

## Present Dads, Healthy Kids

TIME is the single most important ingredient in our relationships, especially when it comes to dads and their children.

The research is compelling—kids need their dads. The more a dad is present and involved in his children's lives in a positive way, the better the outcomes for them. Fathers make unique and direct contributions to their children's wellbeing, from better physical health to more prosperity. Children with involved dads are smarter (they have higher IQs!) and more prosperous. They also have a better sense of self-esteem and grow up with more self-control, confidence, and self-worth.

Additionally, it's better for Dad!

Dads who spend time with their kids are more likely to be satisfied with their lives, feel less psychological distress, and have more empathy. They also have a greater sense of self, feel greater general wellbeing, and have more happiness in their relationships. And when a father is emotionally involved with his children, it acts as a buffer against work-related stresses.

It's important to acknowledge that not all children have the privilege of a safe and supportive father figure, and many single parents do an exceptional job raising their children independently. Regardless of family structure, the most important factor is a loving and nurturing environment where children feel safe and valued.

However, if you're a dad who has the opportunity to be involved in your child's life, embrace it. The impact you have on your child's development is profound and lasting.

Dads, being a parent is one of the most important and rewarding roles you'll ever have. It's also demanding and requires you to constantly adapt and learn. Kids grow up so fast, so every moment counts. By spending time with your kids, you're not just making memories, you're shaping their future and strengthening your bond.

Being present means being there for the everyday moments, like sharing meals, playing together, or even just hanging out. These seemingly small interactions build a strong foundation for your relationship.

Being involved goes beyond just being physically present. It's about actively participating in your child's life, showing genuine interest in their activities, thoughts, and feelings.

Being attentive means truly listening to your child, making eye contact, and putting aside distractions. When your child feels heard and understood, it creates a deeper connection and fosters trust.

Remember, every family is different, and there's no one-size-fits-all approach to parenting. Find what works for you and your family, and don't be afraid to ask for help when you need it. The most important thing is to show up for your kids, love them unconditionally, and enjoy the journey together.



**AUTHOR**

**Dr Justin Coulson**

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit [happyfamilies.com.au](https://www.happyfamilies.com.au).

