



## The Dad Project - Dads Rock! 7 Ways to Show Them

Before my husband Roger became The Project of "**The Husband Project**", he was a single dad for 13 years. It is a lonely role, being a dad without a partner; there isn't a lot of encouragement to go around and no one to remind the kids that a clay ashtray would be super on that 3<sup>rd</sup> Sunday of June. Maybe that's why Roger remembers very specifically the time his pastor's wife, Kim Meyer, came up alongside him on a Sunday morning and said, "I know it doesn't feel like it sometimes, but you have to know that you are doing a great job."

If "a simple word can renew hope (Lois Rabey)", think how easy it would be to encourage some of the fathers in your life. There are ideas here that are appropriate for your husband, some for the other dads in your life - all will encourage him in this (mostly) thankless job of doing the dad thing.

**1. Don't Treat Him Like a Piece of Meat - Just Buy Him One--** Most of the food I serve for dinner is pretty girl-centric: lots of salads and pastas, roasted chicken and baby (carrots, potatoes) anything. For a special treat a few months ago, I bought Roger a variety pack of meats from Omaha Steaks. This is, by far, the gift that I have received the most kudos for. And, it is a two-way treat as he would never dream of letting me grill his precious fillets - whoo hoo - a night off from cooking!

**2. Bragging Rights** -- Make sure that special dad's kids know that you think he is amazing. I spend a lot of time telling my step kids just how great their dad is. "Do you know how much he prays for you?" "Wow – I love that your dad is so encouraging towards you." We all know it is easier to respect your dad when you are secure in the knowledge that other people respect him as well.

**3. Watching Thing Blow Up--** Guy movies are important to our men - letting him choose a flick that doesn't have talking animals or Meg Ryan in it could be the best gift that you could give. Here is a list of movies that some of my guy friends have recommended from **The Husband Project** that your man would love to see show up on his Netflix Queue:

### Guy Movies

- Anything with Al Pacino
- Anything with Marlon Brando (pre-Don Juan Demarco)
- Anything with Bruce Willis

### Sports

- Field of Dreams ("Baseball. Need I say more?"-Steve)
- We Are Marshall ("Inspiring, true sports story."-Scott)

## Action

- Back to the Future trilogy (I've always been interested in time travel. The only thing that would have made it better would be a cameo by Molly Ringwald."-Steve)
- Mission Impossible 1,2,3
- Bourne Supremacy and all the sequels
- The Net

## Violence

- Gladiator ("Total macho movie, lots of action. However, good plot, and I love the soundtrack. This is one of the few movies where you don't mind being the guy wearing the skirt."-Karl)
  - Saving Private Ryan ("Groundbreaking cinema, pro-military without being pro-war."-Steve)
  - The Shawshank Redemption ("Morgan Freeman and good over evil. What more could you ask for?"-Charles)
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- (Note from Kathi: While these movies are the hardest for me to watch, they do give me ample opportunity to bury my face in my husband's shoulder.)

## Humor

- Young Frankenstein ("Seriously funny movie. Quotes are memorable and make me laugh out loud whenever I think about that movie."-Karl)
- Oceans 11

## Romance

This is a trick category. If you think this falls under guy movies, you're still thinking like a chick.

**4. Call** -- Not a text, not an e-mail – no Twittering or writing on his Facebook wall. Just pick up the phone and give him a call to tell him what a great dad he is. (And when your dad picks up the phone, try to start the conversation quickly before he says, "Let me go get your mother.")

**5. Such a Good Boy Deserves a Treat** – For my dad it is marzipan – that disgusting almond paste they shape into the likenesses of pigs and frogs and try to pass off as candy. I have spit more pig heads (thinking they were chocolate) into napkins than I would like to recount in polite company.

But that is what my dad likes – so that is what I get him – a treat that he doesn't have to share. Trust me, I don't want him to; I won't be wasting calories on any more pig heads.

## 6. Post-It for the World – Or Just Him – To See

When I wrote **The Husband Project**, one of the cute-but-easy projects was #20 – Leaving a Post-It Note with some kind of encouragement for him to find. Sweet – right?

That little project turned out to be one of the most powerful in the book. I have had more feedback from the Post-Its that have been left on car doors, shaving mirrors and cell phones than any other idea in the book.

Here are 5 Post-It note sized encouragements for the fathers in your life:

1. Your kids are so blessed to have a dad like you
2. You make a great partner – in life and in parenting
3. Thanks for being the man our kids can look up to
4. You were a great dad to grow up with
5. Your kids are so proud to call you dad

## **7. A Prayer Just for Him**

I have a very shotgun approach to praying for the people in my life. I wish I were a little more organized about it, but God still listens (and answers) even when I am not that organized. Several months ago I wrote out a list of the specific things that I am praying for Roger about – it has been exciting to be able to see God working in many of those areas.

Is there a list of things (even if it's a list of two) that you could be praying about for the dad in your life? Just letting that dad know you are praying for him could be the biggest encouragement of his week.