

# Healthy Men, Strong Families: Understanding the Needs of Boys

## *Thoughts on Being a Strategic Father Figure...*

- Act with the knowledge of how important you are in children's lives.
- Make being a father figure your highest priority.
- Tell stories of your childhood.
- Stay connected to your kids even if separated from their mother.
- Model respectful behavior to women. Start with how you treat your kids' mother.
- Tell kids you are proud of them. Tell them that you love them.
- Model good friendships with other men.
- Volunteer in the classroom.
- Work on finding the right balance between being a teacher, mentor and friend.
- Talk to other men about being a father figure.

## **Resources**

- Braun Levine, Suzanne. *Father Courage*. Harcourt Publishing, 2000.
- Marx, Jeffrey. *The Season of Life a football Star, a Boy, a Journey to Manhood*. Simon & Schuster; 2004)
- Pruett, Kyle. *Fatherneed*. Free Press, 2000.
- Petrash, Jack. *Covering Home: Lessons on the Art of Fatherhood, from the Game of Baseball*. Robins Lane Press, 2000
- Real, Terrence. *I Don't Want To Talk About It. Overcoming the Secret Legacy of Male Depression*. Simon and Schuster, 1997.
- Newist/Cesa. *What's Up With Middle School Guys?*, Northeastern Wisconsin In-School Telecommunications, 2420 Nicolet Drive, Green Bay, WI 54311, (920) 465-2599