



Mansfield Primary School



Newsletter 14
4th September, 2014



Mansfield Primary School
Apollo Street, Mansfield 3722
Telephone 5775 2325
Fax 5775 1914
Principal: Paul Volkering
Assistant Principal: Hazel Bell
Email:
mansfield.ps@edumail.vic.gov.au
Or visit:
www.mansfieldps.vic.edu.au

IMPORTANT DATES:

- 5th September Athletics Carnival
School Assembly 3pm
- 10th September Active After School
Communities program
final session
- 12th September Yr 5/6 Sports Day with
St, Mary's 12-1.30pm
- 16th September P-2 Zoo excursion
- 17th September Year 5/6 Musical
- 19th September Last day Term 3
School Assembly 2pm
Early dismissal 2.30pm
- 6th October First day Term 4

FATHER'S DAY.

To celebrate father's day we acknowledge both the importance of the day, but also the significance of fathers in a modern day society. It goes without saying that Mum's do the bulk of the day to day parenting, but Dad's play such an important role, especially if they take a more "hands on" approach.

The role of a parent these days is no different to that of many years ago, but what has changed is the expectations around the role. Dad's in my day were more likely to be the sole bread winner and often weren't part of the day to day parenting role, due to expectations back then and also the fact that many worked long hours. How things change, nowadays Dad's and Mum's are generally both busy and so the role of bringing up the kids has changed accordingly.

I attended a forum recently and was told that Dad's these days have 4 minutes of quality face to face contact engagement with their kids on average each day. That's 4 minutes of uninterrupted time with their kids engaged in meaningful dialogue. Sounds ridiculous, but when you think about it, it begins to make sense.

So what's the message? The message is to all you great Dad's out there, spending time with your kids is important, so make every day a winner by investing time with your child. Dads are sometimes the disciplinarians in many homes, so let your child know that you love them, and that you're not just there to apply the discipline. So do something nice with them, take them on an outing with just yourself, and not the other significant person in your life.

Perhaps this Father's Day, instead of expecting the kids to do something nice for

you, you might do something nice with your kids that you will enjoy.

So, to all our Dad's, have a great day and "man up"! Spend the day having fun with your kids. What better father's day gift could you receive.

NAPLAN

Most schools throughout Victoria received their NAPLAN results this week. As soon as we have had a chance to examine the data, reports will be sent home to parents. Parents can expect their child's NAPLAN reports home by end of next week.

Debate continues around the world about the purpose of NAPLAN and similar tests conducted in many different countries.

I recently attended a forum by a Professor of Education in Singapore. Pak Tee Yung, who has been working as a researcher in Singapore for some time and their schools regularly outperform Australian schools.

It is worth understanding the context of Singaporean schools. Highly intensive living, small population compared to Australia, largely a monoculture, 1% of the size of Australia and only 400 schools as compared to the 1550 in Victoria. He acknowledged the fact that Singapore are world leaders in terms of school performance, but commented that the schools are generally very large (more than 1300 students), kids don't often know the teachers or who the Principal is, that the kids and teachers are stressed by the tests and school administrators are also highly stressed. So what's the point, why do we put so much pressure on our kids, when teacher's judgements should suffice.

The number of both formal and informal tests conducted on students is quite overwhelming. Wouldn't it be nice to walk into a school where the kids could tell you how they are progressing without the need for a test to reinforce what is already known.

SPRING CLEAN

We are holding a "Spring Clean" on Sunday, September 21st (9:00am until 12:00pm.)
Jobs include: Mulching, Weeding, Edging, Rubbish Removal, Cleaning. Come along for this Spring clean and help your child's school.

If bringing your own tools, please ensure they are clearly marked with your own name.

ENROLMENTS

At this time of year, we have commenced

planning for next year. So if you, or anyone you know is considering enrolment at Mansfield Primary School in 2015, then please ask them to contact the school office immediately to enrol.

School budgets are determined by enrolments, and classes and staffing arrangements are determined by budgets, so we need to know as soon as possible if your child is enrolling or leaving. At the same time, if you know, your child won't be here next year, please advise the office so that transfers can be arranged. Trying to estimate enrolments is one of the reasons Principals age prematurely, so please help and let us know your intentions as soon as possible.

