

JUNE 15, 2022

VOLUME 06

# The Family Corner Newsletter



## JUNE IS A MONTH TO CELEBRATE FATHERS

Dads serve as role models by working to be their best selves and allowing their children to see their imperfections. Dads also demonstrate loving predictability, consistency, discipline, and unconditional acceptance.

That's why it is important for boys to spend time with men for them to see how they can transition to manhood

That's why throughout the month of June, the Centre for Family Development is celebrating a month of fathers with content focused on the many aspects of fatherhood; from having and raising a child.

Fathers and father-figures are indispensable. They are likely the first people we ever know when we enter the world, and they love and care for us as we grow up. It's important for us to shower them with love and appreciation.

## Newsletter Highlights

June is a month to celebrate fathers

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# CREATING CONFIDENCE AND SELF-ESTEEM IN BOYS

Dr. Rose Zunga

Transitioning boys to man is not a walk in the park and its something parents have to be intentional about. A confident and resilient man is not shaped in adult stage in life, it is something that parents need to focus on from early childhood of a boy child. Creating a confident base in early childhood can build better self-esteem later in life.

Lately there has been a lot of focus on the girl child which is all good but it must not be done at the detriment of the boy child. Parents carry the burden of providing for their children and sometimes this provision drive leans towards providing material things 'gifts and toys' which is commendable but the biggest gift a parent can give is a 'positive sense of self' to a child. Between the ages of 4 and 11 that is when parents should be intentional about building a child's confidence.

If the ground work is done between 4 and 11 years it helps the child land into teen years already confident enough to handle the pubertal stage. The teen stage should not be neglected as well, as a parent, continue to boost a child's confidence during the teenage stage of their life. I'm sure by now you are now asking how do I boost the confidence. Here are a few ways::

- \* Be a good role model
- \* Ban harsh criticism
- \* Praise your child, but do it wisely
- \* Focus on building their strength
- \* Teach your child how to do things
- \* Give them responsibilities
- \* Help your child develop their talents
- \* Give your child chances to try new things

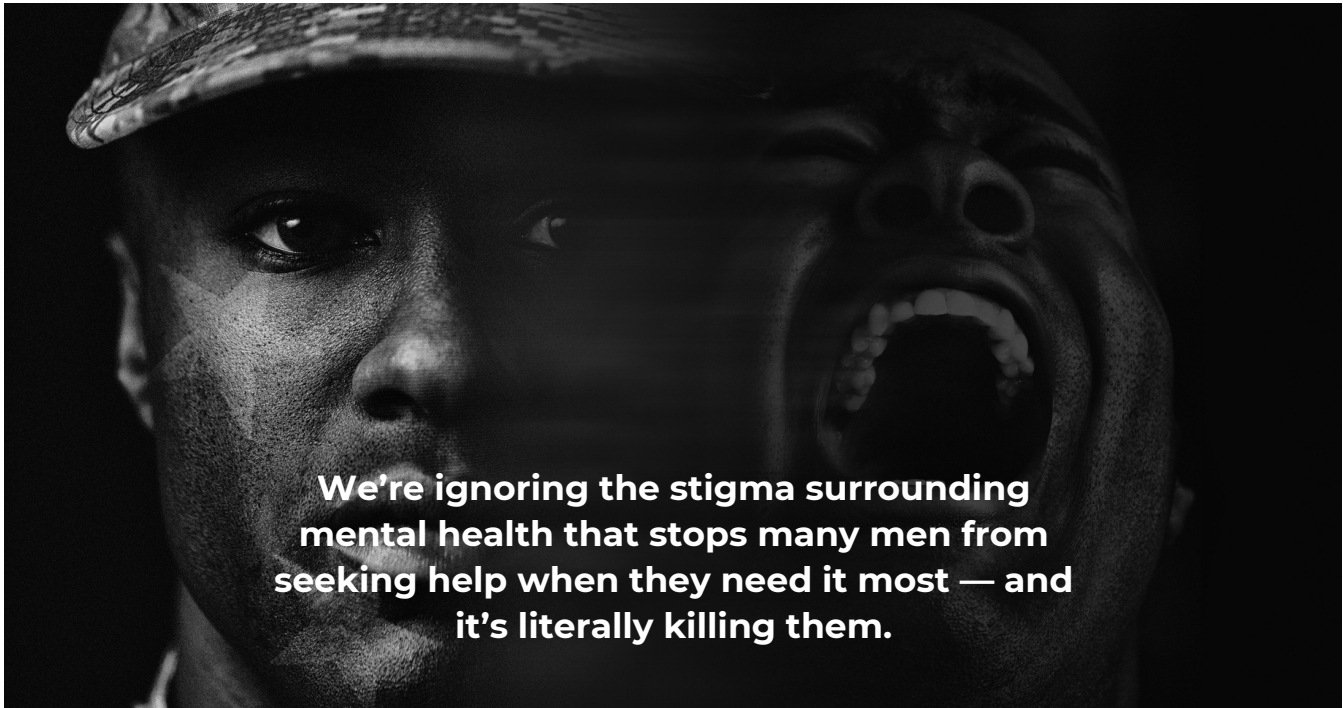
Its never too late to develop confidence or to correct what has been messed up. If you pick up signs of low self esteem in your child, do not ignore them correct them in love and with wisdom. Some of the signs of low self esteem in children are when they talk about themselves in a very negative way or when they constantly compare themselves to others in a negative way.

