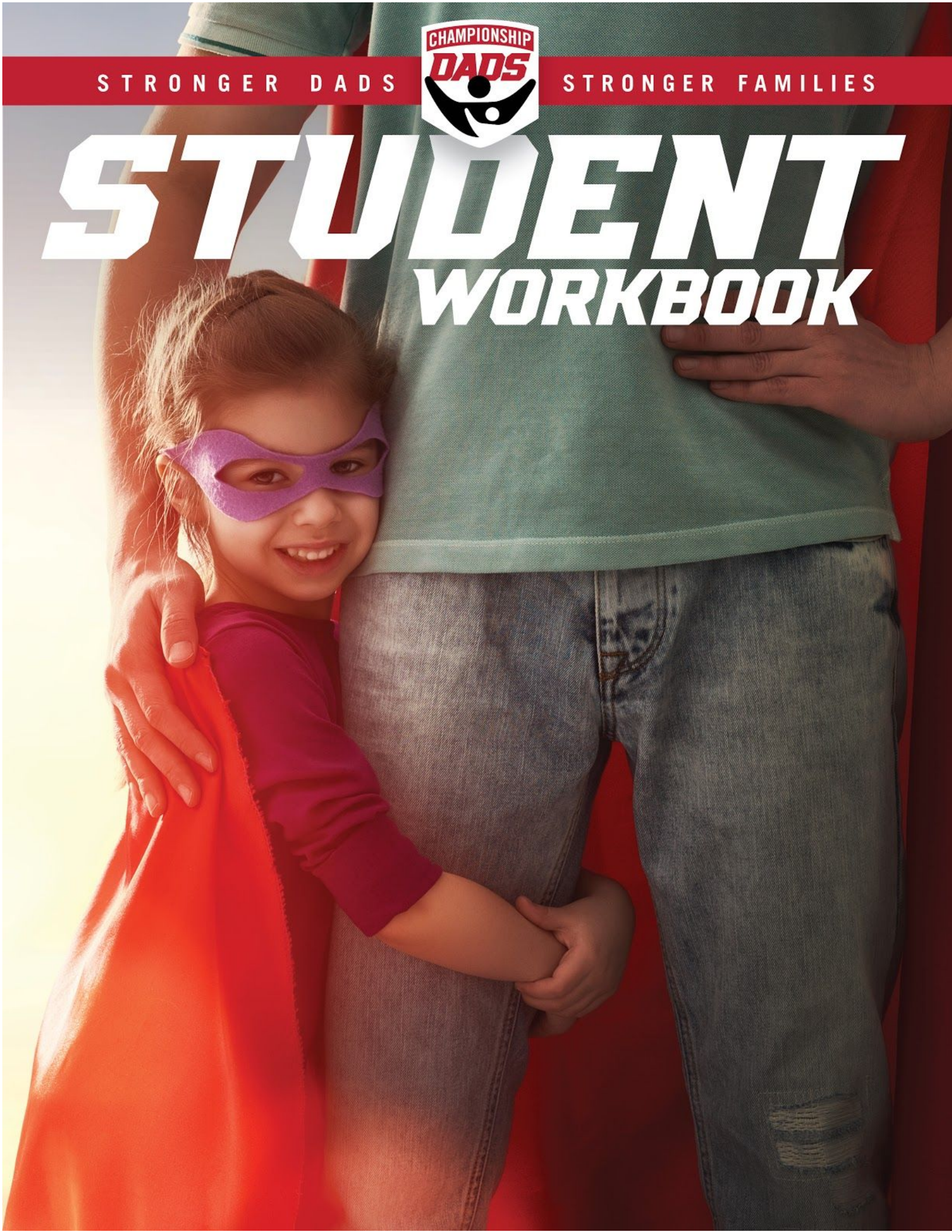


STRONGER DADS



STRONGER FAMILIES

# STUDENT WORKBOOK





# *Championship Dads*

## **Student Workbook**

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in partnership through TANF funding.





## ***Championship Dads***

The Championship Dads Curriculum was created by Arkansas Better Dads to help men in Arkansas become better dads. Funding for Arkansas Better Dads and this program was provided by Arkansas Department of Workforce Services through the TANF program.

We at Arkansas Better Dads are grateful for leaders in the state of Arkansas who have worked hard to help Arkansans be, and have, better dads. Governor Asa Hutchinson, Secretary of Labor Daryl Bassett, ADWS Director Charisse Childers, and TANF Director Phil Harris have been instrumental in making this project possible.

This curriculum was written and organized in large part by Dennis Jumper. Dennis is a father of three, grandfather to ten, and an inspiration to his church and community. Whether at home, on the basketball court, or in the local church, Dennis has proven himself to be a Championship Dad.

No father begins as an expert, and no father is perfect. Yet any father can be great. Any father can be significant. Dennis is both. I'm grateful for this Champion.

**Randy Jumper**

Arkansas Better Dads



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# Introduction to **Championship Dads**

The course objective is to make Dads better Dads. No Dad is perfect, and every Dad can improve. The course is not focused on how Dads fail, but on how they can become better Dads.