UNIFORM

Parents are urged to check lost property for missing uniform. We've got lots there due in part to the warmer days we've been experiencing!

PARENTING IDEAS

This week's Parenting Ideas article features some tips and advice for our dads, especially seeing you're just about to celebrate your big day in the year. Dads, if you want to give something to your child, then read the information below and pretty soon you will know that you've given your child a great head start in life. I hope you find this week's article of benefit. These articles are from the Parenting Ideas website www.parentingideas.com.au and are designed to help give you some valuable skills and thoughts in that ever important task of being a good parent.

Here are some tips for Dads to get them reading with their kids.

Reading is not only for bedtime. A book over breakfast is a fun way to start the day. If you enjoy reading the paper, do it with your kids pointing out the stuff you enjoy and why you read the paper.....even if it's just the sport!!!

It's extra special when dads share *their* favorite childhood books with their children. If dad doesn't remember his favorite book, then grandad probably remembers. . . . my favourite childhood book was "Who Sank the boat?"

Let Dad pick out the books. Mums tend to pick out similar books to read time and time again—books that perhaps they like or think their children will like. A dad let loose in a library may come back with a very different book collection to introduce to their kids.

Reading with kids doesn't only mean reading books. Comics, graphic novels, non-fiction books such as Australian Geographic's *Deadliest Animals* and kid magazines are great reads.

Why not trade off library days? One week its Mum's turn, the next it's Dad's turn to take a trip to the library.

For kids ready to stretch into longer fiction, nothing beats the anticipation of reading a book with Dad—chapter by chapter. *The Chronicles of Narnia*, *The Secret Garden*, *Peter Pan*, or the Harry Potter series are just those sorts of reads. If you don't think that's cool, release the inner child in you, and just have fun.

When kids are interested in reading on their own, dads can still stay involved by reading what their kids are reading and then talking about it together. Many middle-grade (Year 3 – 4 and older) titles are just as entertaining for dads as they are for kids! So, I here you say, what if there is no father figure in my family. Well, we're not saying Mums don't do a great job, you do, you know that, but if there is a father figure in the household, get

him involved in your child's reading as well. We already know mum's do a great job supporting kid's reading.

Check out the accompanying "snippets" from our Prep and Year 1 students. If you Dads had any doubt about how much love your kids have, read on! Enjoy the laugh and tears!

Paul Volkering
Principal



Congratulations to Bailey Evans of Grade 4SC who is the winner of the Snake Smart colouring competition out of many entries. It's timely to note that snakes are starting to wake up after winter and you should be careful in the garden. Dave Wilkinson is one of our parents who is the Snake Smart man and you can call him on 0477 427 246 if you need help.

Sean Larkin is a Go-Cart Champion

Sean Larkin who is in Grade 4 has achieved an outstanding success coming third in his category in the recent South Australian Go-Cart Championships.

He has been Go-Cart racing for three years now and has many wins to his name. Sean was racing against 14 other contestants in the championship race.

Sean and his father Simon Larkin work on the car together which has a quick 80cc motor. Sean who has a license to race is looking forward to more races and improving on his already impressive technique and skill.



Australian Government

**Active After-School Communities
Reminder that the last lesson is on
10th September**

SKATE AND BMX CLINIC Mansfield Skate Park with Pro skater Renton Millar



- Workshops for all abilities
- Must have own board or bike
- HELMETS compulsory
- BBQ Provided



TO REGISTER
JODIE BELL 0408 370 022
CATRIONA WILSON 0417 514 306

**WEDNESDAY 1ST OCTOBER
11:00 AM – 4:00 PM
PLACES LIMITED!**

**ALL AGE EVENT
FULLY SUPERVISED, DRUG, SMOKE AND ALCOHOL FREE EVENT
Registrations close 24th September**

Renton Millar was World Cup vert champion in 2009, and Australian Bowl Champion in 2012. Renton and BMX guru Jake Robbins are stoked to be coming to Mansfield to shred with the kids!
"A Victorian Government initiative"





MPS Year 5/6 Musical

17th September 2014 : PAC @ 7pm

Things to know before the show starts.

