

TGED_New Year special.mp3

Anonymous Female Voice: [00:00:02] A LiSTNR production.

Maggie Dent: [00:00:04] This podcast was recorded on the ancient lands of the Gadigal peoples of the Eora nation in Australia. I wish to acknowledge the rich and continuing culture, and especially pay respect to the elders past, present and emerging, and to acknowledge and pay respect to any First Nations people from anywhere in the world who may come to hear this podcast. We hope that we may all come to walk with gentle feet, strong minds and compassionate hearts in this global village.

Maggie Dent: [00:00:38] G'day. I'm Maggie Dent, parenting educator, author, and champion of boys and men, and I hope that you're having a bit of a break this time of year because I'm having a break. I thought I'd leave you with a special series I put together. It's called the Good Enough Dad's Guide to the Summer holidays, just in case you were missing me. And today I'm going to give you the Good Enough Dad's guide to New Year's resolutions. Let's just say that you're right into the holidays, and I'm going to say that holidays, gosh, there's some great things about it. But you know what? It can bring out the best and the worst in us and in our kids. So as you're heading towards New Year, remember again that it's a time for review. It's a time for contemplation and reflection. And yes, we do look at whoa, what did I do okay last year and what can I do better? So I'm going to throw one thing at you.

Maggie Dent: [00:01:35] The reason that New Year's resolutions often don't work is that change makes us feel uncomfortable. So I'm going to suggest to you that you just choose one thing that's not too enormous that you might like to do more of, to be the dad you really want to be, to be a better man and to be a better co-parent and a better partner. So maybe you might practice [00:02:00] the art of really being present and listening to your kids. Nothing's happening in that moment except pure magic for your kids. The second one, you might think, how else can I connect with my kids on top of what I did last year without stopping what I did last year? Am I catching up with my own partner separate to the kids? So I really do love date nights if you can have them. And also I'm going to say, where are you connecting with your mates and your friends? Because it goes both ways. If you're co-parenting, there's something that happens when we hang out with our special friends without our partner around, so make sure you're

connecting in and checking in on them. Remember the fabulous work that Gotcha 4 Life is doing? Are you checking in on your mates? Because life is pretty tough around at the moment. My next one is can you lighten up a bit more? Or if you are being too good in that department, can you wind it back a bit and be a little bit more responsible? Either way, just check in with your co-parent and see how you're doing in that and you know what's a great idea? Write three things down.

Maggie Dent: [00:03:05] Write it on a piece of paper, because it's really good way for us to remember a bit more. And then another idea is, can we have a team meeting like the family have a team meeting. You want some honest feedback on how you can be a better dad? Bring it to the table. Ask your kids, can you give me three things I can do to be a better dad? You can also ask, what are three things you can do to be a better child? But of course, I'm not sure that's going to work well, but I think it's how can we function as a better team so that all of us can have more days when we're really loving the life we're living.

Maggie Dent: [00:03:42] So these are just some of my tips for New Year's resolutions. But if you don't stick to them, don't beat yourself up. Remember, you've got the three things. You've got them in your undies drawer or on your mirror. Just keep having a go. If you forget and you remember that basically [00:04:00] you're already a Good Enough Dad because you've only got to get it right roughly 30% of the time. Next week I'll be back with some tips on how to survive the school holidays. See you then and Happy New Year!