



REAL FATHERS

Mentor Resource Sheets

Adapted to include early childhood development (ECD) content.
September 2021



The Republic of Uganda



Mentor Resource Sheets

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Resource Sheet #1

#1: Tips and Tricks to Being a Great Father

1. Be A CHAMPION OF RESPECT.

- **Everyone, including fathers, wants to be respected.** A person *earns* respect. When you are trustworthy, follow through on commitments, credible in what you say, demonstrate that you have another person's best interests at heart, and treat others with kindness, you are more likely to earn their respect. Overpowering someone does not earn respect. It simply instills fear.
- **Respect your child's mother.** When children see their parents showing respect to each other, they are more likely to feel that they are also accepted and respected. They will also grow up to have respectful relationships themselves.
- **Respect your child.** When you talk and communicate with your child non-violently and with kindness, you show them respect, and they will grow up to communicate their needs and feelings without anger.

2. Be a ROLE MODEL to your children.

- How you treat your children, your wife, and your neighbors is seen every day by your children. Act the way you want them to act, and treat them the way you would want to be treated.

3. Be a TEACHER to your children.

- Create opportunities for your children to learn, problem-solve, and think critically, just like a school teacher does with his student.
- Encourage your child's curiosity. Ask them lots of questions to stimulate their thinking.
- Use everyday examples to help their children learn basic life lessons.
- Use every opportunity to guide and teach their children.
- Remember that children learn values and skills by repetition and having their father teach them the same thing many times.

4. Be a DESIGNER.

- Create environments where your children can explore, discover, and learn in a safe way, just like an architect would design a building.
- Allow children to make a mess, touch things, crawl, run, etc.—within reason, of course, and always in a way that minimizes the chance for injury.

5. Be a GARDENER.

- Nurture your children and tend to them just like a gardener does his crops.
- Soothe and comfort your child when they are hurt, tired, afraid, mad, or sad.
- Talk and listen to your children every day. Learn about their interests, their personalities, and their feelings.
- Spend time with your children—even if it's just 15 minutes/a day. If you always seem too busy to be with your children, they will feel neglected no matter what you say or how much money you bring to the family.
- Praise your children. Don't call your child bad names, like "stupid", "dumb", or "lazy". Praise them throughout the day for their good behavior and traits. Say things like "Good job listening to mommy;" "I am so proud of how you cleaned up;" "You have a beautiful singing voice!" Praising children helps them know that they are loved and increases their confidence.
- Eat a meal with your children every day. It is the best time for fathers to listen and give advice. It is the best time for children to see that fathers respect both girls and boys equally.
- Show affection. Showing affection every day is a great way to let your children know that you love them.

6. Be a POSITIVE and LOVING DISCIPLINARIAN (not a punisher)

- Discipline or correct your children in a calm and fair manner. Show love and care.
- Beating leads to fear of fathers and not respect. As they grow up, children who fear their fathers will not listen and work well; they will only respond to fear.
- There is no evidence to show that NOT beating a child spoils them. There IS evidence, however, that physical discipline can harm a child's mental and physical health.
- Think about disciplining as a way of *teaching* your child, not about punishing them.

Resource Sheet #2

#2: Train, Improve, and Score! Fatherhood Is Like Football

TRAIN

Prepare yourself and your home for children.

- 1. Know what you are feeling and how to cope with whining and crying.**
 - Children are a blessing, but crying can also be stressful and make you tired. Learn how to soothe your child and manage your stress.
- 2. Learn to play with children.**
 - Learn songs (lullabies) to sing to your young children, learn stories to tell your children, prepare or learn games to play with your children.
 - Read to your child (a storybook is nice, but it could also be anything in the house, or even just tell the child an oral story—all of this helps increase their vocabulary and language skills). See Resource Sheet #11: How Toddlers Grow! for ideas.
 - Use toys or ordinary objects to teach your child. See the Teaching Aides to Support ECD Booklet for ideas.
- 3. Make sure your home and compound are safe.**
 - Make sure your child's sleeping area is safe. Your child should have some cloth for covering up from the cold, a bed net to protect from mosquitoes, a dry and clean bed, and the bed should be safe so that the child cannot fall off when sleeping.
 - Put out of reach anything a child can break or put in their mouth.
 - Make sure the child cannot pull anything down on their heads.
 - Keep knives and other sharp objects out of your child's reach.
 - Provide soap for handwashing at key times (before eating, after using the toilet, when hands look dirty)
 - Keep anything poisonous (i.e., paraffin or pesticides) out of children's reach.
 - Prepare your house so your child does not get shocked or burned: place matches away from your children's reach; make a barrier between an open fire and children; keep children away from the cooking place/fire; keep boiled water out of your children's reach.

