

Fathers Podcast 01 Introduction

Podcast Highlights

- Fathers Podcast is about basic fathering ideas that men can take and adapt to their particular family situation.
- Being perfect is impossible.
- There are long-term consequences to the decisions we make in the moment.
- The most important relationship you have (other than God) is with your wife.
- Bring other men into your life to help you navigate being a father and husband.
- Failure is going to happen. Men hate failure. But it's a natural part of figuring out how to lead your family. Celebrate those failures because they are progress.
- When failure happens it is tempting to focus on work and "provide" for the family.

Thinking/Conversation Starters

- How did you interact with your father as a child?
- Best and worst memories as a kid?
- How does that impact you now?
- What does being a father mean to you?

Action Step

- We're all in it together and progress is possible. There are simple and specific things that can be done to improve our relationship with our wife and kids.
- Think about other fathers that you would like to get together with on a consistent basis to for encouragement and accountability.

There are eternal consequences to the seemingly inconsequential.

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Fathers Podcast 02

Date Night Part 1

Podcast Highlights

- The relationship with your wife needs to be your top priority. "Date night" is the time frequently and consistently scheduled to invest in the relationship.
- Suggest the idea of dating to your wife tenderly. She may have reservations about babysitting, budget, time constraints, and her relationship with you.
- Take action and arrange the details yourself. Make it stress free for your wife.
- Make date night a system that repeats with minimal effort. Something is better than nothing so starting with once a month and then increasing isn't a bad start.
- The first several dates might be "awkward" if you haven't dated in a while. Being a team is different than being a couple.
- Build anticipation by think of something "net extra": One flower or chocolate, a card or note to set up the date.
- Date night can be very inexpensive! The focus is spending time together so be creative. Or find someone creative and steal their ideas. Whatever works.
- Try to avoid: getting together with friends, movies, and other "distractions" that will allow you to ignore the relationship. Date night is one on one time.
- Continue to learn what your wife wants in a date. Write it down and revise as you learn more.

Thinking/Conversation Starters

- When was the late date you had with your wife? What did you do?
- What did you do when you used to date your wife? What did you enjoy most?
- What might stop you from having a date soon? How can you work around them?

Action Step

- Talk with your wife about setting up a consistent and frequent date night.
- Find a babysitter together and hire that person for as long a period as possible.

Something is better than nothing!

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Fathers Podcast 03

Date Night Part 2

Podcast Highlights

-“War Council” is time you and your wife get together to talk about your kids and work together to strengthen the family unit.

-Date night should be time to focus on each other...not the kids...so set aside a different time (or do it every other week) for war council.

-Coach and encourage one another with the current issues. You will have different perspectives and insights that can be helpful.

-Keeping the frequency consistent is key! Weekly is recommended but something is better than nothing. You can always start small and go from there.

Thinking/Conversation Starters

-Do you and your wife currently have a united “game plan” with kids and family? What does it look like?

-How are your kids doing?

-How are they with the other kids and each parent?

-How did your parents run their house? Was it a combined effort or a team of one? How do you think that affected the family?

Action Step

-Talk with your wife about setting up a consistent and frequent “War Council” (you can always call it something else) that is separate from date night.

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Fathers Podcast 04 Club Time Part 1

Podcast Highlights

-“Club Time” is all about consistent one on one time with each child doing what the child wants to do.

-It will make each kid feel loved and give you insight into their unique personalities. You’ll naturally develop a relationship with them along the way.

-Something is better than nothing (yep...we said it again and will continue to repeat). Having club time once a month with a kid is better than no club time.

-Agree to the schedule (frequency and time) with your wife and explain the importance of it. (She may not understand). Agree to review it.

-Club time needs to be a standard amount of time and frequency with each kid. Your kids will probably help you with this!

-Develop a name for the time with your kids (Daddy fun time...Club Time...Funapalooza...Smorgasbord of Excitement...etc.)

Thinking/Conversation Starters

-What did “quality time” look like with your dad? Was it one on one? How did it look for your wife?

-What are some things you think each kid would like to do? How do you think you can connect with a kid that has dissimilar interests than you?

Action Step

-Talk with your wife about the reasons and importance of club time. Understand the strategy together and talk about what it could look like. Schedule it and do it. Have a set schedule, time length and frequency.

Something is better than nothing!
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Fathers Podcast 05 Club Time Part 2

Podcast Highlights

- During club time do what the child wants to do (errands do not count!).
- What does each child want to do? How can you do it? Your first club time could be working on the list of activities (there will probably be ideas on the list that will never happen...but it's fun to brainstorm so don't edit the list while you make it).
- Club time will grow you to appreciate them more (especially if they want to do something you don't particularly enjoy). Children have a way of forcing us to slow down, be playful, and do things just for the joy. Club time isn't all about you.
- It doesn't have to be expensive.
- Ask questions like: How am I doing as a dad? How is the family doing? What do you like about the family? Who is your best friend? Who sits with you at lunch?
- Questions will become a natural rhythm for club time and be a gateway to deeper conversations and a safe place for your kids to bring up other topics.
- These times and conversations when they are young pave the way for more open and honest conversations during their teenage years. If you already have teenagers it isn't too late to start club time. Something is better than nothing!
- Write down your learnings and talk about them with your wife.
- The best time to talk about God is during these club times. Don't try to squeeze it into every conversation topic! The perception of their heavenly fatherly is largely influenced by their earthly father.

Thinking/Conversation Starters

- What benefits do you see to having a club time?
- What other questions could you ask them?

Action Step

- Schedule it and do it. Have a set schedule, time length and frequency.

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