

# 6

## TIPS TO EFFECTIVELY ENGAGE YOUR CHILD

If being involved with your school-aged child as a Dad is the base camp, the Summit is engagement. Climbers who summit always plan and respect the climb. It's the same with your kids. To effectively engage your children, follow 6 climbing tips:

### 1 Show Up At Base Camp

Showing up means you are "involved:" be physically present, assume responsibility & plan to summit.

### 2 Gather & Travel With Tools

Don't wing it. A lack of tools leads to trouble on the mountain. Climb with tools (podcasts, books, etc.).

### 3 Never Climb Alone

A sure way to freeze to death is to isolate yourself. Find 1-2 dads you can meet regularly for accountability and honest feedback.

### 4 Rest At Checkpoints

Being engaged in your kids' lives, interests & activities takes work. Plan rest or you won't summit. Duration and frequency varies, but don't kid yourself into thinking 5 minutes will do. Rest doesn't include work, noise or action.

### 5 Avoid Avalanches

How? Study weather patterns. This means observe your child's mood, discerning when to engage for fun or tough moments. Remember that moods are realistic and differ based on age. Trying to summit with bad weather can be disastrous. It never hurts to ask yourself: can this wait a few hours or days?

### 6 Finish The Summit & Enjoy

Don't quit when it's hard. The view is worth it! What does enjoying the summit look like? 15-30 minutes at any given time with your kids asking and listening. How they see their world is important to them. Avoid questions that lead to "yes, no, fine or okay." Try: "I'd love to hear about..." Example: "I'd love to hear about one your favorite things you're into right now." Fun, friends & interests make their eyes light up. Save coaching constructive criticism for later. Just listen and enjoy your kids. THAT'S the summit of engagement!