

**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**



**Seeing my kids growing into what they are today**



**Watch them play football**





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

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

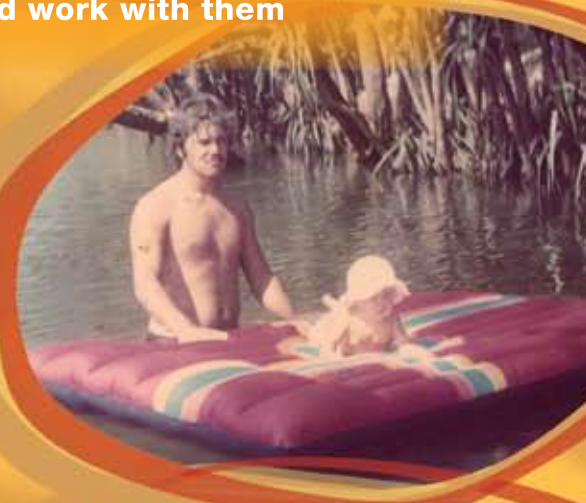
Work with your kids from an  
early age and teach them  
about rules – things like look  
for cars before you chase a  
ball, don't swim here – be firm



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

# 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