

YOU ARE STRONG ENOUGH TO CARRY US. YOU ARE MY FATHER.

Great fathers aren't born, they're made. Be involved and try your best, and take it one step at a time- even if that step is taking your children home from the market.

When you spend time caring for your children, everyone wins. Not only will your children cherish every minute with you, you will discover that being a dad is incredibly rewarding... and gets easier every day.

For more on fatherhood and responsibility, go to www.Men-Care.org







