

Listen to your child's favorite album with them in the car.  
Learn something about the artist.

Instead of asking "yes" and "no" questions, draw your child out by switching to open-ended questions.

Visit your child's school and volunteer for a day through NCF's WATCH D.O.G.S. program.  
[www.fathers.com/watchdogs](http://www.fathers.com/watchdogs)

Volunteer to coach your child's sports team, supervise a field trip, or take them and their friends out to eat.

## *Tools for the Journey*

### 4 Tips For Knowing Our Children



**National Center  
for Fathering**

*Engaging fathers. Enriching lives.<sup>SM</sup>*