This course is split into four lessons, each representing a session, you will work through with your group. Each lesson has four 'Better Dads Tips', with content supporting each Tip. In addition, you will have discussion questions to engage with the other Dads in conversation. These discussions provide great opportunities for you and your classmates to learn from one another.

Finally, a very important part of each Tip is a section called 'Get In the Game,' where you are challenged to come up with specific actions and strategies that you can do to become a better Dad. These are important in taking what you are learning and applying it in your own life as a Dad.

## **CHAMPIONSHIP DADS GROUND RULES**

**#1 We will practice confidentiality.**

**#2 We will show respect to everyone, both to them personally and with their time.**

**#3 We will listen when someone else is talking, with no side conversations.**

**#4 When we talk, we will not be long-winded.**

**#5 We will participate in all the activities.**

**#6 We will not try to 'fix' other people's problems.**

**#7 We will stay focused on the subject matter and not get sidetracked on other issues (politics, sports, agendas, etc).**

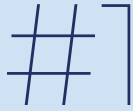
**#8 We will follow the leader's directions.**



# Lesson 1 Provide Leadership

## Introduction for Dads

Dads have the duty and privilege of “being there” for their kids as leaders and examples. This lesson examines ways fathers can lead well and with a plan.



## Be a Good Leader

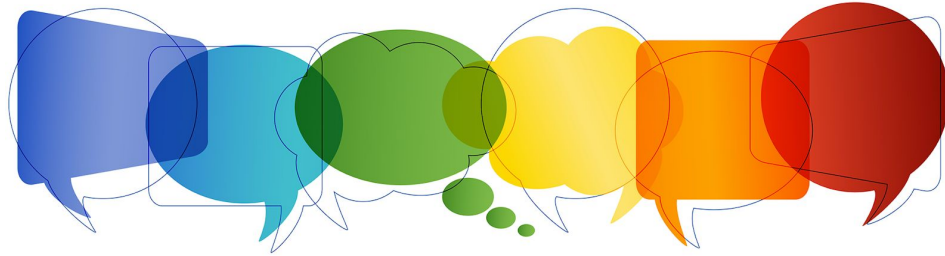
Too often our homes are kid-centered in that everything is dictated by what the children want or like. If the kids don't feel like doing schoolwork or other responsibilities, they are allowed to neglect them. If they want to have a steady diet of less healthy foods, they are allowed to dictate the menus of the home. But nobody really sees that as ideal, and it can prove unhealthy. While it's important to consider the wishes of the children, homes need Dads who lead.

With parents leading, homes can follow a plan that provides guidelines, boundaries, or standards of what is considered acceptable, right, or wrong. This provides the security that every child needs. Children may protest rules and bedtimes and standards of behavior, but deep down, they appreciate them and find comfort in them. When they have children of their own, you may find that they parent just like you.

Whether a Dad feels like a good leader or not, he is already leading—by example. So Dads need to work to be good examples of healthy living, good choices, and faithfulness in everything. If you have a good work ethic, your children will see that as the way to work. If you avoid unhealthy lifestyle habits, they will more than likely do so as well.

In our relationships, when they see us being kind and forgiving and helpful to those who need our assistance, our kids will probably form and maintain relationships like they have seen us do. Consider, also, the friends whom you bring around your children and think about what the kids may be learning – good or bad – from them.





# Time Out for Discussion

What might stop a Dad from leading and seeing himself as a leader?

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What is an example of good leadership you admire?

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What do you think will be the outcome if you lead your family with a plan and a purpose and put your best effort into leading them?

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How can busy Dads prioritize their time?

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What are the positive impacts on a family whose Dad prioritizes his time well?

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For me to be the best possible leader of my family, I need to (be specific):

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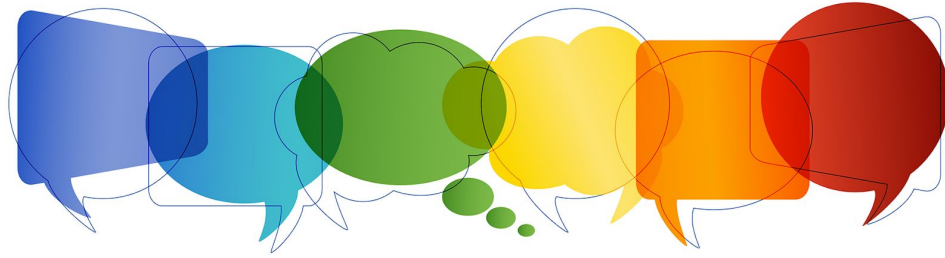
# Live with Integrity

Integrity implies being “whole,” or actually being what we want others to think we are. It’s one of the most important things we will teach the next generation. Having integrity means forming a set of values and living by them faithfully. And, of course, our children don’t miss much; they are watching how we live our life and deciding for themselves what their standards of living should be. As an example, if we value honesty, we are careful to be truthful, and we will set that as the standard in the home and with the kids.

Having integrity means doing what we value and believe to be right, even when no one is looking. Teach this to your children and let them catch you DOING what is right. They will probably learn more by what they see us do than by what we tell them.