IMPROVE

Continue building skills to maintain good fatherhood.

1. **Get in the game right away!** The earlier you start caring for children and being a part of their lives the:
 - Easier it will be for you.
 - Stronger the bond will be between you and your child.
 - Greater respect your child will have for you when they grow up.

2. **Build your fatherhood skills.**
 - Bathe your child.
 - Wash their clothes.
 - Change their diaper.
 - Prepare food and feed them.
 - Bring them to the health center for immunization and treatment when they are unwell.
 - Sing for them and play with them.
 - Hold babies and play with them.
 - When a baby cries, go to them and pay attention to them.

3. **Treat sons and daughters equally.**
 - Let boys and girls cry. Let boys and girls play football.
 - Hold your son and daughter to the same expectations and rules.
 - Assign household chores equally to girls and boys.

4. **Parent as a team.**
 - Talk with your wife about what kind of parents you want to be.
 - Talk to your wife about what you want for your child's future and how you will work as a team to help achieve these goals.
 - Make sure you and your partner get enough sleep and take care of your health so you both feel good and can attend to your children.

SCORE

You've made it!

You are a **REAL (Responsible, Engaged, and Loving) Father!**

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- Remember that children learn values and skills by repetition, by having their father teach them the same thing many times.

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Resource Sheet #4

#3: Fatherhood Discipline Styles

Father #1: The Dictator

This father is always strict and never nurtures or cares for the children. He leads with control and enforces rules without discussion. He mostly seems to be angry and yells at the children a lot. He does not seem to have an understanding of what is appropriate behavior for his children's ages. His children know what he does NOT want them to do, but they are not clear about what he WANTS them to do. The children are scared to ask questions and do not learn to solve problems themselves. He says, "This is how I want things done! You must behave and listen to what I say!"

Father #2: The Teacher

This father is strict, but also nurtures his children when needed. He leads by example and shares teachings regularly as the children grow up. He guides his children. His children know what he wants them to do and what he wants them not to do. He also allows his children to ask questions on things they do not understand. He says, "Let me show you the way."

Father #3: The Joker

This father is never strict and rarely nurtures. When he is around, it's all about fun. He also jokes and makes fun of the children. His children don't know what he doesn't want them to do, nor do they know what he wants them to do. He says, "Let's just have fun."

Father #4: The Invisible

This father is never strict and never nurtures. He ignores his roles as a teacher, designer, and gardener. He lets the mother take the lead on discipline and doesn't get involved. His children do not know what he expects of them. He says, "Do whatever Mom says."

Resource Sheet #4

#4: Positive Discipline

What is punishment?

The aim of punishment is to correct a child for doing something wrong. Punishment is based on the idea that children must suffer to understand what they have done wrong. The belief is that the memory of this suffering, and/or the threat that the suffering could be imposed again, will discourage the child from misbehaving in the future.

It is important to know that physical or violent punishment does not work in the long term. It does not nurture self-discipline or confidence in children. Rather, it often shames children, confuses children about why someone they love is imposing harm, instills fear, and lowers self-esteem. It can breed resentment, and in some cases, a more rebellious child. It may stop misbehavior in the moment, but does not stop the bad behavior in the long term or make a child less "difficult."

Physical punishment teaches children harmful ways to relate to their family, friends, peers at school, and others in the community. It does not enhance character.

What is discipline?

Discipline is different from punishment. Discipline means setting rules and limits that help a child to behave well. Discipline aims to teach or guide in order to improve a child's behavior in the future.

What is discipline with love?

