

DADS, BE THE LEADER FOR YOUR CHILDREN!

Real Life Applications for Dad



There's a saying that
“Kids always love Mom, but they follow Dad.”

Dads, you have great influence on your children's success, their values, and how they go through the journey of life.

Dads, you are the leaders who have the honor and responsibility to nurture your kids to be able to develop healthy relationships for success and significance in life.

Your influence, example and love can be the catalyst to grow them into the successful leaders they have potential to be.

What actions or practices can you, Dad, develop to lead and raise “Kids as Leaders?”

Below are the ‘Dad the Leader’ Applications that can assist you to be the Dad you want to be: raising kids who can lead, develop healthy relationship and achieve significance.

Many of these ideas are garnered from CEO of ELAvate, Michael Griffin's parenthood and his learnings from Dr. Patrick Morley, Dwight Hill, Dr. John Maxwell, Dr. Tim Elmore, and Dr. Gary Chapman.

Let's start!





DAD, My Hero

Your kids look to you to be their hero. Heroes offer protection because of their strength, love, integrity and courage.

There is no doubt our children need protection today. We need to keep our kids safe and teach them how to interact and grow healthy relationships in a world that overloads them with information and choices.

At home, Dads need to establish an environment where your kids can feel safe, loved, and find refuge. Let's look at some ideas here.

Set Boundaries. Just like a seat belt in a car, we also need to set age appropriate boundaries that demonstrate our safety and protection for them. How?

1. Set **"age appropriate"** expectations and adjust them as kids grow in age and maturity;
2. **Differentiate** between mistakes, playful testing and willful defiance;
3. **BIG IDEA!** Know that kids, until they leave home, will always **test the boundaries** you set for them. For them it may be a way to see if Dad really cares for me. When they test don't take it personally;
4. Expect **first time obedience** for principle - based boundaries. This avoids power struggles;
5. Ask your kids daily, how did their day go. If you do this in a caring non-policeman fashion, they will allow you to explore with them areas of struggle;
6. Be their **protector**, hold their young hands when crossing the street, teaching them to ride a bike, explore their world and be there as "Daddy my Superman" with them;
7. With teens, remember that their decision-making skills are not fully matured. Excitement over consequences is big time and maybe, bigger blunders. Through the turmoil of teens, always let them know by your actions and words, you are there for them, and stand by them when they need guidance;
8. Heroes never tell their kids "You are not good enough." Heroes nurture heroes, not losers; and
9. Read **"Dad in the Mirror"** by Patrick Morley and David Delk.

APPLICATION:

Think and reflect now how you can be a Hero and Protector for your child. Write your ideas below.

DAD, the Leader

*We, as fathers, are the leader of our family.
We all want to “parent” our children
to grow up to be successful.*



We can do this best by modeling. Kids are actually far more influenced by what we do each day than by what we say. Our own character and integrity will be the “default starting points” for our kids’ leadership development.

Here are some ideas on what you can do to lead them.

1. **BIG IDEA!** Always show respect and love for their mother. Do not berate, argue or demean Mom. Be the knight in shining armor for your wife;
2. Always be **truthful** with your kids. This is immensely valuable as it builds their **emotional bank account** with dad because he is safe and can be trusted. This is very important so that your kids feel safe to come to you with their successes and problems;
3. Do a personal **audit** of what behaviors you model around the kids. What videos/TV do you watch, what games do you play, what language do you use?
4. Surveys of kids consistently tell us that dad’s anger, yelling or rage was the most unsettling behavior and drove them away from dad. What is your anger quotient?
5. Ask yourself this question. When your kids hear you arrive home, what do they do? Run away or run to you? AND **what do you do?** Interact, be available, or collapse and withdraw signaling, “Don’t bother me.”
6. **Listen with full attention.** Look them in the eye when they talk to you. Put the smartphone or iPad down. Get to their level;
7. Go out, without Mom, on a **breakfast or lunch date** with your kids once a month. Think of some good discussion questions you can ask and be prepared to listen and respond;
8. **BIG IDEA!** Take care of your **own quiet time, meditation and prayer.** Many kids will tell you later in life how your “soaking in quiet time” showed them you were authentic;
9. Help your kids **discover (not push) what sports or extra-curricular activities** they will like. Then be there to support them when they perform or compete. Show them you are proud of them; and
10. Gain insight and read “**Nurturing the Leader Within Your Child**” by Dr. Tim Elmore.

APPLICATION:

Reflect now and make a few real commitments on how you will better lead your kids.



DAD who Loves

Which would happen when your kids reach adulthood: “I adore and love my Dad”, or “I hate and despise him”?

Your personal capacity to love your children greatly influences how they love and interact with others. We need to love and express love to our kids. Let's see how we can be loving fathers.

1. Express **Unconditional Love**. Tell your kids individually you love them. “I love you. I am proud of you. You are precious to me. I really like you! I am so happy you are my kid!” Be it via text, phone call, or face-to-face, just do it;
2. Simply, hug your kids! Try it tonight;
3. **BIG IDEA! Allow for mistakes**. We all fail. Failure leads to Success. When your kid fails, help them learn from it. Help your kids to **‘Fail Forward’**. Do not berate or put down. Never get personal with parental criticism by saying “You are so stupid or lazy!”
4. **Affirm good attitudes** and their **inner qualities** that align with healthy values;
5. Give **honest praise** when your kids do well. Don't be a recognition miser. Let them know what you appreciate in their behavior;
6. If you have to correct, **don't scream or yell**. Ask questions first to find intent or facts you may not know. Focus on the behavior or attitude that needs correcting, NOT their personality. Kids hate when dad yells;
7. **BIG IDEA!** Determine each child's **“Love Language”** and meet it regularly. Is your child's love language Service, Gifts, Quality Time, Physical Touch, or Affirmation?
8. Sometimes we want our kids to be what we could not be. Love and nurture your kids based on their uniqueness, personality and talents. Don't try to redeem yourself by forcing your kid to be the person you think you failed to become; and
9. Read **“The 5 Love Languages”** by Gary Chapman.

