



## Taking time to be a dad

Men's health is in the spotlight this Movember, with mos of all shapes and sizes raising funds for prostate cancer research. Men's mental health is really important too, and it's great to see that awareness of issues like depression and anxiety is also growing.

One of the leading causes of mental health problems among men is conflict between roles as a father. While dads are expected to be more involved in their kids' upbringing than their fathers were, work pressures are always increasing and placing greater demands on dads' time, even when they're at home. Add separated families and blended families to the mix, and many dads struggle to meet their competing priorities.

But, what can a dad do? Firstly, while a dad plays an important role in a child's development, there isn't a one size fits all model. Society's expectations won't fit every family. Your family will have different needs to other families, so

don't feel pressured to keep up with the Joneses, but work toward goals that work for your family.

Being a dad is often about making difficult decisions to sacrifice some priorities to have good, quality time set aside for your family. This may mean that your career may suffer by not putting in the extra work for a promotion, or you may end up getting paid less because you turn down overtime, but if being a dad is something you're passionate about, these are some of the sacrifices. Remember that kids grow up quick, and that there will be plenty of time to progress your career as kids get older and your family's needs change.

**Converge International can help if you are struggling to juggle your priorities as a dad. To arrange for a free and confidential session with an experienced counsellor, call Converge International on 1800 337 068, and we'll sort out a time and place that's convenient for you.**

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