Positive discipline or discipline with love:¹

1. Is **kind and firm** at the same time. Discipline is done with respect, and it encourages, rather than shames, the child.

¹ Adapted from Jane Nelsen Positive Discipline Program. Retrieved 3 August 2021 from: <https://www.positivediscipline.com/about-positive-discipline>.

2. Helps children feel a sense of **belonging** to the family and the family's norms and expectations. The bond between parents and child is maintained.
3. Is **effective long-term**. Punishment works short-term, but has negative long-term results.
4. Teaches valuable **life skills** and **good character**—for example —respect, and concern for others, problem-solving, accountability for one's actions, contribution, and cooperation. It focuses on solutions.
5. Invites children to discover how **capable** they are and to use their personal power and abilities in constructive ways.

When a parent uses positive discipline, they have some understanding about how children grow with respect to their physical growth, thinking skills, relationship skills, ability to manage emotions, and communication skills. Parents have reasonable expectations of their children's behavior based on where they are developmentally.

Many parents discipline with love and are effective in teaching their child what is acceptable and what is not acceptable. They never communicate that they dislike their child, even when they dislike their child's behavior. They are patient, and do not expect everything to change overnight.

How can fathers discipline with love?



Reward the behavior you want with a hug/pat on the head or playtime.



Redirect attention to something else (for example, another thing to play with).



Remove or limit playtime after explaining the reason.












Use positive reinforcement. Say 'yes' and 'well done' as often or more than 'no' and 'stop'.

Resource Sheet #5

#5: Communicating with Children Ages 1-3

[Photo Credits: Save the Children/Dickens Ojamuge]

 <p>Respect your child's mother</p>	 <p>Play together</p>	 <p>To correct your child, speak firmly without anger</p>
 <p>Get on the same level and use a soft voice</p>	 <p>Praise your child</p>	 <p>Listen patiently to your child</p>
 <p>Teach your child</p>	 <p>Hold and comfort your child</p>	 <p>Sing, read, tell stories, or pray with your child</p>

A father's teachings last a lifetime!

Resource Sheet #6

#6: When Parents Hit Children

When parents hit their children, their children:

1. Often feel anxious and afraid.
2. May learn to hide their real feelings from their parents.
3. May not listen or do their work carefully; they only respond when something is to be fearful of.
4. May move closer to another side of the family and learn from them instead of you.
5. May feel angry and aggressive and grow up to use violence themselves.
6. May learn that violence is the best way to get what they want.
7. Begin looking at their fathers as enemies and run away or hide whenever they appear.
8. Risk being physically hurt or injured.
9. Grow into adults who are negatively affected by the trauma they experienced as a child. They may use violence themselves, suffer from depression or anxiety, and have low self-confidence.
10. May experience delays in the four areas of their development: physical growth and movement, thinking and problem solving, relating to others and managing their feelings, and communication.

Resource Sheet #7

#7: Kind and Assuring Words Daughters AND Sons Need to Hear from their Fathers

- ✓ I am so proud of you!
- ✓ Well done!
- ✓ You are beautiful/handsome!
- ✓ You are intelligent/creative/brave/strong/clever/funny!
- ✓ You are kind and thoughtful!
- ✓ Thank you for helping!
- ✓ I believe in you/I trust you!
- ✓ You can do it!
- ✓ I will always be there for you, no matter what!
- ✓ You are so special to me!
- ✓ I'm glad that you are my son/daughter!
- ✓ I appreciate you so much!
- ✓ The day you were born was one of the best days of my life!
- ✓ I love you!

Resource Sheet #8

#8: Home Communication Conduct

RESPECT

1. Your children will do better in life if they have your support as well as their mother's.
2. Your children will have less stress if you and their mother value each other.
3. Don't talk badly about your children's mother in front of them.
4. Tell your children often that they should love and respect their mother.
5. Show your children how to love and respect their mother through the words you choose to communicate with her.

ARGUMENTS

6. Save your arguments for the night time when your children are sleeping (or avoid exchanging words when the children are nearby and can overhear).
7. If you have a fight with your wife in front of your children, remember to tell them that you love her and them, even when you and their mother have arguments.
8. Never tell your children that they caused a problem between you and their mother.