As we celebrate the month of June as a month of fathers lets commit to developing boys to become real man with confidence.



Rose Zunga

# MENTAL HEALTH IN MEN



**We're ignoring the stigma surrounding mental health that stops many men from seeking help when they need it most — and it's literally killing them.**

Surveys from around the world show that men everywhere find it difficult to open up about mental health, though they are significantly more at risk of attempting suicide than women.

Society's expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems. It's important to understand that men can also be damaged by stereotypes and societal expectations. Men are often expected to be the breadwinners and to be strong, dominant and in control. While these aren't inherently bad things, they can make it harder for men to reach out for help and open up.

Men are more likely to use potentially harmful coping methods such as drugs or alcohol and less likely to talk to family or friends about their emotional struggles, such as feeling sad, worthless, or hopeless. Instead, male mental health conditions often manifest in symptoms such as:

- Aggression and violence
- High-risk activities
- Substance abuse
- Physical issues, such as chronic headaches or stomachaches
- Feelings of restlessness and difficulty focusing
- Appetite and weight changes
- Fatigue
- Obsessive thinking.

In summary, men are struggling, and they are not getting the care they need. That leaves men with common mental health disorders feeling isolated and alone—and ultimately puts them at high risk of suicide attempts.

We need to create safe environments that encourage men to uncover their true selves, address childhood trauma underlying depression and anxiety, and to build authentic and trusting relationships with peers and family. This will help men to better understand themselves and use healthy coping strategies when dealing with stress and emotional pain. The ultimate goal is for men to learn how to navigate the inevitable challenges of life while staying honest, open, and connected with themselves and the people they love.

# MENTORING BOYS TO BE MEN

Boys who don't have healthy relationships with male adults often lack confidence. They are less likely to develop communication and social skills needed to establish strong personal boundaries because no one is available to be a role model. They have no one to turn to for guidance when they're suffering and need to talk.

Boys especially teens who lack the presence of a significant adult in their lives are targeted for bullying more often than peers who have strong adult support.

The good news is this, our kids don't have to drown in silent desperation. Every kid is ONE caring adult away from being a success story. We can be a torch that helps our kids see into their futures by offering them emotional support, guidance, and encouragement for children.

The following tips can guide you on how you can successfully mentor your boy child into a responsible man:

1. **Build a relationship grounded in trust.** Create an environment that allows open communication and mutual respect between the two of you.
2. **Create realistic goals and expectations.** Do not expect your son to confide in you right away. Ask questions; get to know your son better. As your relationship grows, your son will feel more comfortable sharing his life with you.
3. **Have fun together.** Find out what kind of activities your son enjoys. Go bowling or watch a good movie. Shoot some hoops. Play miniature golf.

4. **Listen.** When you ask questions and listen, you give your child permission to share their stories and personal experiences without criticism.

5. **If your child asks for advice, focus on solutions.** Allow your child time to release uncomfortable emotions if they need to vent. Don't get stuck in the problem; consider solutions.

6. **Be positive.** Briefly share your own experiences to demonstrate empathy, but your time together is not about you – it's about your child.. Do not bog down your time or monopolize conversations with stories about your struggles when you were growing up.

