

IDAHO DADS MATTER!

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The Positive-Affirmations Dad

...He Tells His Sons, 'You Can Do It!'

NOTUS—Build your children's confidence with love and praise says Robert Cook who takes ten-year-old Liam and Jude, 4 along for the ride wherever he goes—to the gas station, Home Depot, and points in between—and keeps the conversation positive.

"You telling yourself 'I can't do it' will only convince you that you can't do it," is what I tell them," Robert said recently, recalling the time Liam got a dirt bike for Christmas but doubted he could lift the rear tire to move the bike inside a trailer. "I told him, 'Yes, Liam, I am confident that you can. If you can pick the dirt bike off the ground, then you can pick up the rear tire and shift it over a little bit and put the bike inside the trailer,'" Robert said.



He encourages Liam to try new things that scare him, such as skiing and snowboarding "because if it gets into his head that he can't do it, then he won't do it. I tell him, 'You *can* do it,'" he explained.

Jude and his dad play with dinosaurs together, and the dinosaurs are polite, social creatures. "Hey, how are you?" Jude's dinosaur asks Robert. "Good, how are you?" answer's his dad's dinosaur in a gruff, gangster-like voice. "What's your name?" asks Jude's dinosaur, to which Robert makes up unique names in reply while Jude's creatures go by more traditional names like Stegosaurus and Theropods, Robert said.

Play is an important part of every successful dad's toolkit, says Robert Cook, and so is listening intently when your children are talking. "Just the fact that you're paying attention and listening" shows how much you respect them, he said. "Being a good dad is simple: Just be there and love your kids and tell them how much. Let them know that you love them every day; that's the most important thing."

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