Tools for the Journey:

5 Tips to Balance Being Dad

Hold yourself to promises that you make to your family. Your children need to know that they can trust what you say.

Create a family schedule and hang it where everyone can see it. This way you can avoid scheduling conflicts when possible.

Cut out the things that don't add value to your life.

Take care of your health. If you feel your best, you'll have more energy after work for your family.

Get organized. Set priorities, work smarter, create lists and delegate when you can.

National Center for Fathering

Engaging fathers. Enriching lives.