

SPECIAL CHUCK COLSON EDITION
GREGORY W. SLAYTON

BE A
BETTER
DAD
TODAY!

10 TOOLS EVERY FATHER NEEDS



a division of Baker Publishing Group
Grand Rapids, Michigan

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D E D I C A T I O N

*It is to my heaven-sent wife, Marina, and to our beloved children,
as well as to good fathers everywhere (and all of us who want to be),
that this book is dedicated.*

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*By bearing the trials and burdens of life—with God’s help and on behalf
of your family—you will become the man you were always meant to be.
This is the journey of life.*

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FOREWORD

To call Gregory Slayton's life "full" would be an understatement. He spent much of his twenties helping people throughout the developing world: He was a Fulbright Scholar to Asia, ran an orphanage in Manila, spearheaded micro-credit programs in southeast Asia, and was a World Vision regional manager in West Africa.

In his thirties, he became a leader in the rise of Silicon Valley, both as a master of turning good ideas into very profitable ones and as a venture capitalist. His work was the basis for a number of case studies at the Harvard Business School.

He followed that season of life by becoming a diplomat. He was named the United States Consul General and Chief of Mission to Bermuda by President George W. Bush. His work made him the first Republican in history to receive the Distinguished Foreign Service Award from members of the Congressional Black Caucus.

Yet it is clear to anyone who knows Slayton that all of these accomplishments pale in comparison to his commitment to Christ and his love for his family. It is these commitments that lie behind *Be a Better Dad Today!*

When Slayton calls fatherhood "the most important job in the world," he is not mouthing a greeting card platitude. He knows the difference that a father's absence can make in the life of a child.

As do I. The past three decades have given me a close-up look at the consequences of the collapse of the family in the twentieth century and into the twenty-first century. In my visits to 800 prisons, I have seen what happens to many kids who have no dads: Looking for male role models, which all boys need, they turn to the gangs.

At first I thought that turning these young men around would be a simple matter, such as building discipleship groups. But what I soon discovered was that we were building prisons faster than Prison Fellowship or anyone else could get to them. So I started studying the causes of crime. I read Richard J. Herrnstein and James Q. Wilson's *Crime and Human Nature*, which, in a nutshell,

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says that crime is caused by the lack of moral training in the morally formative years.

This should not come as a surprise to Christians. After all, Proverbs 22:6 tells us to “train a child in the way he should go, and when he is old he will not turn from it” (*NIV*). Yet, if you look at our prisons, it is clear that many children are not receiving that training—not because their mothers didn’t try to teach them right from wrong, but because that kind of training requires a mother *and* a father.

The link between crime and fatherlessness is undeniable, as are the links between the lack of a father and a whole host of what social scientists call “adverse outcomes.” Yet our society persists in treating family formation and structure as something malleable that can be shaped to suit our predilections.

Gregory Slayton knows better. That is why he calls being a father “the most important job in the world.” It is why he started an online community for American Dads called Fellowship of Fathers. It is why he wrote *Be a Better Dad Today!*

What you are about to read isn’t theory—it is every bit as practical as it is vital. It is the kind of thing that can change lives and communities.

Charles W. Colson

Founder, Prison Fellowship and the Chuck Colson Center for Christian Worldview

INTRODUCTION

The Most Important Job a Man Will Ever Have

Thank you for picking up this book. The fact that you did tells me you want to be a better dad. And that means you and I have something very important in common.

Being a good father isn't easy, and there is no instruction manual. It's pretty much a 24/7 labor of love—love that isn't always returned. But it is absolutely the most important job you and I will ever have. Perhaps you are a father who hasn't done such a great job in the past. Don't lose hope. You can still be a good father in the future, and I will tell you how in this book. None of us are perfect fathers. We are fathers who are learning how to be the best parents we can be, and that takes time and practice. Admitting that you have failed in your role as a father, or realizing you didn't have the skills to be a good father, is a great place to begin.

If you doubt me on that last point, think about it: Not only does the future of civilization depend on how we collectively do our job (and that is no exaggeration), but also our children's future, our family's future and our own future depend on it as well. In the thousands of years before our modern TV/Internet culture, mothers and fathers understood implicitly that the job they did as parents was critical to their future and society's future. And while some today may try to de-emphasize the importance of effective parenting, there is no better "return on investment" than children who grow up to be a blessing to their families and an asset to the world. As Peter Lynch, cofounder of Fidelity Investments, has said repeatedly: Children are our best investment . . . by far.

