

# Special Time for Dads

Our fathers' support group meets weekly on Zoom. This week we did special time with a child during our meeting.

We fathers have big feelings. We sometimes feel pulled to hurt our children. To abandon them. To give up. We are careful with whom we share these feelings. We know they will restimulate just about everyone, especially those who had fathers who were angry, isolated, or discouraged. We trust each other enough to show them. We don't correct each other's feelings. We trust our minds and our connection. Discharge often occurs.

This week we left the Zoom meeting to do special time with a child for fifteen minutes. Then we came back to Zoom to exchange ten minutes each.

The big feelings were contradicted by the special time. Our difficulties as male parents can confuse us about our goodness. Showing our caring to our children reminded us of reality—that we love our children, that our children love us, that our existence makes their world better. We are talking about trying this again, maybe with a male ally who can join us for the special time.

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