CLOTHING AND COSTUMING NOTICE:

The notice re costumes and clothing needed has been handed out. Please ensure these items are sourced ASAP in time for the Dress Rehearsal to be held on Friday 12th September. Op Shops are cheap and help the community!

ON THE DAY & NIGHT OF THE MUSICAL & FINAL REHEARSALS

Students will walk to the PAC with class teachers on the morning Wednesday 17th September. They will hold a final Technicians Rehearsal for lighting and stage work. A final rehearsal will take place at the venue in the afternoon. Students will return to school by 3:30 to go home. In the evening of Wednesday 17th September, students must return to the PAC between 6-6:30pm. The show will begin at 7pm and conclude around 8:30pm. Families will sign out students from class teachers at the PAC following the performance.

ENTRY:

The 5/6 Musical will be held at the PAC on View St. Entry is FREE; however we do encourage families to make a donation of their choice at the door. All monies contribute towards our Performing Arts programs at MPS and are all greatly received. Thank you kindly.

PARENT HELP:

We are seeking volunteers from parents. If you can help in any small way please contact us on 5775 2325. Thank you.

FINALLY:

This is going to be an amazing production and the students are very excited. We urge you to come and support them and we know you are going to be very proud whilst having a great time!



MANSFIELD & DISTRICT BASKETBALL ASSOCIATION INC.

REGISTRATIONS FOR ALL JUNIOR - U12 up to U18/20 and MENS PLAYERS

OPEN NOW

REGISTRATION IS 'ONLINE' ONLY at

www.mansfield.basketball.net.au

COSTS AND MORE INFORMATION ON THE WEBSITE

ALL PLAYERS MUST BE REGISTERED BY SEPTEMBER 19TH (END of TERM 3)

COMPETITION STARTS EARLY OCTOBER (WEEK 1 of TERM 4)

ENQUIRIES TO: basketball@mansfield.vic.au

Reminder to all students

Term 3 = Hats On





Mansfield Secondary College
Join us for our
Parent Information Evening
Year 7 2015
Wednesday October 15 @ 7pm
The Language Centre

This Information Evening is an important step for parents and students in the transition process from primary to secondary school. The evening will cover:

- Our transition calendar
- The range of opportunities available for your child at Year 7 and beyond
- Our academic, sporting and arts programs
- The Extension and Enrichment program
- Wellbeing and Positive Behaviours programs

A light supper will be served and the evening will conclude around 8.30pm

RSVP: Maree Rosier 5775 2022

Looking forward to seeing you.

**Mansfield Support Group
for Children with Special
Needs**

**This support group
welcomes enquiries from
people looking for support
and information.**

Please contact:
**Liz Klein - Parent Support
Worker**
**(available Thursday 9.30am -
2.30 pm)**
Mobile: 0428 410 883
Email:
snmansfield2010@gmail.com



**Positive Parenting
Telephone Service**

**This Program is offered to parents, grandparents &
carers of children aged 2 – 10 years**

Our ten week program aims to assist you to:

- *Develop a stronger and more positive relationship with your child/children
- *Manage everyday behaviour problems
- *Set rules & limits
- *Teach new skills
- *Developing behaviour strategies

Through our service you will receive a workbook and weekly phone calls with a parent educator and all this can do done from the comfort of your own home, at a time that suits you.

Interested?

For more information or to enroll phone
FREECALL 1800 880 660

ENROLMENTS TAKEN ALL YEAR ROUND

Start now and make a positive start last a lifetime



This service is funded by Department of Human Services Victoria

Goulburn Fishing Festival 2014 Free event

Come and celebrate the opening of trout season in rivers and the great freshwater fishing opportunities around Eildon.

Based at the Eildon Community Centre, there will be free activities for the whole family.

Friday 5 September (5.30 pm-9 pm)

- Trade expo - check out what's new in fishing tackle
- Food tastings - from local trout farms and other producers
- Fireworks - over the Eildon Pondage from 9 pm.





