

# Parenting *ideas*

## INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## It's time for dads to Speak Up

Michael Grose looks at the role of a father's 'presence' and the need for fathers to 'speak up' to their kids to impart important life lessons.

The messages for fathers from parenting experts like myself have morphed over time. Two decades ago dads were encouraged to 'be a presence' in the lives of their children. Authors such as Steve Biddulph and Daniel Petrie urged fathers to be very present in their children's lives rather than a distant or aloof figure. They reminded us that kids need good men around them to model how to relate, how to behave and how to live a good life. Raimond Gaita author of the superb book *Romulus, my father* articulated this notion beautifully when he wrote, "I know what a good man is, because I've seen it in my father."

A decade or so ago the 'be a presence' message for dads was turned up a few notches to become involved in all parts of children's lives. A raft of research linked a father's active involvement with positive educational and social outcomes for kids, as well as a dad's satisfaction with the role. Men embraced this 'hands on dad mantra' in droves.

Suddenly changing nappies, going to parent-teacher interviews, helping with homework, coaching (or umpiring, managing, cutting oranges for) their children's sports teams became the new fathering norm. Family breakdown, long working hours and Fly In Fly Out jobs, rather than lack of will, were seen as impediments to men's ongoing involvement in their children's lives.

### It's time to speak up

It's time to ramp up father's presence once again, but in a different way. The recent actions of some high profile representatives of the **Millennial Generation** – from being arrested in a \$9000-a-night hotel, through to cringe-worthy public antics - has many Australians scratching their heads in bewilderment. Quietly, many people are questioning the quality, or lack thereof, of the advice they receive from their fathers. Being present and involved in children's lives isn't enough per se for this current generation.

TIME magazine recently described this group as 'a generation with narcissistic tendencies that contribute to a feeling of entitlement before they've achieved anything'. But an overblown sense of importance is only half the story. Growing up in a reality TV culture where everything is critiqued it is little wonder that today's young people are perhaps the most critical generation that have ever lived – posting careless criticism of ideas, people and institutions at the tap of a finger at unfathomable speed, fast losing the art of thinking things through. So what's a dad to do?

I firmly believe the current generation of young people are in dire need of some old-fashioned, very grounded fathering advice such as "Don't get ahead of yourself", "Treat others respectfully at all times" and "Think before you speak/tweet/post anything nasty about anything/one else."

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### ... It's time for dads to Speak Up ...



Okay these messages can and do come from mothers but they have equal, if not more potency when they come from the traditionally more reserved parent— their father. Sometimes a few well-chosen words said with conviction from a highly regarded elder have more impact than a series of reminders, talks, and dare I say, lectures.

#### Reclaim your place

Part of the modern parenting malaise is that many fathers are unsure of their place when their children are unsocial, unfriendly or just plain painful in public. Which side of the fence should I stand on when my child or young person misbehaves— the side of my child or the side of the offended institution or organization? I suspect fathers of past generations would have had few qualms about letting their offspring know their position when they behaved like brats. A clip around the ears would have been the preferred communication method. While I disagree with the methodology I wholeheartedly agree with the sentiment expressed.

It's not just when kids act like brats that dads need to step forward. They need to be present when children and young people are hurt, fearful, lonely, sad and depressed. The best thing that they can bring to the table is their vulnerability and a willingness to talk about feelings.

I suspect most adolescents would think likewise if asked.

I agree with *Guardian* columnist Mariella Frostup who recently wrote, "Despite 70 years of full-on feminist rhetoric we still bring up boys to be emotionally buttoned up and girls to remain painfully vulnerable to any emotional undercurrent." I've long believed that it's fathers, rather than mothers, who take their sons to an emotional space...or not, as the case maybe. The male inability to admit weakness or talk honestly about feelings may currently pervade the halls of power and business, but it should not and must not be the norm at home. Keeping fear, affection, sadness and other emotions under a veneer of 'she'll be right' control is exhausting for men, just as it is for those around them.

#### Become the story-teller

Storytelling used to be the most potent strategy parents used to pass on knowledge and wisdom to their offspring. For too many reasons to mention here storytelling is now a lost art. It's a shame because most children crave to hear their father's warts 'n' all story from the horse's mouth so to speak, rather than have it told to them by someone else, usually their mother. It's how the vulnerability comes out and also how kids know that their dads are human. Realistic rather than exaggerated stories offer kids hope

and can become their map to help them navigate new territory such as starting secondary school, dating, and going for a job. "My dad found things tough but he got through it. I reckon I can too" is a great message for a young person.

The language of fathering is a very physical one. That is, many dads build relationships with their children through games and active pursuits. It's very often how dads pass on important lessons such as fairness, persistence and winning and losing. If physicality is a bloke's only strategy then a father is left out in the cold when his sons and daughters move into adolescence – well passed the playful age.

A man's just got to talk to get his messages through. He can start by letting kids know when their behaviour is likely to offend others; when they behave like chumps when they are not yet champs; and when they need to show respect to those who've tread whatever path they are on before them. This is what great fathering is about in these interesting times in which we live.

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