COMMUNICATION

9. Discuss important issues with your wife before making decisions so that your children learn that you respect her.
10. Talk and listen to your wife every day.
11. Don't break an agreement between you and your wife without talking with her first.

12. Remember that the way you model communication, problem-solving, relationships, and managing feelings will impact your child's development in these areas.

Resource Sheet #9

#9: Communication Skills

Good or Effective

1. Listen carefully and politely.
2. Do not interrupt the person while s/he is talking.
3. Use open body language to show you are not defensive (which looks like arms crossed) or angry (which looks like a scowling face).
4. Stay focused on the person. Limit distractions.
5. Show them that you hear and understand what they are saying. Check to see if you are understanding correctly.
6. Acknowledge what the person says, regardless of whether or not you agree.
7. Positively reinforce the person for their efforts to communicate their ideas, needs, and feelings.
8. Have a back-and-forth discussion with each person taking turns listening and talking.
9. When it's your time to talk, do so respectfully.
10. Come to a mutually beneficial conclusion to a conversation for both people.

Bad or Ineffective

1. Interrupting the person before they are finished talking.
2. Not listening carefully.
3. Already having a response in your head before the person finishes talking.
4. Not acknowledging what the person says.
5. Being defensive or argumentative.
6. Using put-down words or names like "dumb", "stupid", or "lazy".
7. Yelling.
8. Telling someone what to do, rather than asking them what they would like to do and finding a compromise.
9. Being unclear or dishonest—not saying what you really mean or need or want.
10. Ignoring or giving the silent treatment.

Resource Sheet #10

#10: The Rules of Football Versus the Rules of Marriage

How Marriage and Football are Similar

1. Football is played in teams, just like a husband and a wife are a team.
2. It takes teamwork to play well.
3. It takes communication to play well.
4. It takes practice to play well.
5. It takes trust to play well.
6. All team members work together for the same goal.
7. Success and failure are shared—if one person succeeds, the others succeed. If one person fails, it affects everyone on the team.
8. Every contribution to the team is very important. No one person can do it alone.
9. Only a few people are born expert players, most people have to practice hard to get good at playing, and have to continuously practice.
10. Team players follow the rules of good sportsmanship.
11. You never start or leave a game angry. You always shake the other team's hand before leaving and respect the effort they put into the game.

12. We appreciate the efforts of everyone on the team.

Good Sportsmanship Rules in Football	Good Home Conduct
<p>Play Fairly</p> <ul style="list-style-type: none"> ● Do unto others as you would have others do unto you. ● Show respect for others if you expect it yourself. ● Take responsibility for your actions. Don't blame others for your mistakes or find excuses for poor behavior. ● Win with class. Lose with dignity. ● Win without boasting. Lose without excuses. <p>Appreciate Each Other</p> <ul style="list-style-type: none"> ● Recognize and appreciate good performances. ● Encourage all surrounding people to display these rules and behaviors. <p>Support Each Other</p> <ul style="list-style-type: none"> ● Show concern for an injured person ● Never laugh at a teammate or name call. ● Enjoy yourself and encourage enjoyment for others. <p>Communicate with Each Other</p> <ul style="list-style-type: none"> ● Never use disrespectful or derogatory comments. ● Never display temper when you or someone else is not successful. ● Never use profanity or display anger in an abusive way. ● Remember, it's only a game and not a war. Sometimes you win, sometimes you lose. 	<p>Fight Fairly</p> <ul style="list-style-type: none"> ● Don't verbally attack the other person. ● No name calling. ● Stick to the subject of an argument and agree to resolve it within 15-30 minutes. ● Don't bring up past arguments or problems if it has nothing to do with the current argument or issue. ● Work together. ● Keep calm and end the talk if one of you becomes angry. <p>Appreciate Each Other</p> <ul style="list-style-type: none"> ● Recognize and appreciate all that the other person does each day. ● Respect each other. ● Show love and appreciation for the other person each day. ● Count your blessings as a family. <p>Support Each Other</p> <ul style="list-style-type: none"> ● Be kind and tenderhearted. ● Comfort one another. ● Be supportive of one another. ● Look after each other. ● Treat each other like you treat your friends. ● Love each other deeply from the heart. ● Be true to each other ● Bear each other's burdens. ● Forgive and forget. <p>Communicate with Each Other</p> <ul style="list-style-type: none"> ● Ask each other a question each day and listen to the answer with interest. ● Always be honest with each other. ● Speak the truth and keep your promises.