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For more than 30 years now, I have had the privilege of studying fathers and fatherhood in widely different societies and cultures around the world. In every part of the world, at all times, fatherhood matters more than almost anything else. The fact is that children who grow up without their dads here in the United States are two to three times more likely to spend time in prison, become addicted to drugs, fail out of high school, have children themselves out of wedlock, suffer from mental illness, and die an early, violent death.¹ So, yes, being a good dad is vitally important. In fact, in chapter 1 we're going to look at the importance of fatherhood for our families, our society and ourselves. I hope that by the time we're done, you will understand the many reasons why being a good dad is the most important job any of us—from the President of the United States to the CEO of a major corporation to the guy taking out the garbage—will ever have.

Some cultures and countries do a good job of affirming, guiding and encouraging fathers. Modern American culture is sadly lacking in these areas—and we are all poorer for it. But the good news is this: Good dads are *made* . . . not born. How do I know this? Because I didn't have a real dad—the kind of dad I'm writing about—growing up. He was more of an absentee father early on, and then completely disappeared. Maybe you also didn't have great role models when you were young. Many of us did not. And I've certainly made more than my share of parenting mistakes—maybe we have that in common as well.

But I have some very good news for you: I am 100 percent sure that together, if we put our hearts, minds and souls into it, and with God's help, we can become better fathers. Starting today.

The Noble Family Vision and the Ten Tools of Fatherhood

Becoming the best dads we can be is the journey of a lifetime. And, as with any great journey, we need three important things. First, we need a map of where we are trying to go. This “map” is really a vi-

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sion of what type of dad we want to be and what kind of family we want to have in 5, 10, 20 years . . . and how we are going to make that vision reality. Second, we need a strong set of tools to help us get there. And third, we also need a few key people to journey with us and help us when times get really tough.

The map for your fatherhood journey is what I call your “Noble Family Vision.” This is a map of the future to which you are trying to lead your loved ones. This Noble Family Vision, which we will look at in chapter 2, will help you envision the type of father—and the type of family—you want to become. As with any good map, it will be important for you to look at your Noble Family Vision from time to time. But it will be especially important when the storms and trials of life set in, when you aren’t sure about the way forward, or when you are just flat-out lost. Each of those things is certain to happen, because the fatherhood journey is a real-life journey. However, if you have a Noble Family Vision in place, it can help get you back on the right path.

Of course, by itself, even the best map in the world is useless. This is why in addition to a Noble Family Vision you also need the right set of tools for your fatherhood journey. These tools, each of which we will examine in detail in Part Two of this book, are transforming in nature because they are rooted in faith, hope and love—which, when combined, have the power to change lives. As the Bible reminds us, even in the deepest and darkest moments, “love never fails” (1 Corinthians 13:8). Faith, hope and love transform lives. The Ten Tools of Fatherhood are based on timeless biblical values and principles that have stood for thousands of years. I have seen that power at work in my own life—and in the lives of men and women in different cultures, nations and people groups in the world. And they will work for you.

Every dad can master these 10 tools and become a much better father. But you can’t master them alone. Just like you didn’t teach yourself geometry or how to read, you’ll need help. First and foremost, you will need the help of your wife or partner, even if you are no longer together. She will be your biggest ally on this journey. Let me tell you a secret: She will be thrilled to help you, because no one in this world loves your children more than she does. Please don’t put this book down if you’re a single dad. I absolutely do not advocate divorce

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or having children outside of marriage, but, as they say, “life happens.” That’s why I’ve dedicated an entire chapter in Part Three on the importance of being the best single dad you can be. So please, read on, brother.

Most mothers realize instinctively that they need a strong and effective father figure to properly raise their children. If you are married, don’t despair if your marriage isn’t everything you’d like it to be; no one’s marriage is, because all marriages are made up of two flawed human beings. You can learn to strengthen your marriage partnership with your wife, and together you can raise wonderful children.

In addition to a strong partnership with your children’s mother, whether she is your wife or not, you will also need the help of other good dads. Very few journeys of real significance are accomplished alone. Whether it is a football team’s journey to the Superbowl or an individual’s quest to conquer a personal addiction, it takes the support of a strong and committed team of friends to succeed. To become a great father, you need the assistance, encouragement and support of other good dads. Don’t worry if you don’t yet have those kinds of buddies. Our Fellowship of Fathers network stretches around the world, and no matter where you are, you can be a part of a great group of men.