7. **Be a good role model.** Your child will lose trust in you if you can't be depended upon to honor your commitments. Your investment of time will lead to influential conversations



# ISSUES AFFECTING MEN'S HEALTH



Most men struggle to look after their mental and physical health, which may cause them to skip checkups and screenings that can ensure they live long, healthy lives. Men who don't take the health of their mind and body seriously may develop serious health issues. The good news is that you can do a lot to take control of your health, starting with prioritizing prevention. From eating better to quitting bad habits like smoking and attending regular checkups, Here are several steps you can take to avoid common men's health problems at any age.

**1. Heart disease** - More men die of heart disease than any other cause of death. Men can play an active role in their heart health by managing their unique risk factors. This should include eating a balanced diet with fruits and veggies, quitting smoking, staying active, reducing stress and taking medications as instructed by your healthcare provider.

**2. Cancer** - Common cancers diagnosed in men include skin, prostate, colorectal and lung cancers. Providers suggest a combination of a healthy lifestyle and regular screenings to keep these cancers at bay. Simple actions like wearing sunscreen, limiting processed or red meat, quitting smoking and talking to your healthcare provider about testing can all go a long way toward reducing your cancer risk.

**3. Diabetes** - Compared to women, men have a higher risk of getting type 2 diabetes at a lower weight. This is partly because male bodies have more belly fat, which itself raises the risk of this chronic disease. Managing your weight and getting more exercise can help reduce this risk.

**4. Erectile dysfunction** - Erectile dysfunction is common in men, especially those older than 75, but that doesn't mean it should impact your sex life. Medications can help, and actions like quitting smoking or limiting alcohol can have a preventive effect too.

**5. Low testosterone** - Testosterone starts to drop in a man's thirties, but if that natural decline causes unwelcome symptoms like low sex drive or trouble concentrating, ask your healthcare provider whether you need a blood test to check your hormone levels.

**6. Depression** - Depression can go undiagnosed in men because the symptoms don't always align with what they might expect. Men sometimes experience depression as anger or irritability rather than sadness. They're also more likely to sweep these feelings under the rug. If you suspect you are suffering from depression, take the first step by talking with your healthcare provider.

No matter what health issues you might face, you can take command of your well-being by taking preventive and proactive steps today.

# DOMESTIC VIOLENCE AGAINST MEN



If you're a man in an abusive relationship, it's important to know that you're not alone. Abuse of men happens far more often than you might expect. It happens to men from all cultures and all walks of life, regardless of age or occupation. Figures suggest that as many as one in three victims of domestic violence are male. However, men are often reluctant to report abuse because they feel embarrassed, fear they won't be believed, or are scared that their partner will take revenge.

An abusive partner may hit, kick, bite, punch, spit, throw things, or destroy your possessions. To make up for any difference in strength, they may attack you while you're asleep or otherwise catch you by surprise. They may also use a weapon, such as a gun or knife, or strike you with an object, abuse or threaten your children, or harm your pets. Domestic abuse is not limited to violence. Emotional and verbal abuse can be just as damaging. You might be experiencing domestic violence if your partner:

- Calls you names, insults you or puts you down
- Prevents you from going to work or school
- Stops you from seeing family members or friends
- Tries to control how you spend money, where you go or what you wear
- Acts jealous or possessive or constantly accuses you of being unfaithful
- Gets angry when drinking alcohol or using drugs
- Tries to control whether you can see a health care provider
- Forces you to have sex or engage in sexual acts against your will
- Blames you for his or her violent behavior or tells you that you deserve it

Domestic violence can leave you depressed and anxious, and can increase your risk of having a drug or alcohol problem. Because men are traditionally thought to be physically stronger than women, you might be less likely to report domestic violence in your relationship due to embarrassment.

Admitting the problem and seeking help doesn't mean you have failed as a man or as a husband. You are not to blame, and you are not weak. As well as offering a sense of relief and providing some much-needed support, sharing details of your abuse can also be the first step in building a case against your abuser.



## NARCISSISM

There are many depictions in media of the narcissistic man. Whether it's the billionaire CEO who pushes everyone below him down to prevent success or the violent boyfriend that stalks and kills his girlfriend, narcissism tends to be an attribute more commonly synonymous with men. In reality, this is not the case. While Narcissistic Personality Disorder affects men more than women, women are just as likely as men to develop narcissistic traits.