Resource Sheet #11

#11: How Toddlers Grow!

1. Physical Growth and Movement



2. Thinking and Problem Solving



3. Relationships and Feelings



4. Communication



Physical Growth and Movement ^{2,3}



By YEAR 1	By YEAR 2	By YEAR 3
How Toddlers Grow!		
<ul style="list-style-type: none"> • Moves from a lying to a sitting position without help. • Pulls up to stand, walks while holding on to furniture. • May take a few steps without holding on. • May stand alone. 	<ul style="list-style-type: none"> • Stands on tiptoe. • Kicks a ball. • Begins to run. • Climbs onto and down from furniture without help. • Walks up and down stairs holding on. • Throws ball overhand. • Makes or copies straight lines and circles. 	<ul style="list-style-type: none"> • Follows instructions with 2 or 3 steps. • Can name most familiar things. • Understands words like "in," "on," and "under." • Says first name, age, and sex. • Names a friend. • Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats). • Talks well enough for strangers to understand most of the time. • Carries on a conversation using 2 to 3 sentences. • Dresses and undresses self.
What Fathers Can Do to Support their Toddlers!		
<ul style="list-style-type: none"> • Try placing your toddler on flat surfaces to help them develop their big muscles like crawling and moving their arms and legs. • Create a safe environment for your child to crawl and walk freely. 	<ul style="list-style-type: none"> • Create opportunities for your child to use their small muscles, like asking them to turn the page of a book, putting beans into a cup, or something similar. 	<ul style="list-style-type: none"> • Allow your child to do things on their own (when they can) even if they struggle. Mistakes are OK as long as they stay safe. • Allow your child to dress herself and feed themselves. • Ask your child to help with chores. For example, putting their shoes away, pouring rice into a bowl,

² UNICEF. Retrieved 29 July 2021 from: <https://www.unicef.org/parenting/child-development/your-babys-developmental-milestones>

³ Centers for Disease Control and Prevention. Retrieved 20 July 2021 from: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



		bringing you something you need.
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Thinking and Problem Solving^{4,5}

By YEAR 1	By YEAR 2	By YEAR 3
How Toddlers Grow!		
<ul style="list-style-type: none"> • Explores things in different ways, like shaking, banging, throwing. • Looks at the right picture or thing when it's named. • Copies gestures. • Starts to use things correctly; for example, drinks from a cup. • Puts things in a container, takes things out of a container. • Follows simple directions like "pick up the toy." 	<ul style="list-style-type: none"> • Begins to sort shapes and colors. • Completes sentences and rhymes. • Plays simple make-believe games. • Might use one hand more than the other. • Follows two-step instructions such as "Pick up your shoes and put them in the closet." • Names items in a picture book such as a cat, bird, or dog. 	<ul style="list-style-type: none"> • Can use buttons, snaps and zippers. • Plays make-believe with dolls, animals, and people. • Does puzzles with 3 or 4 pieces. • Understands what numbers mean. • Copies a circle with pencil or crayon. • Screws and unscrews jar lids or turns door handle.
What Fathers Can Do to Support their Toddlers!		
<ul style="list-style-type: none"> • Give support and guidance to your toddler when they are playing a game. • As you notice your toddler gaining skills and being able to do some things on their own, praise him. 	<ul style="list-style-type: none"> • Encourage your child to go looking around the room for objects you hide and give them hints. • Ask your child to tell you the color of things. 	<ul style="list-style-type: none"> • Give your child choices rather than dictate what they should do (when appropriate). • Ask your child to count things for you. • Talk to your child about where animals live, what they eat,

⁴ UNICEF. Retrieved 29 July 2021 from: <https://www.unicef.org/parenting/child-development/your-babys-developmental-milestones>