Finally, even with a clear map, the right tools and people to help, you will need one more thing on your journey: a strong dose of God’s grace. Each of us will make mistakes along the way—I’ve made plenty—but fortunately, God’s grace is available to all. As both the Old and New Testaments tell us, God’s desire is “to turn the hearts of the fathers back to their children . . . and the hearts of the children back to their fathers” (Malachi 4:6). I believe that Scripture is His desire for us today as individuals and as a culture overall. In fact, that is why I wrote this book.

Getting the Most Out of this Book

My goal is that this isn’t just a normal book for you. If this is a book that you read through once, get excited about for a short

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time, and then forget about a few months later, it will be a failure for both of us. Instead, my prayer is that this book (and the highlighted wisdom, web services and tools found at www.FellowshipOfFathers.com) will help you to make real, ongoing progress on your Fatherhood Journey for many years to come. (I realize that in some situations, Internet access may be limited or available only for short amounts of time. We hope that when you do have access, you'll make contacting us, even briefly, a priority.)

While www.FellowshipofFathers.com is a “members only” site, the good news is that you are now a charter member just for buying this book (or getting it as a gift). The entire site is a clearing-house of the very best fatherhood tools, ideas and services that should prove extremely helpful to you as a dad. You can also interact with other fathers from your area—or around the world—who may be facing similar challenges at www.facebook.com/BeaBetterDadToday. You will be able to get good, confidential advice and support from older dads who have “been there, done that.” And you will be able to share with us your insights and ideas on fatherhood, which I know will be helpful.

Most of us tend to overestimate what we can get done in one year and we underestimate what we can get done in 10 or 20 years *if* we really put our hearts into it. Raising a happy, healthy family is a multi-year process that has plenty of challenges. Sure, there will be setbacks and sometimes some big disappointments, but “two steps forward, one step back” is the way of this world. Rome wasn't built in a day—and neither are great dads or strong and loving families.

So, I hope this will be a book that you read slowly—to get the most out of every chapter—and go back to whenever you need encouragement or some new ideas on the fatherhood front. I also hope that we have the chance to get to know each other at www.facebook.com/BeaBetterDadToday. I look forward to your ideas, thoughts and suggestions. Like any team, the Fellowship of Fathers is stronger together. I pray this book helps us *both* to become much better dads—today and every day, for the rest of our lives.

That's the main reason I wrote this book. In fact, that's the *only* reason I wrote this book. I am passionate about the importance of

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fatherhood, not only for our families and our society but also for our own development as men. Fatherhood is not a sprint; it's the journey of a lifetime, and on it you will discover the man you were always meant to be. I know that with the right tools, the right help and the right heart, you and I can both be better dads today and every day going forward. That is incredibly worthwhile. In fact, it's the most important journey you and I will ever take.

So thanks for beginning this journey of discovery. And thanks for your willingness to do some soul-searching and to commit to heartfelt honesty on the journey.

As one great dad said on 9/11, "Let's roll!"

If you would like to discuss any of this material via email, feel free to contact me at gws@beabetterdadtoday.com

Note

1. *Father Facts*, fifth edition, National Fatherhood Initiative, 2007. <http://www.fatherhood.org/organizations/programs/father-facts/overview>.

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A PERSONAL STORY:

A Good Father

Before we begin, I want to share a personal story with you to explain why fatherhood means so much to me. I didn't have much of a dad growing up. I do have some good memories of him when I was very young, but over time, alcohol and other destructive habits took him farther and farther from our family. He and my mother divorced when I was a young man. It was not pretty. Then my dad cut himself off completely from my brothers and me.

The last time I spoke with my father was 25 years ago. I was in the hospital with acute viral hepatitis, which I had contracted while living and working on the great plains of Africa (that's a story in its own right . . . but one for another book). I was very ill, near death in fact. One day, my father called me on the phone in my room at the hospital (I was only semi-conscious at the time). He and I spoke for a few minutes, during which he talked mostly about himself. Despite his multi-year absence, it was good to hear from him. Then, a few minutes into our conversation, he said something I will never forget: "I've got to go. I'll call you back." No explanation, no discussion, just a dead phone line.

For 20-plus years, I never heard from him—until one day my brother got a call from a fellow attorney who had found his name on the Internet. Our father was dead. He had died poor, alone and in great pain. But because he had cut himself off from his family, we were powerless to help him. And the things he had counted on throughout his life (like money and power) had completely failed him. Ultimately, he had lived for himself, and he had died by himself. He reaped exactly what he had sown. He was one of the saddest men I have ever known.

