



Empower



Empower Your Child to Advocate.

Let's imagine a relationship between a father and child where the child develops a sense that it is okay to advocate for himself. What does it mean for a father to create safety

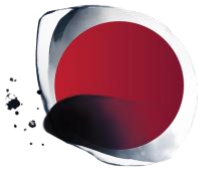


so that his child feels empowered to advocate? What actions would a father actually take to ensure this sense of safety? Consider the following:

- Listen closely when your child is speaking to you.
- Learn and remember the particulars of his day, week, and month: friends, events, homework, clothing, wants, needs, food he likes/dislikes, successes, failures, and all the varied and subtle textures of the day. Pay attention because these can change rapidly.
- Remember to look her in the eye.
- Stop what you are doing, turn your attention into your child, connect with her, and listen.
- What matters is what you do, not what you say.
- Keep a steady relationship with your partner if you are dual parenting. And this does not mean that you two must be living together.
- Have the long view: you are in your child's life for the duration of your existence. This is a given. You may as well settle in for the long haul.
- Finally, work to be consistent. Fathers who put on their weekend personas and show-up marginally for their token duty are not genuine in the eyes of their children. Weekend fathers seem to speak not only at their children but also to the imagined witness of their fathering, becoming caricatures of themselves. Their discomfort is palpable, and their children will either flee or begin to care-take the situation so that they can manage some level of comfort.

How do you keep it safe enough so that your child can develop a felt sense of their place in the world? Show them what you have discovered in relationship to your own father so that they can model you. As you examine and deepen your understanding of your relationship to your father, your children will begin to try on these learned behaviors in their relationship with you.

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The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.