

# Being Dad, Being Proud

5-8  
years

School aged kids keep learning at home – you are an important teacher! Spending time together is deadly for Dads and helps build confidence. Here are some tips:

- your child is great, so tell them. Teach them to be proud of who they are.
- be a good role model by showing them how to talk to and act with others. They learn by watching you. Teach them about taking turns, good listening and smiling when they say hello can help make new friends.
- get them involved in after-school activities, team sport or teach them to be a good sport when they play with their friends, cousins and family. Go to sports days and school concerts, talk to teachers – get involved.
- talk about feelings and what to do if they get in an argument. Teach them that name-calling and bullying get in the way of making friends.
- listen to them and take them seriously – big kids need hugs too!

Parent Line: 1300 1300 52  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**Make sure they have Breakie Before they go to school and pack them a good lunch – little fellas need lots of energy!**

## Reading & yarnin'

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School aged kids need to practice reading at school and at home. Here are tips on how you can help them to improve their skills and confidence:

- read to your child every day – even for just for a few minutes.
- let them choose the book you read, and help them find books they like – books about animals might be fun!
- most schools send home 'readers' – find time each day to listen to them read out loud. Talk about the story and sound out words. Don't rush reading time.
- tell them they're deadly at reading to encourage them.
- help your child choose books they can read – books that are too hard can put them off reading.

**share your stories with them – help them to Be Proud of their culture. Share local Aboriginal stories and language.**

- let your child tell you a story – show them you are interested.



# Inside Play time

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Kids say that hanging out and doing things with their Dad is better than getting lots of toys and new stuff. Here are some ideas for playing outdoors:

- learning rules – help them learn about turns, winning and losing by playing a simple game like marbles or snakes and ladders.
- indoor camping – grab some blankets, pillows, tucker and a couple of torches and 'set-up camp' in the lounge room. Turn off the TV – spend the night camping inside. Talk about what you might hear in the bush.
- makin' stuff together – make and decorate clapping sticks with pieces of wood. Nail bottle tops to a stick to rattle. Make a book together – let them do the pictures and paste or staple the pages.
- helping out – let them help you around home. Fix or make something in the shed, clean the car, sort the washing or cook a feed together.
- chill out – find a quiet place together, take it easy and just hang out.



**Kids get tired, make sure they get to Bed at a good time.**

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# Outside Play time

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Spending time with Dad outside is great for kids. Give these a go:

- going bush: take your child on walks in the park or bush and teach them about bush tucker and yarn about the old days. Take a bat and ball, bike or even a kite.
- growing things: make a vegetable garden together. Plant simple foods like carrots, potatoes, beans and tomatoes – and it's fun to eat what you grow. Try growing flowers and sprouting seeds for salads.
- go to the beach or river. Playing in the sand and in shallow water is great fun for kids. Take some old containers and a plastic spade to build castles. Teach them how to fish or catch yabbies. Don't forget their hat and sunscreen.

**Watch your Children Carefully when you are at the Beach or river, especially when they are in or near the water.**

- if you live in the city, take a train or bus to somewhere new, to a different park or to the beach. These trips can be great fun, especially if you pack a picnic lunch.
- get kids involved in the local footy or netball team – or give another sport a go. Remind them that having fun is the most important thing.



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