To say that he was not a good dad would be an understatement, but that's not the point. I'm sure that some of you reading this

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book had childhoods that were much tougher. I grew up in relative affluence, and (thanks to my mom and Dartmouth College) I got a very good education. My mother tried her best to provide a good home, and I will always love her for that. But my home was not a happy one.

Fortunately, I was lucky enough to have a very close friend growing up. Ken Chang and his family lived a few miles from our home, but we were inseparable. We had moved into the same town within a few years of each other and had quickly formed an enduring friendship. Ken came from a Chinese background; in fact, his paternal grandfather had worked for Chiang Kai-shek (the first president of Taiwan). But Ken and his whole family were Christians—in fact, they were very strong and faithful believers. Ken’s maternal grandfather had been the first one in his village in southern China to become a Christian when missionaries from Hudson Taylor’s China Inland Mission visited his village. Through the generations, the family had remained faithful believers. And they welcomed me with warmth and kindness.

Ken’s father was a quiet, hard-working man who loved his family very much. He spent most of his days running the local store they owned. He was a calm and loving leader for his family in good times and bad—a good man in word and deed. Spending as much time as I did in Ken’s home made me acutely aware of the stark differences between his father and mine. To Mr. Chang, fatherhood mattered. A lot. And it still does. His example of servant leadership continues to be a motivation for me today. His good work as a dad was proof positive to me that you don’t need to be wealthy, well educated or come from the “right” family to be a good dad. He was a good father, and he helped his son, Ken, become a very good man and an excellent father himself (with a very, very good wife). The blessings that Grandfather Chang started were clearly passed on to his son. And his son, Ken’s dad, continued the cycle of blessing as a strong and faithful father. Ken has continued to pass those blessings down to his children.

So it is to good fathers everywhere—like my friend Ken and his father and grandfather—that this book is dedicated.

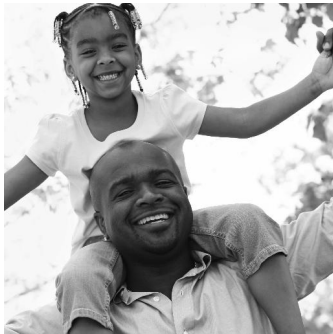
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PART ONE

The Journey of a Lifetime



The Importance of Fatherhood

*Fatherhood is the most important job that any of us—
including the President of the United States or the
CEO of the world's largest company—will ever have.*

*It is the only role in life for which we are truly
indispensable. Our futures, our family and our entire
society depend on the job we do as a dad.*

*I would never have become half the man I am without the help,
the support and the leadership of my dad. He taught me how to be a real man.*

DAVE H., BOSTON, MASSACHUSETTS

Fatherhood is the best thing that could ever happen to me.

DWYANE WADE,

FORMER MIAMI HEAT BASKETBALL STAR

If you would like to discuss any of this material via email,
feel free to contact me at gws@beabetterdadtoday.com

Somehow, much of our society has forgotten this simple fact that Dwyane Wade expressed so well in the quote on the previous page. Down through history, men have gotten great joy from being good fathers, and society has directly benefited. Fatherhood has always been one of the cornerstones of civilization. In fact, many of the most serious social issues our society wrestles with (from adult illiteracy to teenage pregnancy to increasing rates of chronic unemployment, drug abuse and mental illness) stem directly from the breakdown of fatherhood.

The statistics are abundantly clear: Children who grow up without fathers are two to three times more likely to spend time in jail, drop out of school, fail to ever hold down a long-term job, suffer from a severe mental illness, or become addicted to drugs or alcohol. And they are three to four times more likely to bear children out of wedlock themselves . . . and thus continue the cycle of social devastation that threatens our society.¹

Of course, the presence or absence of a good mother is also important in the life of every child. While I do not want to downplay the extraordinary importance of mothers, this book is dedicated to men just like you—men who want to be strong and noble fathers for their families, and have fun doing it. I share that goal with you, and an exciting one it is! We are on a journey—you and I—and it won't be completed this side of eternity. Becoming a good father is like running a marathon; it takes time, dedication and sticking to it. In addition, like all important journeys, we will never arrive if we don't know where we are going. The fact that we share an important goal—to be strong and noble fathers—is an excellent start.