Saturday 6 September (9 am-2 pm)

- Snobs Creek hatchery tours - see where more than a million fish are grown annually. Tours depart the Eildon Community Centre hourly from 9.30 am
- Guided fishing on Eildon Pondage - bait and tackle provided.

Both days


- Workshops - talk to fishing experts about fishing for trout, redfin and native species
- Cooking demonstrations
- Children's activities - jumping castle, face painting and colouring
- Prize draws.

The trout fishing season in Victorian rivers opens at midnight on Friday 5 September, 2014.

For more information about the event, which is supported by the State Government's \$16 million Recreational Fishing Initiative, visit www.depi.vic.gov.au/fishfest

www.depi.vic.gov.au/fishfest



Garden Working Bee
Sunday, 14th September (not this Sunday (Fathers Day, but NEXT SUNDAY)
10.30 am (please note change of time from 1pm)
Meet at St. Johns Hall

Parents (especially DAD'S), grandparents, friends and students are all invited to spring clean the gardens of Mansfield Primary School.

Please bring along some of your tools from home
gloves, spades, rakes, garden brooms, forks, wheelbarrows and trailers
so we can continue on from the wonderful work achieved in April

Please also bring a packed lunch. Drinks provided by Parents and Friend of Mansfield Primary.

For further information or to RSVP about attending or bringing a trailer along please email or phone

Janine Appleton 04 28150800 jandjappleton@gmail.com
Kate Stonnill 04 38098594 katestonnill@gmail.com



PE in Term 3

Circus is our focus for Term 3. Students are learning skills on diabolo, spinning plates, hoops, rolla bolla, ribbons, juggling stix, unicycle and juggling scarves, balls, rings and batons.

We focus on balance, hand-eye coordination, using both sides of the body and fluid movements.

Many students are working on their skills outside PE time and plenty of them show me new tricks each week.

Next week each grade will be performing to another class to show off their skills.



If you have any questions regarding the Physical Education program please contact me:
Tom MacMunn 5775 2335 macmunn.thomas.t@edumail.vic.gov.au

Name:

Age:

Contact number:



Merrijig Family Fun Day - Nov 2nd 2014
at McCormack Park (Rodeo Grounds) Merrijig. 10am to 7pm

Merrijig Family Fun Day
Colouring Competition

Win a Free Pass for the whole family including Grandma & Grandpa. 4 Adults plus any teenagers in the family.
There are four age groups for this colouring competition
Pre School Under 6 Under 10 And under 12

There can only be one entry per person. Entry boxes are located at: **St Marys Primary School; Mansfield Autistic Centre; Witches Brew; Commercial Hotel; Delatite Hotel; Mansfield Strike Lounge; Mansfield Primary School; Bendigo Bank; NAB; Mansfield Hotel; Hunt Club Hotel; Bite Me Café; Mansfield Coffee Merchant; FoodWorks;** or posted to 45 McCormacks Rd Merrijig 3723. Entries close on October 24th at 5pm

Maths Games Night



Awesome



Maths is fun



**SCHOOL HOLIDAY ART CLASSES AT
BENALLA ART GALLERY**

Painting & collage with Curator Shanley Cleeland

When: Wednesday 24th September 2014 10:00AM - 11:30AM
Wednesday 1st October 2014 10:00AM - 11:30AM

Painting, drawing and collage with Curator Shanley Cleeland

When: Thursday 25th September 2014 10:00AM - 11:30AM
Thursday 2 October 2014 10:00AM - 11:30AM

Painting with Cecilia Alfonso and the Aboriginal artists of Yuendumu, from the Northern Territory

