

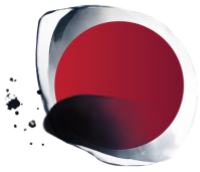
Bonding Is Day-to-Day



Hold

When our son was eight months old, my wife went back to work three days a week. On those days, I had him all to myself.

There were many days when her return to the house just did not come soon enough. My ability to adapt and maintain presence was definitely challenged. From infancy to pre-school, we fashioned our relationship together, both of us somehow aware that we were new to this thing, our father-son relationship. When he was older, placing him in front of the TV for a show or two was, of course, something I did. However, after a time, I could not abandon him in this way. We began to watch his shows together. He was perfectly capable of playing by himself or with his little playmates, but there were also times that I wanted to enter his world. We built forts, populated an aquarium, and constructed magical



boats using the couch and every pillow and blanket we could muster. We made food, started playing computer games, board games, and explored multi-volume mythological journeys, me reading out loud while he resisted his nap or night's sleep to hear, "One more story, Dad, one more!" He loved his world of play, and I loved being with him. As his world developed, our world flourished.

I think fathers are shaped by each and every one of these intimate relational moments. It is a moment-to-moment metamorphosis that changes us in a very real way. The bonding for fathers does not happen in utero but rather in our day-to-day relationship with our children.

Image (search "Bonding") courtesy of: [Thomas Antonio @thomasantonio_art](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.