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**Media Release**

**How to Raise Great Kids**

Warwick Marsh, founder of Dads4kids says, *“The secret to raising great children is to know how children spell.* *Children spell love as T-I-M-E. To embark on the journey of becoming a great dad, we must find ways to spend more time with our children. Here are some simple ideas.”*

**1) Prioritize your children**

Take a look at your current schedule. Where does your family fit into your schedule? Are there ways that you can make adjustments in order to spend more time with your family? Can you include your children in activities that you normally do by yourself?

**2) Make one night a week a Dads4Kids family fun night**

In our busy lives it is important to commit a least one night a week together as a family, and to enjoy one another’s company. Do something together like going out for an ice-cream, playing a game, or simply doing something together that you all enjoy. Make sure it’s FUN!

**3) Eat at least one meal together a day**

Cooking and eating together as a family is a great way to share the week, and plan for any upcoming events. It will surprise you how much your children love to help around the kitchen! Invite friends and family for dinner, or go out for special occasions!

**4)** **Plan time for family outings**

Family outings can be as simple or as elaborate as you please, children love them. Find an activity that the entire family enjoys, or take turns choosing the family activity. Make a list of different activities that the family enjoys and tick them off as you do them.

**5) Work together around the house**

There are always things that need to get done around the house. While these tasks are usually assigned individually, think of ways that you can do household chores as a family. For instance, after dinner, clear the table and wash the dishes together or get the family outside and do yard work. Not only will the job get done faster, but the time can also be spent asking the children about their accomplishments that day.

**6) Look for opportunities to spend individual time with your children**

One on one time with your children is so valuable. Not only does it invest value and encourage self worth in your child, but it can also strengthen your relationship and encourage open communication. Don't just take them along while you run errands. Find out what activities your child enjoys, and do it with them!

**7) Take time to turn off your television, computer, phone and turn on your ears**

We have so many ways to communicate these days but it is important not to let these devices take priority over our family. Dad must take the initiative! Spending time attentively listening to your family can avoid miscommunication, helps you to get to know them more, and tells them they are valued.

See what works for your family. Remember - your children spell love T-I-M-E.

Dads4Kids wishes every dad the best Fathers Day they have ever had with their children.

For more information contact Warwick Marsh at 0418 225 212.

[www.fatherhood.org.au](http://www.fatherhood.org.au/)