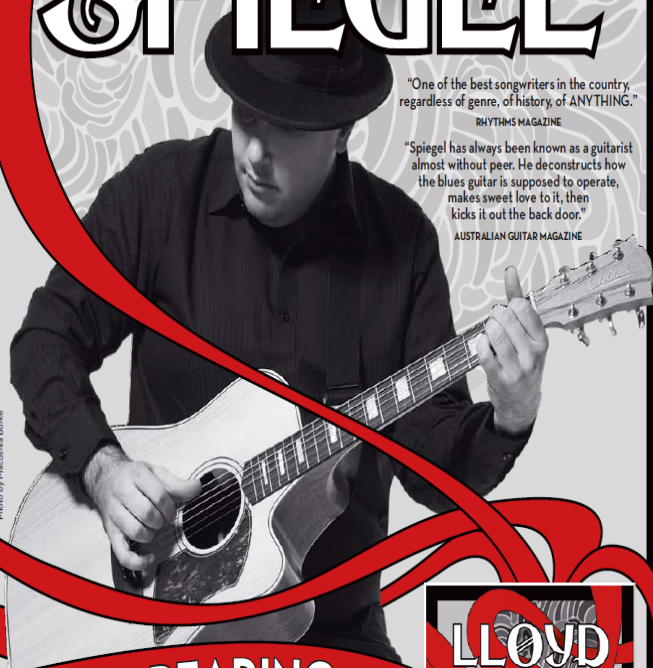
When: Thursday 16th October 2014 4:00PM - 5:30PM

Cost for each workshop: \$5 members / \$7 non-members

Bookings: 03 5760 2619 / gallery@benalla.vic.gov.au



LLOYD SPIEGEL



"One of the best songwriters in the country, regardless of genre, of history, of ANYTHING."

RHYTHMS MAGAZINE

"Spiegel has always been known as a guitarist almost without peer. He deconstructs how the blues guitar is supposed to operate, makes sweet love to it, then kicks it out the back door."

AUSTRALIAN GUITAR MAGAZINE

APPEARING

Saturday 6 September @ 7pm

Mansfield Performing Arts Centre

Bar, coffee and cake available

Tickets \$22.00

www.trybooking.com.au

Call: Gabe 0403 256 069

Sue 0407 000 512



**NEW ALBUM
OUT NOW**

Distributed by Black Market Music
www.blackmarketmusic.com.au

lloydspiegel.com

supporting Mansfield Secondary College's 'Kool Skools' & 'Paddock to Plate' programs

Chick

wazinator

STRAUSS

**bricks
4 kidz**

we learn, we build, we play with
LEGO® Bricks

AFTER SCHOOL

So fun... it won't feel like learning!



Places still available in our TERM 3 program!

TUESDAYS

The Mercy Centre, St Mary's
Primary School

- Classes will be held every Tuesday
- July 22nd - Sept 9th inclusive
- 3:45pm - 4:45pm

THURSDAYS

Mansfield Community Centre,
Bank Place

- Classes will be held every Thursday
- July 24th - Sept 11th inclusive
- 4:00pm - 5:00pm



Term 3 unit - Laws of Motion

During Term 3, kids will launch paper footballs with the catapult model, and give their mini-figure a ride on the motorized see-saw and swing-o-rama rides.

Rates and Registration

\$12 per child per week

Register online or email us at
kynobi@bricks4kidz.com

For a full description of our after school and to register online, please visit our website at

bricks4kidzaustralia.com.au/victoria

-melbourne-mansfield

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Walk to School

October 2014

Information for schools

Walk to School encourages primary school children to walk to and from school every day in October, to highlight the ways walking improves children's health and wellbeing.

By getting involved in Walk to School, your school can help students learn healthy habits, and achieve the 60 minutes of physical activity recommended for children each day.

Walking to school can also help reduce traffic congestion, parking difficulties and the associated environmental impacts.

All participating schools will receive student certificates to celebrate their students' achievements, and will be in the running for regional prizes provided by VicHealth. All students can enter VicHealth's fun walking-themed competitions throughout October.

How can schools get involved?

It's easy to get involved in Walk to School:

1. Order your school's Walk to School materials

Visit www.walktoschool.vic.gov.au to order free posters, classroom calendars, stickers, fact sheets and more.

2. Promote Walk to School to parents and students

Use our handy template newsletter article for your school newsletter and social media channels, and display posters and signs around the school.

Provide 'Information for parents and guardians' fact sheets to parents to let them know about Walk to School.

3. Record students' walks during October

Use classroom calendars to record when students walk, scoot or ride to and from school.