⁵ Centers for Disease Control and Prevention. Retrieved 20 July 2021 from: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

		what noises they make.
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Relationships and Feelings^{6,7}



By YEAR 1	By YEAR 2	By YEAR 3
How Toddlers Grow!		
<ul style="list-style-type: none"> ● Is shy or nervous with strangers. ● Cries when mom or dad leaves. ● Has favorite things and people. ● Shows fear in some situations. ● Repeats sounds or actions to get attention from others. ● Puts out arm or leg to help with dressing. 	<ul style="list-style-type: none"> ● Copies others, especially adults and older children. ● Gets excited when with other children. ● Shows more and more independence. ● Has defiant behavior (doing what he has been told not to). Tests their boundaries. ● Plays mainly beside other children, but is beginning to include other children, such as in chase games. 	<ul style="list-style-type: none"> ● Copies adults and friends. ● Shows affection for friends without prompting. ● Takes turns in games. ● Shows concern for crying friend. ● Understands the idea of "mine" and "his" or "hers." ● Shows a wide range of emotions. ● Separates easily from mom and dad. ● May get upset with major changes in routine.
What Fathers Can Do to Support their Toddlers!		
<ul style="list-style-type: none"> ● Play social games with your child, like hiding something and coaxing them to find it. ● Try to get your child to help with getting dressed by asking them to put their leg out, stand up, etc. 	<ul style="list-style-type: none"> ● Find opportunities to engage in play and conversations with your toddler. Playtime could be as simple as rolling a ball back and forth, handing you their toys, or helping you with safe activities like folding clothes with your supervision. These activities can help develop positive relationship behaviours by fostering a sense of belonging and 	<ul style="list-style-type: none"> ● Assign simple chores. ● Play a game together. ● Teach manners. ● Set basic rules and consistently remind the child of the rules. ● Keep a routine.

⁶ UNICEF. Retrieved 29 July 2021 from: <https://www.unicef.org/parenting/child-development/your-babys-developmental-milestones>

⁷ Centers for Disease Control and Prevention. Retrieved 20 July 2021 from: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



	collaboration with others.	
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Communication^{8,9}

By YEAR 1	By YEAR 2	By YEAR 3
How Toddlers Grow!		
<ul style="list-style-type: none"> • Uses basic gestures like waving and saying basic words like "mama" and "baba." • "Babbling" starts to sound more like speech. • Responds to simple requests you give. • Tries to repeat words you say. 	<ul style="list-style-type: none"> • Points to things or pictures when they are named by someone else. • Knows names of familiar people and body parts. • Says sentences with 2 to 4 words. • Follows simple instructions. • Repeats words overheard in conversation. 	<ul style="list-style-type: none"> • Follows instructions. • Can name most familiar things. • Understands words like "in," "on," and "under". • Can say their first name, age, and sex. • Names a friend. • Talks well enough for strangers to understand most of the time. • Carries on a conversation using 2 to 3 sentences.
What Fathers Can Do to Support their Toddlers!		
<ul style="list-style-type: none"> • Encourage your toddler to say "hello" and "goodbye." Praise your toddler when they do so. • Praise your toddler when they repeat words or try to speak with others. • Prompt them to point to objects when you are with them. 	<ul style="list-style-type: none"> • When taking your child for a walk, tell them the names of things you see. • Ask them to point to his nose, ears, feet, etc. 	<ul style="list-style-type: none"> • Tell stories to your child. • Make up stories WITH your child. • Sing to, or with, your child. • Use child videos on your smartphone to tell a story or sing a song. • Say a prayer together.

⁸ UNICEF. Retrieved 29 July 2021 from: <https://www.unicef.org/parenting/child-development/your-babys-developmental-milestones>

⁹ Centers for Disease Control and Prevention. Retrieved 20 July 2021 from: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

Resource Sheet #12

#12: What Fathers Can Do to Support Their Toddlers Growth

DO

1. **Be a designer** and create a safe environment for your child to explore. Remember everything is a new learning experience for toddlers.
2. **Be a teacher** and encourage curiosity. Ask your child questions like: What do you think the bird is doing? What should we do to get the dirt off your hands?
3. **Be a gardener** and praise your child when it is deserved. Say things like: "Good job!" "I'm so proud of you." "You are so strong!" "You are so clever."
4. **Be a teacher** and encourage them to help you with tasks. For example, cleaning vegetables, feeding animals, pouring water, going to the market with you, putting something away, etc.
5. **Be a designer** by creating a routine. Children like it when they can predict what's going to happen. Create routines and rituals in your home around getting up in the morning, eating, going to sleep, etc.

