

Father and Dad Engagement Checklist

The intent of this checklist to give you ideas of things fathers/dads can be engaged with their children. Below are ideas to help engage your children. Use the list below or create your own things to do with your children.

The goal for fathers/dads is to engage your children without mom's involvement. Check off things done next to it so you can keep a record of what you're doing to stay engaged with your children. You can make copies for you personal use only.

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| <input type="checkbox"/> Cook dinner with children | <input type="checkbox"/> Plant a tree or flower |
| <input type="checkbox"/> Read to children for bedtime | <input type="checkbox"/> Trip to bank teach about what you are doing with money |
| <input type="checkbox"/> Walk children to school | <input type="checkbox"/> Go shopping with children without mom |
| <input type="checkbox"/> Reading in child's class | <input type="checkbox"/> Trips to park |
| <input type="checkbox"/> Talk to your child about something | <input type="checkbox"/> Picnic with children |
| <input type="checkbox"/> Pick up children up from school | <input type="checkbox"/> Play ball (basketball, kickball, baseball, catch) |
| <input type="checkbox"/> Help children with their homework | <input type="checkbox"/> Walk around block (hold hands) |
| <input type="checkbox"/> Play Video game with children | <input type="checkbox"/> Walk the dog |
| <input type="checkbox"/> Do something for mom with children (ie. cooking, buy card, flowers) | <input type="checkbox"/> Play in the rain or snow |
| <input type="checkbox"/> Watch their favorite show with them have them explain what is going on. | <input type="checkbox"/> Go to movie of your child's choice |
| <input type="checkbox"/> Color pictures with them or own with them | <input type="checkbox"/> Dinner out with children |
| <input type="checkbox"/> Eat with children | <input type="checkbox"/> Show affection in front of children (happy, kissing mom, hugging them, holding them, letting them lay on chest) |
| <input type="checkbox"/> Fathers reading night | <input type="checkbox"/> Play dates at center or organizations on weekend |
| <input type="checkbox"/> Fathers and dads movie night | |
| <input type="checkbox"/> Game day and nights | |