

I tell them how much I love them

I need to listen to my girls and not do all the talking

I didn't talk to my own kids a lot, because I was working but now I can talk with my grandchildren

TALK

**TALK WITH AND LISTEN TO YOUR KIDS –
TALK UP FOR YOUR KIDS AND TALK
WITH OTHER DADS ABOUT BEING A DAD**

Bro, I gave up buying tobacco so I had the money to ring my kids while I'm on the inside

Talking to other fathers around the community would've helped

I tell my kids stories about how I grew up on the mission

I always ask how his day was or what he has planned for the weekend

We talk to them and show them different things until they find something they want to do- it takes time

When I spend timeout bush with my son – all we do is talk



I can't wait for my grand-daughter to wake up in the morning



When your baby is born you feel on top of the world – you're a Dad!



I was tossing up about going to the knockout or staying at home for the birth of my child – I made the right choice for my family

FEEL GOOD

THERE MAY BE HARD TIMES TO GET THROUGH BUT ENJOY YOUR KIDS AND ENJOY BEING A DAD

Do things with the kids they like doing



I ring him up whenever I feel down because he lives away from me – just hearing him cheers me up

When my girls throw themselves into my arms



Watch them play football

Seeing my kids growing into what they are today

