

### ***SO WHAT'S IN THE TOOLBOX?***

***Intention.*** Ask yourself if it is your intention to stay as close as possible to your own father. If it is your wish to stay connected, or even to build upon that connection, then you have choices about what steps you could take.

#### ***Some actions you could take:***

- Of course, you can only start where you are now. If you and your dad have a relationship where you don't discuss emotional or personal things you may decide to just accept that and build upon what you have. You may have a great time watching sport every weekend. You may just focus on how to fix the roof or what the stock market does each week. It doesn't matter what the focus, so long as you are content in maintaining or building upon that. This is the father who won't ask the questions about why you two don't have a family yet.
- You may decide that you really do want to have a conversation around all of this uncertain fertility. Then the best approach is to once again start with what you know about your father and use what you know about your own situation. Sometimes simple plain language statements are the best as telling the story. It could be as simple as 'We are not sure if we'll ever get to have children', or 'It looks like having a family will not be straightforward'. Then it opens it up for your dad to ask if he chooses and for you to tell more if you choose. This may be all you need to do to feel that your own dad is now connected into your support network. Sometimes a look of acknowledgement can be as powerful a form of support as a thousand words.
- You could consider the sample of relationship areas listed below and decide which ones are the strengths evident between you and your father. This is not a comprehensive list, just a guide for reflection. Knowing them as strengths gives you the power to make decisions about enhancing or appreciating them:
  - Staying in contact with each other