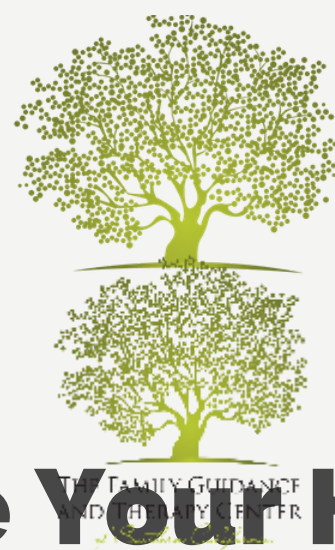


3 Ways Fathers can Strengthen the Relationship with their Child

By Brian Bovino

Be emotionally present

Don't participate in the nightly bedtime routine for the high-five or just the satisfaction knowing your child is asleep. Be there. Feel it. Enjoy it for what it is. If you are enjoying your time, your child will be too. There is only one "now" moment. Make the best of it.



Share Your Hobby

Mine is singing. I sing in a barbershop chorus that is currently the international champions. I started singing when I was 8 years old with my dad. What's yours? Figure out a way to share a piece of you with your child.



Sometimes say "yes," even though it might be easier to say "no"

Being a good parent doesn't have to mean 7 hours at the park. It might be as simple as saying "yes" when you really feel like a "no." "Wanna play legos?, today the answer just might be a "yes."

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