Sometimes it may be a matter of looking for teachable moments, like giving back extra change a cashier accidentally gave you or letting someone know they dropped something valuable. It can also mean following through with what you say you will do and letting your children see it happen. If you tell them you will be at their ball game or school program, make every effort to be there. If you tell them you will take them to dinner, do it. Be a person who can be counted on; you will see that your kids will follow your example.





# Time Out for Discussion

Think of someone you respect for their integrity. What about them do you admire?

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How do you know that they are a person of integrity? Make a list of the characteristics of such a person with the people in your group:

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Where in your life do you need to work on your integrity?

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What are some opportunities coming up in your life to model integrity?  
Be Specific.

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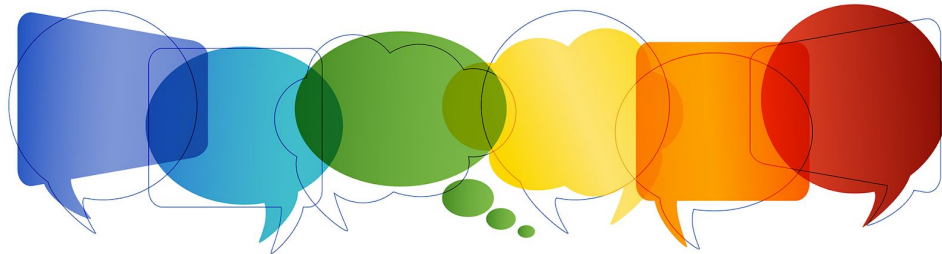
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## Guide Your Family's Journey

Dads can play an important role in the identity and character of their family, helping guide it through the stages of life. Championship Dads guide their families by taking the lead and setting a good example with good priorities and disciplines. Being on time to school and work, doing one's best at everything, and having a kind word for everyone (instead of complaining or gossiping) sets a good example for children, and encourages them to do the same.

Do we want our families to be known for kindness and generosity, for service in our community and a positive outlook or excellence? Or would anyone want their family name to be associated with laziness or with being undependable? Nobody wants their family to have the reputation of dishonesty or negativity.

Healthy and dependable practices and good disciplines when the kids are young will likely mean their futures will be brighter. A family who takes an interest in their children's school involvements will more likely see kids who graduate and go on to do a lot with their life. Families who are known to help others and show kindness will produce more families who do the same, benefiting everyone.



## Time Out for Discussion

Do you have family meetings with your family? How has it benefited you? If not, how do you think it might benefit you?

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What is one way you can lead your family better through the stages of life?

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On a scale of **1** to **10**, circle how you rate your leadership of your family's identify and reputation:

1 2 3 4 5 6 7 8 9 10

How can you improve?

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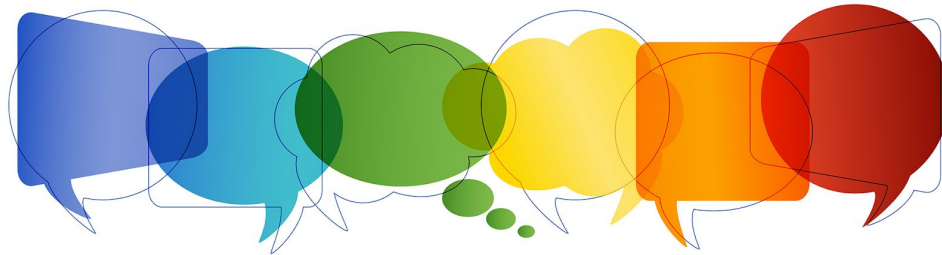
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## Serve With Humility

It has long been recognized that organizations tend to mirror the example of the leader or boss. In the family, this same imitation can be found. The culture of a family is a product of how parents lead. Leadership in a family should be servant leadership.

The key characteristic of a servant leader is humility. Championship Dads understand this important principle. A Dad who is a servant leader will focus on how best to serve his family. Dads who lead by this model instill important values of how to treat others and how to act as a family. These values of servanthood impact a child's entire life.



### Time Out for Discussion

How have you seen servant leadership in action? What are specific examples?

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What benefits are there in leading with a servant type humility?

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The famous writer Rick Warren defined humility this way:

**“**Humility is not thinking less of yourself,  
it's thinking of yourself less.”

What does this “humility” look like for a Dad? Consider the following:

**Are Quick To  
Ask For And  
Give  
Forgiveness**

**Do Not Need To  
Be The Center  
Of Attention**

**Do Not Mind  
Getting Their  
Hands “Dirty”**

**Are Transparent  
And Open**

**Humble  
Dads**

**Know They Are  
Not Perfect**

**Know Their Own Strengths and  
Weaknesses**

**Admit Their  
Mistakes**



Which of the above 7 characteristics is easiest for you as a Dad to do with your family?

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Which is the hardest for you and why do you find it so hard?

