

Tools for the Journey:

5 Ways to Tap into the "Grandfather Resource"



1. Tell your children stories that their grandparents told you.

2. Teach your children a skill you learned from their grandfather.

3. Make sure your children get some one-on-one time with their grandfather.

4. Identify your father's strengths and weaknesses and reflect on his influence on your own fathering.



5. Take a family trip together.

**If your child has no living grandparents, adopt an elderly couple as a family.*



**National Center
for Fathering**

Engaging fathers. Enriching lives.™