

# BrightCourse Being a Father—Being Consistent

## FACT SHEET

### What Is Consistency?

Consistency simply means to be *constant*.

- It means being there through good times and bad.
- It means being someone your children can rely on.

*It may be hard to be consistent in your actions, love, and teaching, but this is a challenge for all fathers.*

## HOW DO YOU DO THIS?

### 1. Being There

The number-one rule of being a consistent father is to be there. You need to be available to your children. And you can do this by:

- Talking to them
- Asking questions
- Concerning yourself with their lives

*Whether you're living with their mom or not, you need to spend time with your kids.* If you're separated, then spending time with them may be tougher, but it is more important than ever. You have a great opportunity to provide fatherly care and comfort to them.

### 2. Don't Make Promises You Can't Keep

Most everyone THINKS they are honest, but there are many times when we may say little things and not realize we aren't following through.

*This sounds small, but for your child it is very important that you are able to do what you say you are going to do.*

They are learning what trust and love look like through your actions, and that is a responsibility you will want to take seriously.

*How do you do this?* The simple rule is, don't promise things you can't make happen.

### 3. Apologize and Change

You will make mistakes just as all fathers do. *A father who wants to be a constant influence in his children's lives needs to be able to see the mistakes he is making, apologize for them, and then change his actions.*

It is not common to meet a father who is quick to apologize and who works hard to change. Learning this skill early on will make your life and the lives of your children happier and more meaningful.

### 4. Stop Making Excuses

Excuses are any words you use to deflect the blame for your actions onto someone or something else. *Many excuses are good ones, but that doesn't mean they are good to use.* Even though it is hard, being consistent means constantly taking responsibility for you and your family from beginning to end.

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When you own your own behavior, you will be creating a responsible strength in your family. You will also be teaching a consistent message to your children that brings strength and success.

### 5. Be Consistently Flexible

You don't need to be consistent by doing the same thing the same way for every child. You need to be consistent in doing what is **BEST** for each child at each level of maturity.

*A consistent father needs to be consistently flexible.*

There must be a desire to reach each child in the way they need to be reached. The constant part is in your end goal (what is best for the child), not the way in which it is done.

*How do you do this?* If you find that certain methods of consequences or connection work with one child and not another, don't be afraid to treat them differently. Work consistently with all your children, but recognize the need for variety to meet the needs of each unique child.

### The Power of Consistency

If you want to shape your children, to provide them with the parenting they need, then you need to consistently be there for them over the years.

You don't need to be the world's greatest father, the world's richest father, or the world's kindest father; what your children need most is for you just to be a consistently good father.

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