

Bonding With Dad

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Once your child is able to associate her dad with caregiving, then bonding comes more naturally, as do the hugs and cuddles. Build on that by letting the father get your child dressed, take over bath time, and put them to sleep. Frequent outings together, with or without you, can also do wonders.

Your child may need some time to adapt, but so does the father, who can feel unwanted, unloved and rejected. Make sure he knows that the rejection is not personal, and that he is very important to his child. The father may need to put in extra efforts to model gentleness. It's important that the father is not seen only as a disciplinarian, but also as a source of nurture and comfort. (TIP: Get the father to give your son a nightly back rub as part of the nighttime ritual. This touch time can strengthen the bonds they build during the day).

Reference:

<http://www.parenting.com/article/ask-dr-sears-father-and-son-bonding>

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