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# Lesson 2

## Be a Loving Dad

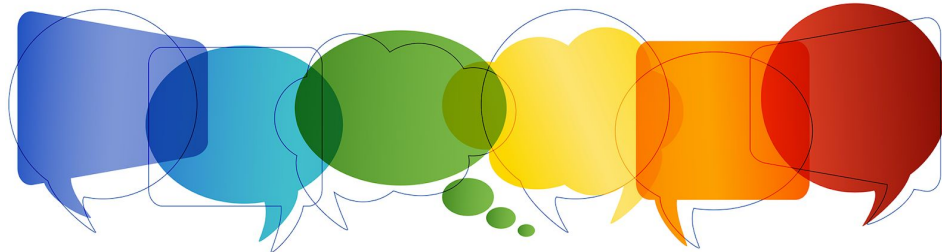
### Introduction for Dads

For a Dad to be described as a “loving Dad” is the ultimate compliment. The power of love to impact another person’s life is amazing. Dads, through their love, can have a positive impact on their families. This lesson will highlight a few ways a Dad can show his love for his family.

## Be a Loving Dad

Most parents feel love for their children naturally. But what about stepchildren or children who simply have difficult personalities? All children need to know they are loved—and have no hint that they are less loved than another child, or not loved at all. Here are a few important points about how to love your kids so that they are confident in it:

- A. Know Your Children**
- B. Provide For Your Children**
- C. Be Accessible To Your Children**
- D. Have Your Children’s Best Interests At Heart**
- E. A Dad’s Love For His Children is Dependable**



## Time Out for Discussion

As Dads, how can we become more accessible and approachable to our children?

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**Complete the following statement:**  
I feel I need to love my children more by...

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## Creatively Communicate Your Love

D. Ross Campbell, in his book *How to Really Love Your Child*, tells us, "A child is the most needy person in our society, and the greatest need is love."

A Dad who does not show love to his children can harm them in many ways. Lack of love can lead to low self-esteem and feelings of isolation. Misbehavior is common among children who do not feel loved; many times their misbehavior is a cry for love. When Dads do not show their children love, they may turn to other people or things to satisfy their desire to be loved; this search for love often leads them to very detrimental relationships.

Dads cannot assume that their children know that they love them. Even if you are a good provider and do things for them, your children still need to hear three powerful little words:

### **"I Love You."**

Those three spoken words will help your children to...

#### **A. Have a Healthy View of Themselves**

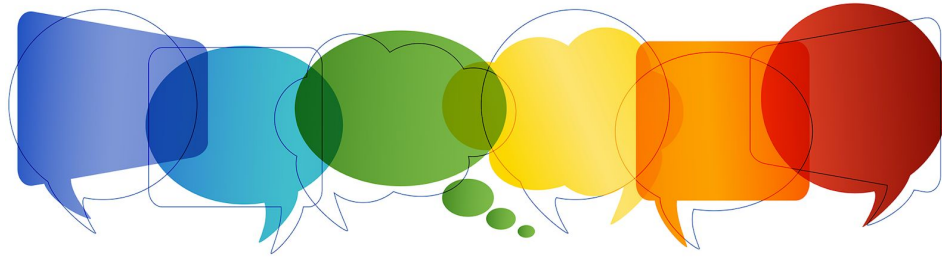
When a child hears "I love you" from their Dad, and it is said often, even when they have been acting badly, it lets the child know that they are loved not because of what they do, but because of who they are.

#### **B. Have a Greater Sense of Security**

Children who are told they are loved are less likely to develop unhealthy fears and phobias. Their home is a 'safe' place.

#### **C. Have a Better Understanding of Emotions**

Saying "I love you" does not always have to be verbalized. A very effective non-verbal way is to put it in writing. Seeing Dad take the time to write out his feelings for a child can have a big impact.



# Time Out for Discussion

Why do dads sometimes have problems saying, "I love you?"

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Make a list of times when it would be good for you to tell your child, "I love you."

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## Love Your Child's Mother

A century ago, Theodore Hesburgh made this profound statement: "The most important thing a father can do for his children is to love their mother."

These words are still true today. Children need their Dad to love their mom. Relationships between parents are often filled with tension and fighting; these battles take place in both custodial and non-custodial settings. When parents do not treat each other with respect, it creates an environment that may be very harmful to a child.

This *'Better Dads Tip'* will be hard for some of you. In today's culture, the traditional family is no longer the norm. You can be a Championship Dad even if your kids are not living with you. According to the US Census Bureau, one in three children are growing up in homes without their biological father. Studies have shown that over half of all marriages end in divorce. Your child's mother may be difficult to love. She may have done things that cause her to be difficult to love. She may even be difficult for your children to love. Your child's mother might not be your current spouse – which means showing love to your ex-wife can be both difficult and dangerous!

For others, loving and honoring your child's mother is no problem. She is the love of your life. You might think you can't do any better in this area. But, just as every man can be a better father, you can also be a better husband.

Regardless of whether your child's mother is with you or not, how you treat your child's mother will make a lasting impression on your child. Part of being a Championship Dad is that you do what's right in any situation.

### Why should a Dad love the mother of his children?

- 1. It Develops a Sense of Security.**
- 2. It Creates Healthy Views of Relationships.**
- 3. It Improves the Quality of Relationship with the Child.**





List at least **two** things you can do in the next two weeks to show your child you honor, respect, and love his or her mother.

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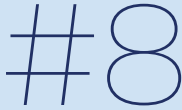
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## Make Time for Your Child

As a busy Dad, it may be hard to find time for your child. In fact, finding “time” may be almost impossible when you have a busy schedule. After all, there are only 24 hours in a day. This is why Championship Dads don’t *find* time, they *make* time to spend with their kids.

