

# Dads Group Focus: BUS



Key Message: What your kids really need is 'you'.

## Dads handout

The Fathering Project wants to remind us that, as Fathers or Father-Figures, we really matter to our kids and they need us to be present and actively engaged in their lives. The BUS principal helps us to remember this important message.

The BUS principle has three pieces to remember:

**B - Being There** for them. Be available, present and engaged when you are with them and let them know you want to be there for them.

**U - show Unconditional Love.** Tell them you love them and do it often. Let them know that even if you don't love something they have done, you will always love them.

**S - help them realise how Special they are.** Help them to know how special they are as an individual and that you love the way they are.



## Top Tips for BUS

- **What they need is you.** Fathers really matter and children need you to be present and actively engaged in their lives.
- **Tell them you love them.** Tell them they are loved not because of what they do or don't do, but simply because they are your son or daughter.
- **Be warm and supportive.** Let them know you are there for them.
- **Listen to them.** Ask them questions about their day and really listen to their thoughts and feelings.
- **Cherish the everyday moments.** Spending everyday moments at home together has just as much value as the special events.

## Takeaway action

Try incorporating into each day opportunities to let your child know how special they are to you.



## Links

This Fathering strategy comes from the Fathering Fundamental, Bonding.

For more about this topic go to <https://thefatheringproject.org/members/fundamentals/>