

RENEWING YOUR DAD COMMITMENT

Are you getting lazy as a dad? When was the last time you said you were going to be a better dad? When was the last time you said you were going to be better about getting with your kid and spend time and make that special date with your daughter? Try just you and her on a special date getting a burger or making a show? You know something really out of the ordinary routine. When was the last time you said you were going to be at his game and getting a hot dog or pizza afterwards? Are you still lying to them and you...hard words, huh? What else do you really call it?

Whether or not you ever make a commitment or a new resolution, it's easy to settle into routines that gradually move farther and farther away from where you want to be as a dad. Maybe you snap at your son or daughter too quickly. Maybe it's been too long since you've expressed your heartfelt love for your kids – both verbally and physically. Maybe you simply need to carve out more family time. Maybe your teamwork with your wife needs a boost?

Whatever it may be, I recommend you come up with one habit or practice that would make the most difference in your family life, and work on just that. Do everything at once, and you'll be overwhelmed and frustrated. Plus your children will wonder what alien has taken dad's place at the table.

Instead, set one goal or resolution. Then make it a part of your everyday life. Post notes to you. Have others hold you accountable. Do whatever it takes!

One thing you might consider in a quality in effective fathers is this: When a really good dad senses that his motivation or his commitment to his fathering is ebbing low, he actively seeks ways to stimulate it again.

One of the best strategies is to find encouragement from other fathers. Get together with other men or a man you respect as a good dad, and tell them what you want to accomplish, ask for their help, and maybe even go through a fathering book together or seminar. Don't let self-pride get in your way.

Just realize this: As time gets away and you sit in the auditorium when your son or daughter walks across the high school stage for graduation, you will not ask the question to yourself, "Where did the time go? Better yet to hear the next thing spoken in your heart: I missed a lot with my kids because I was never there." Don't wait to take action thinking the right time or event will occur. You made your commitment to fatherhood when you made love for the first time with your wife. It's your deal, it was your choice and it is your place to embrace your children and not let the lies of the world convince you otherwise...because that is just what it is. Kids need Dads. Why? Because Kids Say So.