

New Millenium Fathers

..... fathers must take more responsibility for providing the love and guidance their children need,” said president elect Barack Hussein Obama in one of his recent speeches.

Joint families and huge bungalows have given way to nuclear families and high rise apartment blocks. The traditional support system has given way to empty homes. Because times have changed irrevocably new age fathers need to pull up their socks and be more hands on and connected right from pregnancy. It is refreshing to see more and more fathers in waiting rooms in maternity clinics and with toddlers strapped to their chest in supermarkets, etc.

- Fathers can bond better with their children if they are nurturing right from the pregnancy stage.
- Its no longer considered weird for fathers to change diapers or give their child a bath or a bottle.
- Trips to paediatricians help fathers be better acquainted and involved with the nutritional and health aspects of child rearing.
- Right from selecting a school for their young ones, to admissions and attending parent teacher meets, fathers have a vital role to play in their child’s academic development.
- Emotional bonding through playing games, conversations at mealtimes, reading bed-time stories, etc can be a joy to both child and father.
- The earlier generation felt inhibited in the physical display of love and affection. Fathers today can enrich their children’s lives by making them feel more accepted, cherished and secure by words and gestures of love.
- By having built this strong foundation fathers are in a position to guide their children in their pre-teen and adolescent years. Open communication becomes easier when one has invested in the relationship, and children will be more willing to seek and accept advice in later years.

BY Arshia Ahmed Ayub & Najma Sanai.