321

www.separatedfamilies.org.uk

Child Support Agency General information and advice

08457 133133

Email: csa-nel@new100.dss.gsi.gov.uk

Citizens Advice Great advice centres especially on benefits and legal issues, with constantly updated information.

020 7833 2181

www.nacab.org.uk

Daycare Trust Childcare hotline

020 7840 3350

www.daycaretrust.org.uk

Families Need Fathers Advice for separated fathers from dads who have gone through it

Tel 08707 607496 (6pm-10pm)

www.fnf.org.uk

Fathers Direct National Information Centre on Fatherhood

www.fathersdirect.com

Gingerbread Advice for lone dads and mums

0800 018 4318)

www.gingerbread.org.uk

National Debt Helpline Confidential advice

0800 808 4000

www.nationaldebtline.co.uk

National Family and Parenting Institute Reports and booklets

020 7424 3460

www.nfpi.org

NHS Direct 24 hour advice on health issues

0845 4647

www.nhsdirect.nhs.uk

Relate Couple relationship support

Add logo here



01788 573241

www.relate.org.uk

Resolution List of family law solicitors

01689 850227/ 0345 585671

Email: info@sfla.co.uk

Respect Advice on violence and abuse

020 8563 8523

Email: info@respect.uk.net

Sure Start Information about local services for parents

0800 096 0296

www.surestart.gov.uk

Other websites

www.dfes.gov.uk

www.bbc.co.uk/parenting

www.practicalparent.org.uk

www.raisingkids.co.uk

www.tsa.uk.com (all about teenagers)

Please add local information and contact details here

DO YOU AND YOUR CHILD KNOW EACH OTHER?

Here's a game see how well you know each other. First Dad, you fill in the answers in the 'Child' section that you think your child would give to the questions. Then your child marks you right or wrong. Then your child fills in the 'Dad' section, guessing how Dad would answer the questions. Then you mark the answers right or wrong.

The scores are 3 points for a right answer and 1 point for a half-right answer. The winner gets to choose a favourite place for a day out together.

1 Your favourite band is:

Child

Dad

2 If you were an animal, you would be?

Child

Dad

3 Who is/was your favourite teacher?

Child

Dad

4 What's the funniest thing that ever happened at school?

Child

Dad

Add logo here



5 Your dream food is:

Child

Dad

6 The best family trip was:

Child

Dad

7 If you had a million pounds what you would buy?

Child

Dad

8 Your favourite TV programme is:

Child

Dad

9 Your two best friends are:

Child

Dad

10 What most scares you?

Child

Add logo here



Dad

11 What is the most exciting thing you've ever done?

Child

Dad

12 If you were fed up, what would cheer you up?

Child

Dad