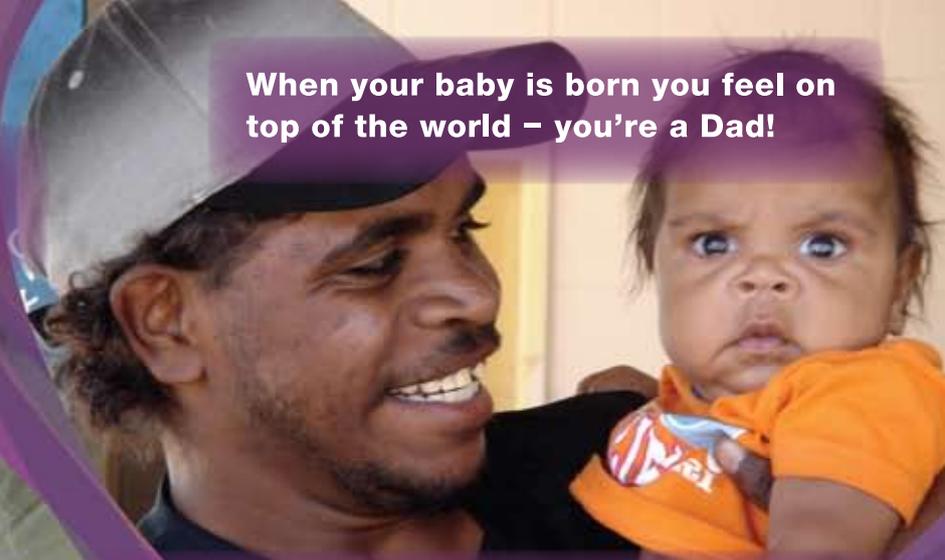


I can't wait for my grand-daughter to wake up in the morning



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



Watch them play football

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



Seeing my kids growing into what they are today





Make sure you know where they are, that they're safe, healthy, fed – things like that

Teach them to stick together and keep each other safe from when they are young



Just how that kid turns out depends on how you teach and work with them

Work with your kids from an early age and teach them about rules – things like look for cars before you chase a ball, don't swim here – be firm

PROTECT

MAKE GOOD DECISIONS FOR AND WITH YOUR KIDS, THINK ABOUT HOW YOU TALK, GUIDE AND PROTECT YOUR CHILDREN TO KEEP THEM HAPPY, SAFE AND PROUD



They know what I expect from them even when I am not there and I let them know when I am not happy and why



Make the time to talk about the birds and the bees and about life