6. **Be a gardener** by treating daughters and sons the same. Don't restrict what daughters and sons can play with or what toys they can have. Treat them equally with regard to chores, affection, following rules, etc.
7. **Be a designer** by setting rules and expectations. Be consistent. Repeat as many times as needed. Just because you communicate a rule today does not mean the child will remember tomorrow!
8. **Be a gardener** by being responsive to what your child communicates verbally and non-verbally. Let them know you are watching and care about them.
9. **Be a partner with your child's mother** when parenting your child.
10. **Be patient!**
11. **Be consistent!**
12. **Be loving!**

DON'T

1. Never hit your child or use another form of violence.
2. Never use violence with other family members.
3. Avoid yelling at your child.
4. Never ignore your child.
5. Never let your toddler go unsupervised.
6. Do not treat your daughters and sons differently
7. Do not have unrealistic expectations of your child—
Remember what is considered normal development
for their age.

Resource Sheet #13

#13: Uganda Policies and Strategies Related to Positive Fatherhood and Violence Prevention

Uganda has a number of policies and strategies that have been developed and enacted by government to improve wellbeing of families, particularly women and children. Below are some of the main policies and strategies.

The National Child policy: The National Child Policy (NCP) demonstrates the commitment by the Government of Uganda to ensure the well-being of all children. It is another big stride in the Country's efforts to uphold children rights and protect them from all forms of abuse, neglect, exploitation and violence. One of the guiding principles of this National Policy is that it is family-centered. As the Policy notes, "children's well-being is largely dependent on the ability of families to effectively care for and protect them. Children need a secure and nurturing environment to ensure their survival, development, protection and participation.

The Uganda National Parenting guidelines: The government recognizes the critical importance of parenting as a foundation for ensuring that all children in the country realize their full potential. The parenting guidelines target parents, guardians and care givers to guide them in ensuring that the parenting duty is fulfilled according to national and global requirements. It recognizes that parenting is a shared responsibility between the two parents

National male involvement strategy: Involving men and boys directly in processes that prevent and/or respond to GBV is an indispensable part of the process of changing the power dynamics of existing gender roles, norms and values that perpetuate GBV. Men are prioritized in prevention and response to GBV in this strategy because; 1. Men have power in society as household heads, community traditional, cultural and religious leaders. Men hold majority of decision-making positions in public and private sector, and wield overwhelming political power, including the media. Men's power over women in many contexts necessitates working with men to change men's domination into constructive power with other community members to improve the conditions of women's lives.

Key Family care practices: Key Family Care Practices (KFCPs) are commonly practiced behaviours at household and community level that impact on child survival, growth and development or on the causes of morbidity (illness/disease) and mortality (death) in children.

They are grouped into 4 categories that is; Child feeding, growth and development; Disease/illness prevention; Appropriate home care and Care seeking and compliance/response to illnesses

National Integrated Early Childhood Development policy: Integrated Early Childhood Development (IECD) is a comprehensive approach for children from conception to eight years of age, their parents and caregivers purposely to help the child grow and thrive physically, mentally, emotionally, spiritually, morally and socially. NIECD Policy includes a variety of strategies and services to provide basic health care, adequate nutrition, nurturing and stimulation within a caring, safe and clean environment for children and their families. IECD hence calls for multi-sectoral collaboration to fulfill needs of the children.

National Child and Adolescent mental Health Policy guidelines: The Child and Adolescent Mental Health Policy Guidelines are designed to promote Mental Health and prevent Mental, Neurological and Substance use disorders among children and adolescents. These guidelines are a statement by the Government of Uganda to set a clear direction in development of Mental, Neurological and Substance abuse control services and as such, aim to ensure that these services are readily accessible to all children and adolescents in Uganda.