Maybe you're thinking, *Well, that's a good idea, but a bit old-fashioned for the twenty-first century.* Or maybe you're feeling burdened by what you perceive as your failures as a father. Or maybe you're just starting out on this whole fatherhood thing and you're not really sure how it works. All good questions and valid feelings, for we have all failed at one time or another, we have all had questions about the future, and our society today vastly underestimates the importance of fathers. So, if you are a father, or even if you're just

thinking about becoming a father, you are in (or about to start) the most important job of your life.

Why Is This Job So Important?

You and I will probably have many jobs in our work careers—that is the way of the modern world. A few jobs may be great, a couple will be horrible, but all will come to an end (and some will come to an end sooner than we would like). If we are deeply honest with ourselves, none of us is truly irreplaceable in our professional jobs. That’s not an insult—it’s reality.

Among my other roles so far I have been a CEO, a venture capitalist, an ambassador and a college professor. (I’ve also been unemployed, but more on that in the chapter titled “How to Handle Life’s Beanballs.”) In every role I have ever had—even in roles in which I have won awards or achieved marked success—I knew there were others out there who would probably do as good a job, or maybe even a better one, than me. But in my job as a dad to my children, like all dads for their kids, I cannot be replaced.

The same is true of you as well. You are the best-qualified person in the entire world for that job. There is no one else—no one—who has the emotional, spiritual and physical assets you bring to this job. No other man will ever love your children as much as you do (and I know you love your kids, or you wouldn’t be reading this book). No other man is in the spiritual and emotional position to understand your kids as well as you do. And no other man is likely to be as committed to helping your kids build a successful future as you are. For them, you cannot be replaced.

Not only are you the very best person in the world for this job, but it is also the most important job you will ever have. The statistics are clear: The lives of your children will be hugely impacted by the job you do as their dad—and not only the lives of your children, but of their children and their children’s children.

What other job will you hold that will ever bring you so much happiness over such a long period of time (the rest of your life)? What other job can so impact the wider world? Just consider the example of

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A Story from the White House

I have been privileged to know a number of U.S. Presidents personally—some better than others. And no matter what you thought of him as a President, George W. Bush was—and is—an exceptional father. He knows a deep secret that all great dads know: Being a good father and a faithful husband is as much of a blessing for him as it is for his wife and daughters. He understands that learning how to be a good dad has helped him to be a better man in many important ways.

Once, early in his first term as President at a beautiful evening event at the White House, he took me aside, looked me right in the eyes and said, “Gregory, you and I have a lot in common: We both married way above ourselves. Don’t ever forget that.” I understood that as a reminder to always love and honor my wife—something he told me more than once. That was very good advice then, and it still is today. But then he went on to say something even more profound: “Becoming a husband and then a dad is one of the best things that ever happened to me—because it forced me to be a better man than I was.” The President certainly had it right. It is in bearing the burdens of family and fatherhood that our inner man grows stronger.

Albert Einstein—he was a scientific genius, but he didn’t think he would have gotten there without the early guidance and help of his father. And what other job pays such important dividends for future generations? Being a good father today will impact your descendants to the third and fourth generation . . . and possibly beyond.

That’s right, your influence as a father goes beyond just your own children and grandchildren; it impacts society now and for generations to come. So, as a job that will last a lifetime, hold many rewards, and have almost an unlimited potential for benefiting you, your family and others long into the future, I hope you will agree with me that being a dad is the most important job you and I (or the President of the United States) will ever have.

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But, being a good dad isn't only vital for the future of our families and our society; it is also critical to our own development as men.

A Vital Step in Our Development as Men

How do gold medal Olympic weight lifters become so strong? How did Jamaican sprinter Usain “Lightning” Bolt become the fastest man in the world? How does a team become Superbowl champions? Believe it or not, the same way you and I become good fathers (and, in the process, much better men).

Self-sacrifice, hard work and self-discipline are some of the key building blocks to becoming a champion athlete and a championship team. These qualities are also the building blocks of champion dads of loving families. Research has long shown that men who are committed husbands and fathers are on average more productive in their jobs, enjoy better mental health, are generally happier with their lives, and contribute more to their communities than their unmarried or childless brothers.² In fact, married people are twice as likely to be “happy” with life, and less than half as likely to be “not too happy” compared to either single, cohabiting, separated, divorced or widowed people.³

However, there is something else profoundly important about the fatherhood journey. As long as we don't give up on ourselves, or our families, we are changed into better men through the refining fire of being a father.

