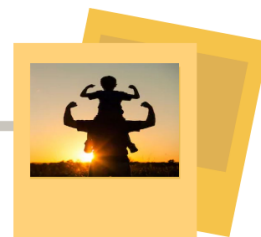




# WAYS TO STAY CONNECTED WITH YOUR KIDS

Here's what's working for recently separated dads



## Challenge yourself to take on new roles and responsibilities

Dads who embraced new roles in their children's lives were satisfied with themselves as parents and men.

#1

*"It has made me a better man. Now I have to do more."*

## Tune-in to your children's needs and development

Thriving dads made adjustments based on children's needs and changes in their development.

#3

## Work together with your ex-partner for the children's best interests

Dads who were able to find ways to cooperate with their former partners felt good about the benefits for the kids.

*"We just looked at it and I said it is easier for me to get my stuff and move out and for her to stay there."*

## Find ways to support your ex-partner as a parent

Finding small ways to support your ex-partner's parenting can help your relationship.

*"I told her, 'My son better be respecting you, so I will make sure he do that.' Since then, she has been nice to me."*

#2

## Make the most of opportunities to spend time with your kids

Dads who were successful thought about new ways to connect with their kids and often made sacrifices to do so.

*"I don't care if I have to sit in the concert venue parking lot for 4 hours. I get 4 hours to hang out with her and talk."*

#4

## Let each child know they have a special place in your life

Dads created special experiences and spaces for each kid to let them know they're important.

*"She picked her own color. So we started painting her room together."*

#6

## Find new ways to stay informed about your kids without relying on your ex-partner

Successful dads got information about their kids from places like school and doctors without having to depend on their ex-partners.

#7

Information and quotes based on research conducted at Pennsylvania State University: "I Want to Make Sure I'm Doing What it Takes": Parental Role Changes Following Separation (Petren, Labuda, & Anthony)

Contact:  
Dr. Ray Petren  
rpetren@psu.edu, 570.963.2575