**The time a Dad spends with his child can be very beneficial.**

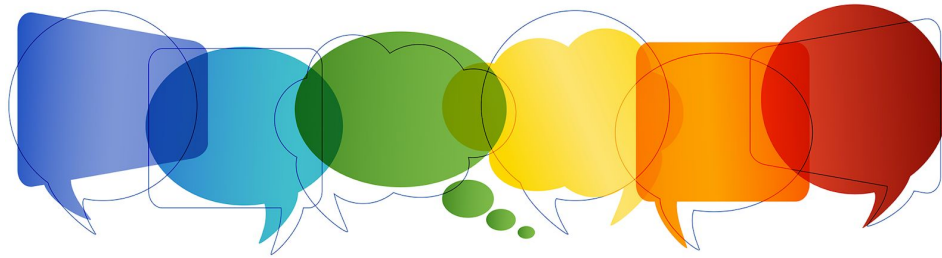


The amount of time a Dad can spend with a child can vary considerably. A custodial Dad will usually have much more time available than a non-custodial Dad. The question that often comes up as Dads deal with the ‘time for kids’ issue is... which is most important: quantity or quality of time?

Dr. James Dobson says about children:

***“They need quality and quantity of time with loving, involved, and committed parents.”***

Common sense tells us that if we do not have much time to spend with our child, then that time should be highly valued and the quality of the time should be emphasized. A key part of making quality time is to schedule it. While it is true that some great quality times may just ‘happen,’ for most Dads, good quality time is planned and scheduled.



## Time Out for Discussion

Discuss in your group different ways that a Dad can spend time with his child.  
What are some creative options?

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Write down how you can improve the time spent with your child.

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What are some new places you can go with your child?

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Make a plan to spend time with each of your children in the next month:

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# Lesson 3 Teach Healthy Behavior

## Introduction for Dads

Many Dads can relate to coaching. You probably had a coach at some point in your life. Good coaches like to win, and as a Dad, you want your child to be a 'winner' in life as well. There are three key things that winning coaches do that we should remember as we discuss how Dads like you can take on the responsibility of being a 'coach' to your child.

### 1. Teaching

**Coaching is more about teaching than modeling.**

Coaches are not on the field playing the game. Coaching is letting the players 'play' the game and coaching them from the sidelines.

### 2. Preparation

**Coaching is about preparation.**

It is primarily done before the actual game on the practice field. Coaches make their players better through repeated practice sessions.

### 3. Improvement

**Coaching is about improvement.**

Coaches analyze the players' actions and then give them ways to improve problem areas.

Good coaches help their players improve their performance so that they have a better chance at winning. As a Dad, you want to 'coach' or teach your child so that they develop the skills necessary to come out a winner in the game of life. Children will engage in both healthy and unhealthy behaviors. Championship Dads coach for healthy behavior; they recognize the negative impact that unhealthy behaviors can have on their child. This lesson will help Dads teach healthy behavior, identify the causes of unhealthy behavior, and provide constructive ways to handle the problem of unhealthy behavior.

## Help Your Child Develop in All Areas of Life

There are three main areas in which a child needs to have healthy growth and development. Dads should make sure that they are involved in each one of these other areas. Championship Dads help their children:

### A. Develop Emotional Health

The role a Dad can play in shaping how his child thinks and feels cannot be overstated. There are two aspects of emotional health a Dad can focus on:

1. Help your child develop their unique identity.
2. Help your child develop healthy self-esteem.

### B. Develop Healthy Social Skills

Social skills include talking to others, listening, getting along, having good manners, and having empathy for others. Social skills play a very important part in all of our lives. We interact with others daily, so our ability to interact socially will impact all areas of our life. This is why Dads must be concerned with how their child is interacting with others. Much of their future success in life will depend upon how well they develop social skills.

**Respect For Others**

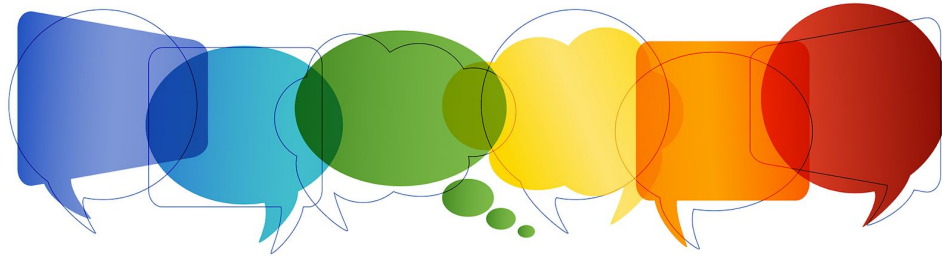
**How To Make Friends**

**Conflict  
Resolution**

**Teach them...**

**Empathy  
For Others**

**Respect For Rules & Authority Figures**



# Time Out for Discussion

What can you do to make sure “screen time” is not taking over a child’s life?

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How much is “too much”?

