

FamilyLife Blended® Radio Transcript

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Dads at a Distance

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Ron: Dads, how do you do long-distance parenting?

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: There are a lot of fathers who are physically distant from their children, but they want to remain emotionally engaged. But how?

First, remind your kids of your presence, take lots of pictures and videos and make sure they have a copy so they can remember the good times. Second, keep your communication alive. Write a text on Monday, make a video call on Tuesday, drop an Instagram on Thursday, and show up on Friday for your weekend visitation. And, then when you are together, get out of the house. Get away from the TV and the video games and take a walk together, play a game, run errands—whatever it takes to make the most of your time. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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