

# Annotated Bibliography/Webliography of Fatherhood Curricula

**TITLE: Boot Camp for New Dads**

SOURCE/AUTHOR: Boot Camp for New Dads

LINK: <http://www.bootcampfornewdads.org/>

DESCRIPTION: Boot Camp for New Dads (BCND) is a national support network for men facing fatherhood. This is a community-based program which delivers support and education at a point when men are most receptive to preparation for becoming a dad. In two-hour workshops given in many parts of the United States, dads-to-be learn the ropes from men who have successfully made the transition to fatherhood, and veteran dads bring their own babies to the workshop to provide hands-on experience.

FORMAT: Workshop topics include: becoming a dad; forming a new family; and caring for new moms. Veteran dads, with their babies in attendance, demonstrate techniques such as swaddling, burping, and changing diapers. They also offer their best advice on issues like bonding, safety, and dealing with relatives. Dads-to-be take home the companion manual to Boot Camp, *Crash Course for New Dads*. Boot Camp facilitator training is also available.

AUDIENCE: Dads-to-be

**TITLE: Coach DADS**

SOURCE/AUTHOR: National Center for Fathering

LINK: <http://support.fathers.com/site/PageServer?pagename=coachdads>

DESCRIPTION: The Coach DADS program was designed to be integrated into the parental development and child development programs of local Head Start agencies. Using sports terminology, the program teaches fathers and father figures how to coach their preschoolers toward healthy physical, emotional, social, and cognitive development. Coach DADS offers an interactive father/child program to engage fathers in preparing their children for success.

FORMAT: The program features six key components, which include a kick-off recruiting event for fathers and father figures; a "play book" that dads can use with their children; a weekly visit to the educational site; a scheduled father training program attended by all "coaches;" a showcase and celebration event for dads and kids; and a set of child development measures. The play book includes activities for each of four different "playing fields" representing child developmental areas and a 52-week journal for dads to record their children's progress.

AUDIENCE: Fathers with children in Head Start

**TITLE: Train the Trainer: Connecting With Your Kids**

SOURCE/AUTHOR: National Center for Fathering

LINK: [http://www.fathers.com/content/index.php?option=com\\_content&task=view&id=62&Itemid=94](http://www.fathers.com/content/index.php?option=com_content&task=view&id=62&Itemid=94)

DESCRIPTION: A certified instructor from the National Center for Fathering conducts training programs for men who want to teach fathering seminars to general audiences. This program has been effectively used by social service agencies, community programs, and schools (for parents and students) and can be tailored for specific organizations, such as businesses, churches, civic groups, and the military. Participants learn how to teach other men to become better fathers.

FORMAT: This program can be taught by instructors in one session or multiple sessions to maximize the trainer's impact. The program comes with multiple agendas to provide specific applications and tailoring to fit the participants.

AUDIENCE: Men who wish to teach other men to be better fathers

**TITLE: Dads of Destiny**

SOURCE/AUTHOR: National Center for Fathering

LINK: <http://support.fathers.com/site/PageServer?pagename=dodcontent>

DESCRIPTION: The Dads of Destiny series features three courses designed to encourage and equip men to become effective fathers. The program's goal is to transform families by transforming fathers.

FORMAT: For each course, groups of five fathers, including one leader, meet for six 75-minute sessions. Leaders use a self-study Leader's Kit to lead the group smoothly and effectively. The Leader's Kit contains information on leadership preparation; a checklist for starting your group; Personal Fathering Profile questions and information; a Weekly Leader's Guide; a Dads of Destiny course manual; order forms for materials; National Center for Fathering information; and reference articles on small groups, fathering, and biblical views of fathering. Group members use the Personal Fathering Profile tool to gain an understanding of their fathering strengths and areas to improve upon when they begin the study.

AUDIENCE: Dads with children ages birth to 12

**TITLE: Doctor Dad**

SOURCE/AUTHOR: National Fatherhood Initiative

LINK: <http://www.fatherhood.org/Page.aspx?pid=486>

DESCRIPTION: The Doctor Dad program provides health and safety workshop teaching materials to instruct fathers of infants and toddlers for an individual to teach a health and safety workshop to fathers of infants and toddlers, with the purpose of increasing fathers' health literacy and confidence in caring for their young children. In addition to offering tips for daily care of young children, the program also teaches fathers how to identify illness, what to do when a child is sick, how to check temperatures, and how to prevent injuries. The resource materials include a workshop manual, facilitator's guide, reference handbook for participating dads, marketing posters and postcards, and a CD-ROM with PowerPoint presentations and evaluation tools.

