



# Dads help prepare us for life

## Site gives opinions on how to be a better father

**T**here are no parades today. No one has decorated their house with lights or giant inflatable characters. No one is dressing up in crazy costumes. No mythical beings or creatures are going to leave any presents or treats under any trees or in any stockings or baskets. Relatives will not be coming in from out of town. There haven't been weeks of preparation or shopping leading up to today. What should be the biggest holiday of the year — Father's Day — doesn't even rank as one of the top five.

There will be specials at some stores and restaurants, cards and gifts will be given and families will get together for a meal, most

likely cooked on the grill. That's OK with us dads. The less fuss — and shopping — a holiday requires, the more we like it. Most of us are happy to spend a pleasant day at home with the family. We just want to be good dads who prepare our kids for the beauty and dangers of life.

Neil White, a writer who lives in the United Kingdom, not only wants to be a better dad himself, he wants all dads to be better. His website, **This Dad Does - For Dads Who Do More (thisdaddoes.com)**, shares his ideas on how to be a better father. The site is a collection of essays he's written over the years about different aspects of fatherhood. There are also many articles on health, life-



**KEVIN O'NEILL**  
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style and personal growth, with the idea being, as you become a better person, you will be a better father.

If it wasn't for the title on top of the home page you wouldn't know the site was about fatherhood. The articles currently displayed there cover topics such as gardening, finance, health and self improvement. When the author first started the site there was more emphasis on dad topics, but as his interests grew he started adding more topics, sometimes connecting them to fatherhood, other times not. Plus, some of his articles are pitching products, so he probably includes

them to generate revenue.

The navigation on the home page could use some rearranging. There are four links in the navigation bar across the top of the page: Home; New? Start Here; Books for Dads; and Contact. But if you scroll down to the bottom of the page there's a box on the right labeled Categories that has links with articles grouped according to topic. These navigation links should be at the top of the page to help users more easily find the subjects they're interested in.

Appropriately, the New? Start Here link is a good place to start. That takes you to a page that explains the site's mission and how it's evolved from fatherhood to the other topics. It also features a dozen links to articles under different categories: Father and Son; Training and Fitness; Lifestyle and Motivation; and Self Provisioning. This page gives you insight into the authors views on

fatherhood and life in general.

I enjoyed reading his work. He researches his topics, but the articles clearly convey his interpretation, conclusions and point of view. You may not agree with him, but he doesn't come across as outrageous or arrogant, and he invites comments and other ideas. He comes across as focused, but also easy going with a sense of humor. Some articles push back against recent trends of protecting kids from adversity and preventing boys from acting like boys. He argues that learning to deal with adversity and how to channel masculinity are important in preparing for life. This site may not be the most authoritative source on fatherhood, but it's a good read with a dose of common sense.

**KEVIN O'NEILL** is a staff artist for The Times-Tribune. Share your favorite websites with him at [koneill@timeshamrock.com](mailto:koneill@timeshamrock.com).