4. Report your school's participation

At the end of October, use your classroom calendars to tally up your school's overall Walk to School participation, and report it to VicHealth on the Walk to School website. VicHealth uses this information to award prizes to the schools with the highest participation in each region.

If your council is coordinating local Walk to School activities, they may be able to assist you – in other areas, VicHealth can offer assistance. Participating councils are listed on the Walk to School website.

5. Celebrate your achievements!

Let students, parents and the school community know about your achievements through your newsletter, assemblies and website.

6. Keep walking year round

Visit the Walk to School website for a range of resources designed to help teachers incorporate walking into fun classroom activities and the curriculum throughout the year.

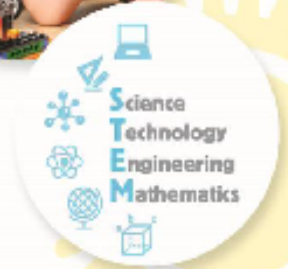
For a step-by-step guide, further information, links and resources visit the Walk to School website.



we learn, we build, we play with
LEGO® Bricks

AFTER SCHOOL

So fun... it won't feel like learning!!



TERM 4 enrolments now open !

TUESDAYS

The Mercy Centre, St Mary's
Primary School

- Classes will be held every Tuesday
- Oct 7th – Dec 9th inclusive
- 3:45pm – 4:45pm

THURSDAYS

St John's Hall, Mansfield
Primary School

- Classes will be held every Thursday
- Oct 9th – Dec 11th inclusive
- 3:45pm – 4:45pm

****FREE INTRODUCTORY SESSION****

Come and see what Bricks 4 Kidz is all about!

Thurs 18th Sept @ St Johns Hall, Mansfield Primary School from 3:45pm to 4:45pm

Rates and Registration

\$12 per child per week

Register online or email us at
kynobi@bricks4kidz.com

For a full description of our after school program and to register online, please visit our website at

bricks4kidzaustralia.com.au/mansfieldvic

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Become A Volunteer Host Family



Enrich Your Home With A WEP Exchange Student

World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture without having to leave the comfort of your home! Our exchange students are just as excited about sharing their own culture and life experiences as they are about becoming a member of an Australian family.

Arriving in January:

Ilaria (17) from Italy tells us that she is incredibly fond of animals, and that if she had her own way, she would turn her house into a zoo! She enjoys drawing in her spare time, as well as travel. She believes that living so far away from home will help her broaden her mind, and she can't wait to live with a welcoming family.

Marco (17) from Italy is an animator at his local church group and enjoys playing both football and basketball with his friends. He also enjoys staying active by going to the gym for an hour or so after school. He is looking forward to sharing his Italian culture with you, and hopes you will share your culture with him here 'down-under'.

+ MANY MORE

Find out more!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family, including student profiles.

Sylvia Kelly

Manager - Inbound Exchange Programs

Phone: 1300 884 733

Email: info@wep.org.au

Online: www.wep.org.au



Digital TV's will need retuning soon.

The retune is coming to Lake Eildon and surrounds from 24 September

As the final step in Australia's successful move to digital-only TV, some free-to-air channels will change frequencies in Lake Eildon and surrounds from 24 September. Viewers who receive their TV signal from the Paps tower will need to retune on 24 September.

Viewers who receive their TV signal from the Howqua tower will need to retune on 24 September.

Viewers who receive their TV signal from the Yarck tower will need to retune on 25 September.

Areas affected include: Mansfield, Alexandra and Howqua. Other viewers who receive their signal from the Eildon and Thornton Towers retuned earlier in the year.

The retune is due to be completed nationally by 31 December 2014.

tower. How to retune

Retuning is done using the remote. For most systems, viewers should press the "menu" button on their remote and follow the prompts to retune. If they are having difficulty retuning, they should refer to the manufacturer's handbook or manual, ask a friend or family member to help, call the Digital Ready Information Line on 1800 20 10 13.

WORKSHOP

Adolescence with Extras—Parenting Teens with ASD

Presented by—Vanessa Thomas
Amaze (Autism Victoria)

This training is essential for anyone supporting an individual with Autism, either as a carer or professional.