Narcissists tend to be more manipulative socially and can be very vindictive. They tend to play the victim, be overly jealous and competitive, superficial, and overbearing. It's important to note that the following traits are common in both male and female narcissists, but are not exclusive to narcissism.

- People with Narcissistic Personality Disorder can often be very charming and charismatic. They often like to surround themselves with people who feed into their ego. They build relationships to reinforce their ideas about themselves, even if these relationships are superficial.
- They also believe that they are superior to others and deserve special treatment. They believe that others should be obedient to their wishes and that the rules don't apply to them.

- Another common trait of narcissism is manipulative or controlling behavior. Their own needs will always come first and they may even exploit others to gain something for themselves.
- Most narcissists are unwilling or unable to empathize with the needs, wants, or feelings of other people. This also makes it difficult for them to take responsibility for their own behavior.
- People with narcissistic behavior already see themselves as superior to others, so they may become rude or abusive when they don't receive the treatment they think they deserve. While they hold themselves superior, they may speak or act rudely toward those that they deem are inferior.
- As parents, narcissism can potentially be emotionally damaging to their child/children. Narcissistic parents often select one of their children to be "the golden child," or a child they place on an unfair and unattainable pedestal that other children will seemingly never reach. While there is a child they boost up, there inevitably will be a child they push down, usually by comparing them to the golden child, telling them they aren't good enough, which can be particularly emotionally damaging to the child.

# FATHER DAUGHTER RELATIONSHIPS



A daughter's relationship with her father can play a key role in her psychological development. In fact, when fathers are present in their daughters' lives, girls grow up with a healthy sense of who they are. They are more confident and self-assured and have a clearer understanding of what they want in life.

To create a positive relationship with your child, start on the day she is born. Get involved in her life from the very beginning by taking an active role in caring for your baby. If you spend quality time with her early on, the relationship can grow organically with each passing day and every exciting milestone.

In fact, research shows that from infancy, girls develop ideas and draw conclusions about the men in their lives. You can be a positive example of the type of adult you want your daughter to trust and confide in the future, whether it is in work, school, friendships, or partnerships.

Listening is also possibly one of the most essential skills parents can master if they want to have a good relationship with their child. Build your relationship with your daughter by being present, giving her your undivided attention, and allowing her to confide in you without fear of judgment. Pay attention to what she says when you are together. To understand your child on a deeper level, take notice of her dreams, goals, and fears. Resist the urge to lecture or correct. Just listen and give her a safe space to share.

Every great parent-child relationship is rooted in an adult who is actively interested and involved in their child's life. Being involved is more than asking about their day. It means taking an interest in the things that excite and inspire your child. The key is to find out what your child's passions are and foster them.

You can also show your support by attending her events and activities. Put them on your calendar and try not to cancel. Never underestimate the significance of being there for the band concerts, talent shows, sports games, and science fairs. You are showing your child that the things that matter to her matter to you too.

Making time for your daughter and building a strong relationship will serve her well over time. By spending time with her and supporting her interests and goals, you show her she is important and worthy of love, kindness, and respect. Plus, you will develop a strong bond and create a lot of fun memories along the way.

# FOCUSING ON THE BOY CHILD

Across the world, everyone has been advocating for the girl child. However, with the tremendous empowerment of the girl-child, the boy-child is increasingly being marginalized and seems to be sliding into total oblivion.

The reality is you cannot have a holistic girl child without a rounded boy child.

It's time we equip boys with coping strategies to deal with negative cultural or social stereotypes as well as negative social and peer pressures. We need to invest in educating the boy child to be sexually responsible as well as develop skills to plan their future and, prepare for life challenges, enhance relationship skills, learn the basics of personal development, and understand how to seek economic opportunities.

Boys have emotions too.

It's time we recognise that boys are suffering just like girls.

The challenges may be different, but the challenges exist. Consequently, we must start discussing and identifying measures to address their plight and put resources and efforts in dealing with these challenges.

Let's create a home environment that encourages boys to seek counselling and healthcare services .





# *Dads and Lads* DAY OUT



IF YOU WANT TO BE A PART OF  
THIS BRAAI AND FISHING  
EXPERIENCE

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