

Ten Tips for Fathers Who Divorce

1. Accept that guilt is a powerful motivator. Most men feel guilty because they lost their family and their power as father to that family. You may also feel guilty if you believe the mother of your children is not doing an adequate job of parenting.
2. If you do not have custody of the children, make the most of your visitation. The rules of visitation need to be set precisely and specifically. Children need predictability.
3. The children at your house live by the rules of your house. Your children need to become part of your household, not just guests in your home.
4. Most men want to be “buddies” to their child. Fathers often say, “I see them so little; I don’t want to waste time being their disciplinarian.” Remember, discipline means guidance.
5. Create high self-esteem in your children by creating predictable expectations for your children when they come to your house. Predictable rules and regulations will make your children feel safe and secure.
6. Money is always a problem, no matter how much there is. Teach them to have good spending and saving habits, allowances and cooperation.
7. Work together with the mother of your children. Discussion is okay, but arguments are not. She is the female head of the household; you are the male head of the household.
8. Creating a structure is vital for the children. This structure makes it easy for kids to know what to do at your house. It doesn’t matter that the rules are different than Mom’s. Creating a structure means creating high self-esteem. Children like themselves better when they know that they have done a good job and are part of a team.
9. Stay connected to your children. Be aware of their activities, interests, and stay involved in their lives, no matter how frequently you see them.
10. Remember that you are the father and the male head of the household.