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### **C. Encourage Intellectual Growth**

Encouraging a child's intellectual growth and motivating them to want to learn is not always easy. There are no precise ways to accomplish this goal. A big problem for a Dad is that what motivates one child doesn't motivate another. Children are different in many ways, and finding out their passion or interest can sometimes be difficult. Dads must also be careful not to project their own interests onto their children. When a child's 'interest area' is found, then Dads should encourage and support that interest if it is an appropriate one.







As your child's life coach, analyze their strengths and weaknesses in each of these three areas. **What steps can you take to coach them in their area of weakness?**

A. Develop Emotional Health:

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B. Develop Healthy Social Skills:

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C. Encourage Intellectual Growth:

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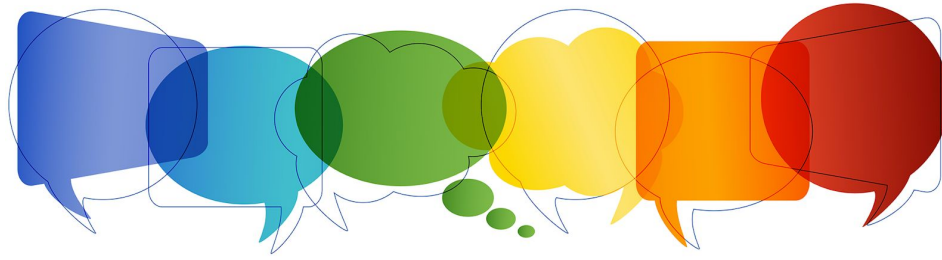
## Know Why Your Child Misbehaves

When bad behavior occurs, Dads should try to determine what might have caused the bad behavior. Many times, bad behavior is just the symptom of something else that is going on with the child. Treating only the symptoms usually doesn't solve the problem. **There are many reasons why children misbehave. Some of the more common reasons are...**

Sickness	Learning and/or Behavioral Impairments: ADD, ADHD, etc.	Tiredness
Not Understanding The Rules	<b>Common Reasons Children Misbehave</b>	Hunger
Desire To Test The Rules	Disbelief That You Really Mean What You Say	A Desire For Attention

Anytime you see an unusual change in your child's behavior, it usually means that something or someone has influenced them. They may be simply copying someone else's behavior. Dads should know who their children are spending time with.

Bad behavior can also be a result of some bad experience the child has gone through or is currently experiencing. The value of communication is extremely important in these situations. You want your child to feel that they can talk to you about anything that is going on in their life.



# Time Out for Discussion

Why is it important for a Dad to know what's causing misbehavior?

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Communication between a dad and child is critical. **What steps can you take to build trust with your children so that they can feel “safe” talking to you?**

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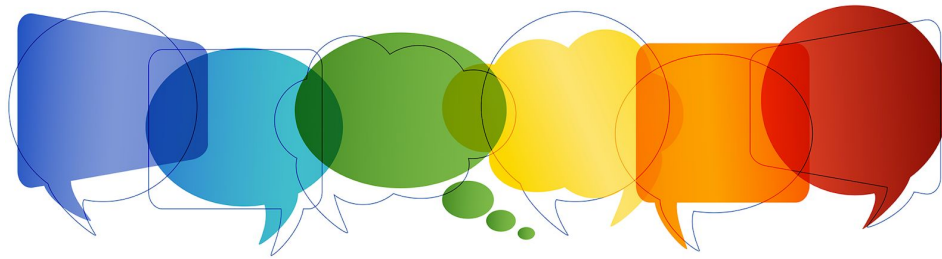
## Help Your Child to Learn Self-Control

Self-control is largely a learned behavior. The earlier a child learns self-control, the more likely the child will grow up to be a productive and mature adult. As a child ages, their ability to control behavior increases. The ability to regulate one's behavior varies from child to child. Some children have severe problems with controlling their behavior and the ability to control their impulses is impaired.

For Dads with children who suffer from ADD and ADHD and other learning impairments, teaching self-control can seem overwhelming. There are community assistance programs, and sometimes medication, which can make it possible to make it through these trying years and help your child learn self-control.

Dads play a major role in helping their children learn self-control. It begins with Dad staying in control. When you lose control, it sends the message that it is okay to be out of control.

Dads can help create an atmosphere where self-control is rewarded. Children have a desire to please and often respond well to the smallest gestures of love and approval that parents can give. For instance, play games or do activities that require self-control. These are great teaching tools.



## Time Out for Discussion

With your group, name some games or activities that teach self-control.

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A great quote about self-control comes from Eleanor Roosevelt:

**“To handle yourself, use your head;  
to handle others, use your heart.”**

One of the dangers that Dads must avoid is the natural tendency to use discipline just for the sake of controlling behavior. The primary purpose of discipline should always be to *change* behavior, not just to punish or control it.

Dads that use only threats, intimidation, and the fear of punishment to try to control behavior will only temporarily control behavior at surface level. Self-control development is internal, and unless Dads focus on shaping the internal values of the child, he will have minimal success at developing self-control in his child. Patience is required because the development of self-control continues throughout life.



Identify a self control problem area in your child's life  
and think about ways you might help them exercise more self-control.