Let's face it: Who wants to get up at 2:00 AM to make their pregnant wife the pickle sandwich she is craving? Who wants to take baby for the umpteenth stroll in the baby carriage so Mom can get a short (and much needed) break? Who wants to clean up after a sick child, or change the bed linens after a messy sleepover, or discipline a teen who desperately needs it? In short, no one except those who seek to be champion dads.

Likewise, who wants to get up every day at 5:00 AM to run 5 or 10 miles? Who wants to do two-a-day workouts in pre-season? Who wants to push their bodies to their physical limit so they can

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become stronger, faster and better at their chosen sport? Again, the answer is no one except those who wish to become champion athletes.

That's the rub: There is no shortcut to becoming a champion athlete, just as there is no shortcut to becoming a good father and a good man. The very burdens that we carry for our families over time and the weight on our shoulders that can sometimes seem almost crushing are what make us better dads and stronger men. That is one of the deepest secrets of fatherhood. Not only do our family members—and our society as a whole—benefit tremendously from the process of our becoming good dads, but you and I, brother, benefit as well. Again, the research backs this up. Data shows that mental health generally improves after marriage and deteriorates after divorce or separation. Furthermore, this research has shown that these effects occur as a result of marriage and divorce and are not due to other factors.⁴

Let's Take This Journey Together

Unfortunately, our society has de-emphasized the importance of fathers and fatherhood during the past 50 years, and we are much the worse for it. A man's career success or his sexual prowess or the size of his car or boat or bank account are all considered, in different circles, more important than his success as a father. This is incredibly shortsighted, for the importance of all of those things will fade long before we exit this world, and they will mean nothing at all after our death. If heaven exists (as I strongly believe it does), faith, family and friendship will mean everything, while material stuff will mean nothing.

Unfortunately, in our modern age advertising is everywhere, and it tries to focus our attention each and every day on the material. But while there is nothing inherently wrong with career success or material possessions, we must keep those goals in balance with the other, much more important, goals on our life journey. That is not easy to do, especially in the twenty-first century.

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Sadly, our culture provides precious little support, guidance or encouragement for fathers, even though the future of our society depends on the institution of fatherhood. That is why I wrote this book. I needed more help, more encouragement, more good ideas and great suggestions from fellow dads like you. And I suspected that there were more than a few fellow fathers who felt the same way.

So, I hope you now agree with me about the supreme importance of fatherhood for our families, our society and for ourselves. I would like us to share our fatherhood journey and encourage and strengthen one another for the road ahead. It is my hope that this book and the web tools and services that are at your disposal will be an effective toolset for you as you tackle the many challenges of being a good father.

Even though my wife and I have raised four wonderful kids and I have been a lifelong student of fatherhood, I have a lot more to learn from you. So log on to www.facebook.com/BeaBetterDad Today now and give me your personal feedback on this chapter and what you hope to get out of this book. I'm excited about joining you on this greatest of all of life's journeys.

For Further Reflection

1. Do you truly believe in your heart that being a father is the most important job you will ever have? Why or why not?
2. How would you rate yourself as a father today, on a 1 to 10 scale (with 1 as the best)? Would your children's mother and kids agree with that rating? Do you have the courage to ask them?
3. What would you say are your greatest opportunities for improvement as a dad? What would your children's mother and your kids say?

Today's Quick Wins

1. Take 60 seconds to reflect on this fact: For each of your children, and for your entire family, you cannot be replaced.
2. Take 60 seconds to think about the extent of your power, for good or for evil, over your family's future.
3. Take 60 seconds to meditate on how you, single-handedly, can (and will) shape the future of your children and your family . . . and the influence they will have on their society and generations to come because of you.

Notes

1. *Father Facts*, fifth edition, National Fatherhood Initiative, 2007. <http://www.fatherhood.org/organizations/programs/father-facts/overview>.
2. Linda J. Waite and Maggie Gallagher, *The Case for Marriage* (New York: Doubleday, 2000).
3. Ibid.
4. Alex Bierman, Elena M. Fazio and Melissa A. Milkie, "A Multifaceted Approach to the Mental Health Advantage of the Married: Assessing How Explanations Vary by Outcome Measure and Unmarried Group," *Journal of Family Issues*, vol. 27, no. 4, April 2006, midus.wisc.edu/findings/pdfs/281.pdf.

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