Where: GO TAFE Auditorium, Fryers St. Shepparton

When: Wednesday 29th October 2014,
9.00 am—12.30pm

Cost: Please see over page for full price details —
Morning Tea Provided

RSVP: Payment & Booking slip to be received no
later than Thursday 23rd October 2014

Workshop Content

This session will cover Understanding the Autism Spectrum and how it may impact a teenagers life. This includes relationships, friendships, transitions behaviour and expectations. The session will also include some strategies to help support you in this area.

Please advise of any dietary needs when booking.

Places are limited so book early to avoid disappointment

Queries to GVSIGCSN Inc. on

PH: 5831 7157 or

Email: information@gvsigcsn.com.au

Please leave a message if office is unattended

The Staff and Students would like to wish all fathers and those who father a very happy Fathers Day this Sunday. Have fun with your kids and enjoy the day being active and happy.



INSIGHTS

by Michael Grose - Australia's No 1 parenting educator



Being a great dad

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers.

There's no doubt that fathering has changed in recent years. Gone is the distant dad of the 1960's and 70's who saw his main job as keeping a roof over his family's head and bread on the table. An occasional game in the backyard and dishing out the heavy discipline that mums couldn't deal with was the extent of his involvement with his kids.

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers. Sadly, many men still don't enjoy a close relationship with their fathers, but they are determined to change things with their own kids.

Here are seven ideas to help you form close relationships with your kids, and maximise your effectiveness as a parent and a partner:

1. Find something in common with your kids

Dads need something in common with their children. They relate better when they have a shared interest or shared passion with their kids. Many men relate to their kids while being active, and teach many important lessons through games and play. But if sport is not your bag, find something else that you and your kids have in common. A common interest is a great help for fathers who live apart from their kids who are looking to maximise the time they have with them.

2. Spend time with your sons

A dad can do little wrong in the eyes of a young boy. From around the age of five years a boy thinks his dad is like superman. Ironically, he may give his mum a hard time at this stage. Dads need to spend as much time with their sons in these impressionable years as possible. They just need to be careful not to push their sons too hard or turn every game into a lesson. That's when boys turn off their dads.

3. Don't whimp out on discipline

Dads are traditionally the kings of play, but they can go missing when it comes to discipline. They get their kids excited in a game before going to bed, then expect their partner to settle them down. It helps if both parents can take their share of managing children's behaviour.

4. Treat your daughters well

There are strong links between close fathering and the healthy development of girls. Dads teach their daughters strong lessons about how they should be treated by males. So dads need to treat their daughters respectfully so they learn to expect this treatment in their future relationships with men.

5. Say good bye Superman, hello Clarke Kent

Adolescent boys are programmed to challenge their fathers. It's part of the growing up process. Australian author John Marsden refers to this phenomenon as the 'old ram, young ram syndrome'. He's right. It's a type of rite of passage that plays out in many Australian homes. Verbal jousting matches are a popular father-son game where boys take great delight in proving their fathers are fallible. Dads at this stage need a sense of humour as well as a willingness to stand back and allow other mentors in to his son's life.

6. Support your partner

Fathers may play an integral part in the lives of their children but they also have a profound effect on the quality of mothering that children receive. There is little doubt that a woman who can share the emotional and financial burdens of child-rearing with a supportive partner is more likely to be a loving, affirming mother. Supportive fathering is one of the keys to better mothering.

7. Change as your child changes

Kids grow up at the speed of light and change before you know it. They're kids one day and teenagers the next. They can catch many fathers unaware. The most effective dads are those who change their parenting to suit the needs of their kids at each stage of development, rather than stubbornly hold to outmoded ideas of how they think their kids should be.

Those fathers who are a little apprehensive or lack sufficient confidence should become involved in as many aspects of parenting as they can. The best way to learn about parenting is by doing it.

Children are a terrific resource for fathers - men can learn about children from children themselves. By being alert, watchful and learning to listen to their children fathers can learn all they need to know about parenting.

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For more ideas, support and advice
for all your parenting challenges
visit: www.parentingideas.com.au



PO Box 167 Balnarring VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. office@parentingideas.com.au