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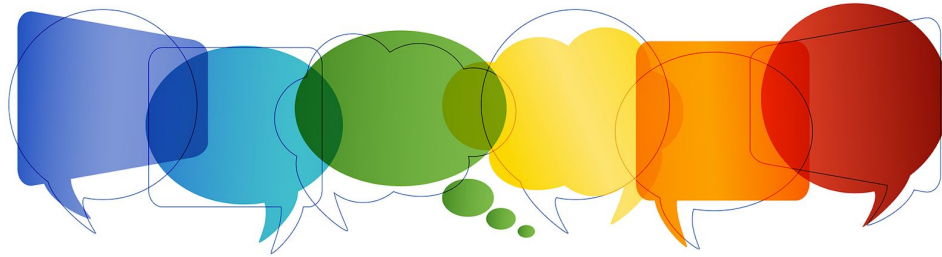
#12

## Balance Discipline with Grace

Many Dads struggle when it comes to disciplining children. Too many times they find themselves either being too lenient or too hard with their children. To complicate matters, each child is different and their response to different forms of discipline varies. What works well with one child may have no effect on another. To complicate matters more, when a child engages in bad behavior, it often triggers an emotional response from you. You may begin to lose control and take your disappointment and anger out on the child in an inappropriate way.

Discipline isn't easy. Dads must realize that, although it is hard, the benefits of bringing discipline into a child's life can be the most loving thing you can do for your child.

Don't misunderstand the meaning of grace when it comes to child discipline. Some think that showing grace means we do not punish children—that the children do not have to face the consequences of their actions because we have removed the punishment for their behavior. In the context of child discipline, the definition of grace as undeserved favor or leniency helps us understand the relationship between grace and discipline.



# Time Out for Discussion

How can the lack of discipline in a child's life affect them? How can discipline help a child? Discuss in your group.

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Can you give other examples of how grace and discipline work together?  
Why is grace difficult to give when a child misbehaves?

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Share with the group some good ways to define expectations of behavior.  
Talk through examples of positive ways to reinforce desired behavior.

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The following are a few of the more commonly utilized forms of punishment or corrective actions:

### **Assigning Work**

Assigning additional work or some form of activity that the child will view as burdensome, but which produces something of value.

#### **Taking Away Privileges**



#### **Grounding**



#### **Time-Out and/or Isolation Periods**



### **Physical Punishment**

It is important a Dad never strike a child in anger or when emotions are not under control. In today's environment, forms of corporal punishment are often viewed as mistreatment of children. Regardless of your personal beliefs on this subject, the use of corporal punishment carries with it the risk of legal action being taken against you. If you choose to do this, do so understanding the realities of our current world views.



As you reflect back on times you have disciplined your child, what, if anything, would you do differently after hearing this information?

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# Lesson 4 Inspire Your Child's Future

## Introduction for Dads

The word 'inspire' has its roots in the Latin word *'inspirare'*, meaning 'to fill or breathe into something'. *Championship Dads* can inspire their children by filling their lives with hope, expectation, and excitement regarding the future. They can continually offer positive encouragement to the possibilities that the future holds for their children. Dads can 'breathe' into their children a strong sense of self-confidence and motivate them to want to do great things. This lesson will help you inspire your children in some very positive ways.

## Challenge Your Child to Dream BIG!

Dreaming comes naturally to children; their imaginations can be very active. Their minds are not full of all the realities of life, and thus their dreams can be really big. For adults, this unbridled optimism may seem to be just foolishness. However, dreams are very important for children. Their dreams give them hope and something to work for. There is a strong correlation between children who have big dreams and successful adults. Our greatest achievements and inventions have come from those who continued to dream big after childhood and to be passionate about the future. Sadly, adults sometimes kill the dreams and passions of a child. What could those children have become if their dreams and passions had been nurtured and encouraged?

One of the greatest things a Dad can do for his family is to be a dreamer. Not the kind who just dreams, but one who dreams and then takes action to make those dreams come true. Children are watching, and they know when Dad has given up hope and stopped dreaming. A Dad who has a passion for life and hope for the future will see those same attributes in his child. Former President John Quincy Adams said this about leaders and dreams:

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

There are many things a Dad can do to help coach their children to dream big. The following are some additional things that can be done:

1. **Expose your children to big dreamers.**
2. **Do something new with your child.**
3. **Encourage curiosity and creativity.**
4. **Be there for support when a dream seems to fall apart.**
5. **Help your child set goals that are part of *their* dream.**

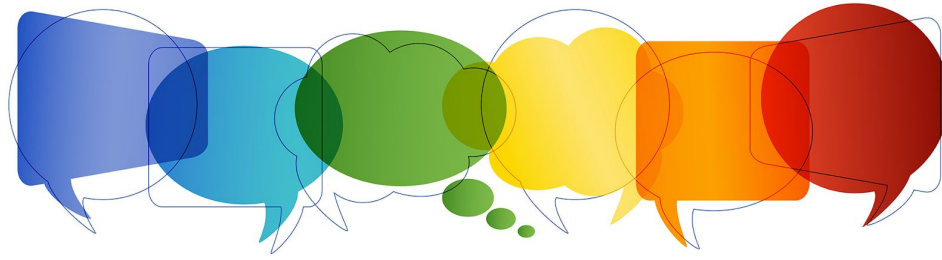
Tommy Barnett, the founder of the *Dream Center*, has written this about dreams:

“Dreams are not merely the nightly thoughts you experience as the brain sorts out the day's events. They are

the goals and visions that fire your heart and saturate your soul with joy at the very thought of them. They are those continuing visions of what you want your life to be at its highest level of fulfillment – what you want to do, how you want to do it, what kind of person you want to become in the process.”

