ADMINISTRATION FOR CHILDREN & FAMILIES

Level Up Your Father Game

Scan here to find more resources like this!

Helpful Tips

Take care of yourself

- Healthy Fathers: Learn how fathers' eating, sleeping, and physical activity habits influence the habits of their children
- Substance Abuse and Mental Health Programs: Get help with mental health and substance use challenges for you or your family

Foster healthy relationships

- Co-parenting: Learn how to support children as a parenting team with communication and compromise
- Relationship Check-up: Use these conversation starters with your children (ages 5-8) to have discussions about your relationship with them

Spend time with your kids

- Reading to Kids: Learn about the benefits of reading to your children from an early age
- Cooking with Kids: Learn about the benefits of and how to start cooking with your children
- Other Activities: Get inspired by age-specific ideas for easy, free or low-cost ways to spend time with your kids
- Kids' Screentime: Learn about the importance of managing children's electronics screen time

Meet kids at their level

- **Click each circle below** to learn how to support and care for your child at every life stage

Learn More

The Administration for Children and Families (ACF) is dedicated to encouraging, strengthening, and supporting fathers and their families. For more ideas to get involved in your children's lives, visit the National Responsible Fatherhood Clearinghouse (NRFC) at fatherhood.gov/. NRFC also has a program locator to help you find local fatherhood programs in your community at fatherhood.gov/program-map.

The Administration for Children and Families (ACF) is committed to supporting the economic and social well-being of children and families. ACF programs aim to empower families, support the development of children, and encourage strong, healthy communities.

Fatherhood Questions/Concerns?

Call NRFC's toll-free number: **1-877-4DAD411**

Or email questions directly: **Help@FatherhoodGov.Info**