

Training Dads to be great Fathers, Vol 2

#6 Create a sanctuary atmosphere at meal time

Sanctuary: Meal times or special

Share but avoid criticizing or complaining

It is a time of blessing, loving and learning

Avoid all negative comments

The dining room table should be a place of support and encourage

Sanctuary: Meal times are special

The dining table should be a place of worship

Pray together, sing hymns, bless God and others

Share your goals and dreams for your children

Study the Bible as a group

Thank/praise the cook for every meal

#7 Speak your heart do your children

Speak your heart to your children

Speak truthfully with and to your children

Tell your children you love them – often

Tell your children you were proud of them

Tell others you were proud of your children

Thank God for your children daily

#8 Let's get physical

Let's get physical

Encourage your children

Participate in sports/exercise with them

Team sports are beneficial (Need monitored)

#8 Let's get physical (cont)

Competitiveness is not bad, can be good

Have your children try many activities, find the ones they enjoy and focus on them

Celebrate their accomplishments in sports

Make exercise are part of the family's daily activities

Exercise as a group

Include a variety: push-ups, pull-ups, set up, stretching, light weight, many and varied

Swimming, bike riding, walking are all great

Disabled child: You can with them in fitness

In shape children suffer less abuse at school

Lifelong activities/sports have many benefits

Golf, swimming, tennis, horse riding, pool, table tennis, table hockey, yoga, pickleball

An enjoyable way to keep fit

Enjoyable now, and also later in life

Activities where you can make friends in competition

Many coaches that are helpful with an activity

Pull Ups: There are many great videos on your YouTube that will show you how to train your child with this exercise

#9 Bigger is not always better

Help maintain your child's best way

You might have to set the example

Heavier children are abused more in school

Overweight assists with an attitude of inferiority

In shape normal weight children achieve more

Appearance does matter in life

You and your wife can lovingly guide your children in proper eating habits							
This is so beneficial in life							
#10 Enjoy the beauty and benefits of music in your home							
Enjoy the benefits and JOY of music							
Have Christian music as a part of your daily life							
Your children will always remember musical times with the family							
Obtain and use Christian Worship Hymnals							
Obtain worship music for your home and vehicle							
How wonderful to sing as a family							
Encourage your children to learn to play and enjoy a musical instrument							
"I am so sorry now that I quit taking piano lessons as a child".							
We will be praising God with music in Glory, so we might as well learn now							
Spiritual music has the ability to bring peace into your life							