

Tools for the Journey

5 tips for dads who travel

Leave some love.

Leave notes of affirmation and "I miss you"s in their lunchboxes, pinned on their school clothes, or hidden in their toy box. Any where that they can find it while you're gone.

Don't Miss Out

Have someone videotape the game or performances that your travels may cause you to miss. When you get home, make a big event out of watching it with the family.

Call Home

Call home every day. Ask them questions about their day and give them details about yours. Let them know that you love them and miss them.

Catch up with your kids.

Between travels, make sure to set aside some one-on-one time with your kids. Have some questions about the things you may have missed and make sure you tell them about what you've been doing too!

Create a Calendar.

Give your kids a calendar with your travel times, destinations and important events. This way they will know exactly where you are and can talk about it when you call each day!



**National Center
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