



As we and the state of Illinois move into the early days of 'Phase 3' of the COVID-19 pandemic, we appreciate that planning for the Father's Day and the 4th of July holidays should be getting easier. And, with the conclusion of the school year, the coming summer and a Nation in Conflict we continue to be prepared for the stress and tension that may arise. We hope these tips for Father's Day will help you model positive behavior for your kids and navigate any challenges and conflict that you may be faced with as we slide into summer!

1. Be a role model! *What does that even mean? Who am I as a parent, as a citizen as a person of influence over my children?* From the time they're very small, children look up to their fathers (and their Mothers) and try to emulate their behavior. Sons and daughters watch how you work, speak and treat the people around you (especially their mom!) Work hard, choose your words carefully, and treat those around you with kindness and respect (even when it may be painful to do so!)

2. Give your kids your time and attention. Children need to know that the most important people in their life are listening. Stopping what you're doing and giving them your undivided focus, sends the message that they are important to you too and that you love them and are interested in what they have to say. Engage in activities they enjoy, sports, games, movies and if you can be outdoors, BONUS! Engage in activities they don't enjoy, chores and projects. Fresh air, a change of scenery and a clean home can give everyone a sense of accomplishment and a new outlook!

3. Coach to your children. We all need someone in our lives, a coach, a mentor, a wise soul, to tell us when our efforts are off target - when our shot is "off". Dads can be amazing life coaches. Tell your kids the truth when they need to hear it, in an age-appropriate manner with just enough judgment that they can hear

Upcoming Events

*18th Judicial Courts
Hearings Resume
In-person / remote
June 8, 2020*

*Father's Day
Sunday, June 21, 2020*

*4th of July
Saturday, July 4, 2020*

We LOVE Zoom Seeing you!

The Law Office of Brigid A. Duffield, PC has and will continue to regularly use the Zoom platform for consultations, meetings & mediations. Let us know what you need and we will get it scheduled for you quickly.



Dads Say the Darndest Things...

Happy Fathers Day!! We hope you enjoy this collection of classic "Dad-isms" that we've heard (or said) at one point!

the message. Encourage them to strive for their goals whether you think they are great, absurd or know a new goal is right around the corner when their best friend suggests a new idea. When you coach and believe in them every step of the way, there is no limit to what your children can do and accomplish.

4. Be a source of comfort to your kids. Sometimes, the most comforting words a child can hear are "It's going to be OK." Dad is the one who knows lots of things, and one of the most important things Dads know is when things are going to be OK and when they aren't. Share your courage, hope and strength with your children. It doesn't matter if it's about unrest within your family or the community at large. They'll remember your example and share it with others.

5. Make learning with your kids a team effort. Dad may know lots of things, but he is never too old to learn. Be honest when you don't know an answer and help your child find the solution...even if it comes from Google....or Mom! Put aside your interests and help your children learn and make their informed and educated decision, even if it may be in conflict with your own goals, perspectives or belief system...perhaps you have "Old Ideas". Getting to a place of objectivity and neutrality is often a struggle! Your willingness to learn together, sharing your experience and your hope for them and their future will strengthen the bond between you and your children as they share and explore their questions and answers about their life and the impact they have on. It Matters.

"Lefty-loosey, righty-tighty."
I'm not sleeping, I'm just resting my eyes."
"I am NOT yelling."
"You're grounded 'til you're 30."
"Because I said so."
"Don't make me stop this car!"
"Your mother is right even when she is wrong."
"I love you."

"Serenity is not the absence of conflict, but the ability to cope with it."

"God, give me Serenity...and I want it right now!"



"Every father should remember one day his son will follow his example, not his advice." -- Charles Kettering

Sending our best wishes to you all for a safe, healthy and Happy Fathers Day!

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