“ Your destiny and reason for living are wrapped up tightly in your dreams and desires, like the genetic information inside a seed. That dream in your heart contains your spiritual ‘DNA,’ the very blueprint for who you are. Your dream is that idea, that vision for your life that burns inside of you – something you can't ignore for long. It keeps coming back to your mind because it is part of who you are; it will never leave you alone.”

“ A dream doesn't drive you; it draws you. It is like a big magnet that pulls you toward itself. Without a dream, a person will be frustrated in the present and will miss his or her future.”



# Time Out for Discussion

What stands out to you about what Tommy Barnett said about our dreams?

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Do you have dreams for your family?

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Can you name your children's individual dreams?

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## Be Your Child's Biggest Cheerleader

We have discussed how Dads coach their children, but there is another role that a Dad needs to play in their child's life: Dad needs to be their biggest cheerleader. Cheerleaders do many things, but the most important thing they do is 'cheer.' The word 'cheer' means to shout for joy, to encourage, and to praise. As a Dad, your child should see you being the one who is always there to:

- Shout with joy over their accomplishments;
- Encourage them to always do their best;
- Praise them for their efforts.

Notice that there is no mention of winning or losing. That means that as a Championship Dad, we 'cheer' for our kids regardless of the outcome. We cheer when our child wins, and we cheer when they lose. We praise effort as much as we praise a win. Dads send a powerful message of love to their children when they are there supporting them regardless of the outcome of some game or activity. Just seeing you there cheering them on speaks volumes of how you feel about them.

One of the primary concerns of cheerleaders is the team's spirit. Spirit is very important, as it reflects the team's willingness to work together as a team and to succeed as a team. Championship Dads understand that their child needs to be encouraged and inspired. The game of life is not always easy; it can be very discouraging and even overwhelming at times for a child. Dads can play a huge role in determining the 'spirit' of their child. Those encouraging words when things are not going well will always be remembered and treasured by your child.

Another important thing that cheerleaders do is to console their team when they lose. A Championship Dad is going to be there for his child when they don't succeed. Cheerleaders don't take off from next week's game just because their team lost. They are right back out there the following week cheering them on. This is what a good Dad does. He helps his child come back from defeat and continue pressing on.





Do you have a child who needs to be cheered on right now?

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How can you be a better cheerleader for them?

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## Help Your Child See Beyond Themselves

One of the most important things a Dad can do for his children is to teach them to look beyond themselves and consider the feelings, interests, and well-being of others. When we consider that much of our interaction with others is outside of the family circle, the importance of having healthy social skills cannot be overemphasized. We encounter friends, co-workers, neighbors, and strangers on a daily basis. Dads can have a great impact on the future relationships of their children by teaching and modeling healthy relationships with others.

Dr. Martin Luther King, Jr., the famous minister, writer, brilliant speaker, humanitarian, and champion for civil rights, taught sacrificial giving of one's time and efforts for the things that matter. Dr. King was a husband and father to four children, ages 6 to 12, when he died. He served and worked tirelessly for what he believed in and knew was right.

**“Life’s most persistent and urgent question is, ‘What are you doing for others?’”** Dr. Martin Luther King, Jr.

The “Golden Rule,” which many children have been taught, is often expressed like this: “Do unto others as you would have them do unto you.” We could look at many other popular sayings concerning our relationships with others. Many can be summed up like this: “Be KIND to one another.”

Dads are being watched by their children. One of the most valuable lessons you can teach your child is how to get along with others. Not only does the home need to be a place of peace, but we must strive to live peacefully with others around us.



How can you help your child become more aware of the needs of others?

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What could you and your child do to show love for someone else?

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BETTER  
DADS  
TIP

#16

## **Make a Lifetime Commitment to Your Child**

Most people remember the good coaches that they had in their life. Out of respect and appreciation, we may still call those coaches 'coach', even though they haven't been our coach for years. For Dads, the coaching never stops. You know you have been a good coach when your child still values your 'coaching' even when they are out on their own. You never get too old to be a Dad.

Dads should always be aware of the lifetime responsibilities of being a Dad. It is very important that your child knows that you will be there for them, not just today, but also in the future. Dads should often speak of the future and remind their children that they will always be there for them.

When a Dad is there for life, his child feels great security. This security is so important, both to young children and as they grow older. Your child's need for you to be their 'rock,' the one that they can always depend on, doesn't change just because they become adults. You can still be that 'rock' in their life, no matter their age.

Make a lifetime commitment to your children. Let them know that you will always be there for them and that you will never stop loving them. No matter how old your children become, they can always benefit from your experience, wisdom, and knowledge.



Plan some specific times to communicate to your child that you will always be there for them.

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You will  
always be  
*their Dad.*