

# THE **12** DAD VERBS

A father is his daughter's first romance and his son's first hero. He is the most important and influential man in his children's lives. What a father does with this incredible privilege will shape his children's beliefs about themselves and the world and largely determine the trajectory of their lives. **These are the 12 action filled principles that every father needs to know and practise.**



**BY DAD COACH AND BEST-SELLING AUTHOR CRAIG WILKINSON**

DAD**VERB** #1

# SEE

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Every person has a deep need to be seen and known.

**BE THE FIRST  
MAN TO TRULY  
SEE YOUR CHILD.**

Know your children,  
discover the essence of  
who they are, what makes their  
hearts come alive.

DAD**VERB** #2

# IDENTIFY

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**YOUR CHILDREN  
NEED TO KNOW WHO  
THEY ARE.**

Your role is not to tell them who they are but to help them **discover** who they are; their unique set of skills, passions, talents, likes and dislikes.

DAD**VERB** #3

# ENGAGE

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The two most important words in a dad's lexicon are

**"BE THERE".**

Engage with your children emotionally, physically and spiritually, dedicating quality time to them regularly and consistently.

DAD**VERB** #4

# AFFIRM

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Validate your children, let them know that they are deeply treasured and appreciated by you. Let them know that they have what it takes,

**THAT THEY ARE WORTH FIGHTING FOR.**

DAD**VERB** #5

# LOVE

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**LOVE IS NOT A FEELING  
IT'S AN ACTION.**

Show your children you love them  
by what you say and do.  
Leave them in no doubt ever  
of your deep love  
and commitment to them,  
express your love freely,  
dedicating quality time to them  
regularly and consistently.

DAD**VERB** #6

# BLESS

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Let your children know that  
you approve of them,  
that they are wanted,  
that the world is a better place  
because they are in it.

**LET THEM KNOW THAT  
THEY MATTER,**

that their life counts.

DAD**VERB** #7

# NURTURE

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## LOVE IS NOT A FEELING IT'S AN ACTION

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by what you say and do.  
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and commitment to them,  
express your love freely.  
dedicating quality time to them  
regularly and consistently.

DAD**VERB** #8

# PROVIDE

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## DO EVERYTHING IN YOUR POWER TO PROVIDE

for your children's needs.  
Make sure they have  
everything they need  
to live safely, comfortably  
and to receive  
a good education.

DAD**VERB** #9

# PROTECT

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Freud said he knows of no greater need for children than the

**PROTECTION OF THEIR FATHERS.**

Protect your children from physical, emotional and spiritual harm, guard what they have access to and what influences them.

DAD**VERB** #10

# TEACH

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Equip your children with the knowledge, life skills and education they need to succeed in life.

**YOU ARE THE MOST INFLUENTIAL MAN IN EDUCATING THEM**

to deal with all that life will throw their way.

DADVERB #11

# DISCIPLINE

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Your children need you to set clear, fair and consistent boundaries.

**TEACH THEM RIGHT  
FROM WRONG.**

Don't spoil them by letting them always get what they want. Let them know there are consequences for wrong choices and bad behaviour.

DADVERB #12

# MODEL

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It is what you do, not what you say that your children will take notice of. Set an example for your children by the way that you live your life,

**LET YOUR WORDS  
BE CONSISTENT WITH  
YOUR ACTIONS.**

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