



## Celebrating FATHER'S DAY

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**For many years now, the role of fathers has changed and evolved.**

During the industrial revolution, fathers were often considered detached and distant due to working long hours in factories. However, today things have changed dramatically with many dads being celebrated for being sensitive, caring and more hands-on.

Research tells us that children with more involved fathers have better social skills, more successful relationships, stronger self-esteem, more self-control and higher grades.

Recent studies have shown that children benefit greatly from having fathers who are present and interacting in everyday activities. This has transformed the understanding of how fathers shape children's lives from the start, challenging conventional ideas of parenthood and gender.

Research also suggests that fathers influence their sons and daughters in different ways, which is especially true during their transition to adolescence. Engaging in regular physical activities can play a key role in influencing children to learn self-control, face challenges, regulate emotions and take manageable risks.

In this Special Report, fathers will learn about the positive impact they can have on their child's mental health and wellbeing, whilst also ensuring they indulge in a little self-care. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome

your feedback.

Here is the link to your special report [https://thac.nsw.schooltv.me/wellbeing\\_news/celebrating-fathers-day](https://thac.nsw.schooltv.me/wellbeing_news/celebrating-fathers-day)

If you are a single mum family, bestselling author and parent educator, [Steve Biddulph](#), suggests reaching out to another [male role model](#) to be involved in your child's life. An Uncle, Grandpa, or even a family friend could serve a similar role in your child's life.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

*Source: SchoolTV*

**Mrs Jacoline Petersen**

Director of Student Counselling

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