APPLICATION:

What can you do this week to show unconditional love to your kids?

DAD who is Available and Around

The foundation of unconditional love is time. You don't choose your children's quality time, they do!



1. **BIG IDEA!** You can only give your kids Quality Time out of the Quantity of Time you give them. If you are too busy, or just not around enough, you will not get Quality Time with your kids. And they will be too busy for you when teen years arrive;
2. **BIG IDEA!** Many Dads say, "I will work hard now and spend time with my kids when they are young teenagers." Big mistake. If you don't make time when they are young, they will not want to hang around "Distant Dad" when they are older. Don't blow it;
3. Make sure you take **all your holiday time** from your organization each year!
4. **BIG IDEA!** Take one holiday a year with the kids WITHOUT MOM. Give mom a break and go out and have a fun adventure with your kids! Yes, be Dad the Explorer;
5. Put your cellphone away and **don't answer it** when involved playing, doing homework or having a discussion with your kids;
6. **BIG IDEA!** Dad, the **best quality time is bedtime** with your kids. Put them to bed every night, not mom, not the servant....YOU! Stay with them, tell them stories, and be there until they fall asleep. Start when they are 2-3 years old;
7. **Eat dinner as a family.** This is especially important in the pre-teen years. Make it a discussion time, not an interrogation time. Let dinnertime be a time of sharing and affirming;
8. Make it to their sports and recitals. **Showing up** and showing you made time shows love and care! No man went to the grave saying "I wish I had spent more time at work!"
9. Do not work on your day off – Sunday for most of us, leaders. The world will not collapse because you checked out to be with family. **Be available just to hang out.**
10. Listen to the song, "Cat in the Cradle" by Harry Chapin, for it will move you; and
11. Read "**Sometimes You Win, Sometimes You Fail**" by John Maxwell.

APPLICATION:

Take some of these ideas and put them to practice. Which ones work for you?



DAD who Disciplines

Parents can be confused by all the theories, lessons and advice on how to discipline kids.

Let's review some healthy ideas on the subject.

1. Remember to set healthy **age-appropriate boundaries**. Remember boundaries move as kids grow up, and kids will test your boundaries till they leave home;
2. **BIG IDEA!** It is much easier to lead and discipline if you first do it by **your life example**. If you smoke, it is difficult to tell your teenager to stop smoking!
3. Discipline with firmness and calm, respectful communication, and not anger to get their attention;
4. If you are **not giving quality time** to your kids and swoop down only for discipline, you will drive them away. Rebellion will be their motto;
5. You are seen as a just, fair and caring dad if you are giving good positive **affirmation** at more than **double** the rate of **correction**. Think about it, do you like a boss at work who only criticizes?
6. Use the "**velvet glove**". Correct the kids' behaviors. Criticizing your kids' personalities "puts another brick in the wall" (courtesy of Pink Floyd). Your tone, volume and facial expression tell more than the words;
7. Correct or discipline **soon** after the problem. Harboring bad feelings or fear of discipline only leads to resentment, indifference, volcanic anger or an eroding relationship; and
8. **Email me** (michael.griffin@elavateglobal.com) for short summary lesson on "Giving Recognition" or "Giving Constructive Feedback";

APPLICATION:

Discipline is tough. It takes patience, love, and persistence. What can you do to be more effective when you train your kids?

DAD, the Model of Humility

*Men model humility? Do we need a miracle?
NO! The best dads and mentors I have
known are humble leaders.*

Humility means having a proper perspective of ourselves, seeing ourselves as who we really are! (Imperfect, incomplete men)!



We need to recognize our strengths and acknowledge our weaknesses. I remember having to apologize to my daughter saying, "This is the first time I am being a parent. I am learning too." Here are some ideas for humility.

1. Being humble is easier when Dad is **secure in himself and his imperfections**;
2. **BIG IDEA!** Dad is more humble when he has **no resentments** towards his own mother or father. Search your heart to see if you are carrying "Baggage" or "Parent Wounds" from your own upbringing.
3. Find a senior mature man as a mentor. Be humble enough to know sometimes you need help with being a Dad;
4. **BIG IDEA!** Show a **servicing attitude to your wife** and their mother. Help around the home with chores. Serve Mom and your parents by helping in the family. Saying you are the breadwinner or rice bowl is a cop out;
5. Volunteer in your community and let your kids see your giving heart. Teach your kids how to donate time and money to worthwhile causes;
6. Live **within** your own means. Show your kids that they don't need every toy or attraction. Don't buy them every toy to make up for you not being around;
7. Never, ever use the **divorce** word on your wife or in front of your kids. Be more committed to the institution of marriage and family than your own ego and pride; and
8. Take your kids out for an activity that demonstrates charity, volunteerism, giving and caring.

APPLICATION:

Being humble starts with a serving attitude at home. What can you do this week to serve your wife?

Who is ELAvate?

ELAvate! Leaders provide exceptional leadership development solutions, giving individuals and organizations the leadership they need for exceptional results.

We understand your success depends on leaders who have the skills to handle the challenges. We're experts in developing these leadership skills that turn your strategies into business success.

Implementing a variety of learning solutions, customising to each client's circumstances and needs, ELAvate! Leaders empower clients to successfully develop leaders and acquire, grow, and retain them.

Clients across Asia rely on ELAvate! Leaders's proven expertise in leadership development and communication skills. We welcome the opportunity to work with you, too.

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