FORMAT: The program includes four sessions: The Well Child; The Sick Child; The Safe Child; and The Injured Child. Each session can be covered in 1.5 to 2 hours. Facilitator training is available. The workshops can be taught as four sessions, combined into two double sessions, or presented as a one-day workshop. Continuing Education Units (CEUs) are available.

AUDIENCE: Fathers of infants, toddlers and preschoolers

TITLE: **F.a.t.h.e.r. (Fathers Acting to Heal, Educate, and Reconnect)**

SOURCE/AUTHOR: Motherhead, Inc.

LINK: <http://www.motherhead.org/father.htm>

DESCRIPTION: F.a.t.h.e.r. is a parenting curriculum designed for use with incarcerated men. It was developed for the North Carolina Department of Correction (NCDOC) by Motherhead, Inc., with input from inmate fathers, NCDOC staff, and experienced professional advisors. The lessons can be used with a highly diverse group of inmate fathers, including: young fathers; older fathers; expectant fathers; fathers with adult children; fathers who will soon be released; fathers that have been incarcerated for years; fathers in frequent contact with their children; and fathers who rarely see their children. Topics include understanding children's reactions to incarceration, communicating from a distance, understanding parent and child development, and building self-esteem. The curriculum is guided by universal themes and activities that encourage and enable incarcerated or long-distance fathers to reconnect with their children.

FORMAT: Two-day training is offered to teach participants how to implement the curriculum with fathers.

AUDIENCE: Teachers of incarcerated fathers, newly released fathers, and military fathers

TITLE: **Fatherhood Development Curriculum**

SOURCE/AUTHOR: National Partnership for Community Leadership

LINKS: <http://www.npcl.org/index.html>

<http://www.npclstrongfamilies.com/index.html>

<http://www.npclstrongfamilies.com/files/32536776.doc>

DESCRIPTION: The Fatherhood Development Curriculum is based on real experiences and challenges of fathers in fragile family settings. Through 25 group discussion sessions, the curriculum is a field-tested guide to working with fathers by providing support, information, and motivation in the areas of life skills, parenthood, relationships, health and sexuality, and responsible fatherhood. The curriculum also provides a methodology for training and learning and assessment tools.

FORMAT: The Fatherhood Development Curriculum is organized into five modules which address personal development; life skills; responsible fatherhood and parenting skills; relationship skills, including healthy marriage and teen parenting; and health and sexuality.

AUDIENCE: Fatherhood programs interested in targeting and reaching fathers from diverse backgrounds

TITLE: **InsideOut Dad**

SOURCE/AUTHOR: National Fatherhood Initiative

LINKS: <http://www.fatherhood.org>  
<http://www.fatherhood.org/Page.aspx?pid=539>

DESCRIPTION: InsideOut Dad is a reentry program designed to connect inmate fathers to their families and to prepare them for release. InsideOut Dad works to reduce recidivism rates by providing motivation for incarcerated dads to get out and stay out. The program also helps to increase family contact and improve inmate knowledge and attitudes. Many state and federal facilities, pre-release programs, and community organizations use this reentry program. The InsideOut Dad curriculum is also available in a Spanish edition as [Padre Adentro Y Afuera](#) and in a Christian-based version as [InsideOut Dad Christian](#).  
FORMAT: Materials include a Facilitator's Guide, an Activities Manual, 10 InsideOut Dad Fathering Handbooks, and a CD-ROM with marketing tools and certificate of completion. The curriculum includes 12 core sessions and 26 optional sessions that coordinate with the core topics, giving the facilitator flexibility in choosing topics of interest to a particular audience. Practical, engaging material increases inmates' sense of self-worth and gives them valuable relationship skills. Topics include: Being A Man: What is a Man?; Relationships: Love and Relationships; Handling and Expressing Emotions: Expressing Anger; Fathering from the Inside: Creating a Fathering Plan; and an optional reentry planning module.

AUDIENCE: Facilitators of incarcerated and soon-to-be-released fathers

**TITLE: Preparing for Successful Fathering**

SOURCE/AUTHOR: The Center for Successful Fathering, Inc.

LINK: <http://www.fathering.org/PSF.asp>

DESCRIPTION: The Preparing for Successful Fathering curriculum presents a year-long series of high energy, father-friendly, interactive instructional sessions aimed at fathers of children ages birth to six. The course content and the learning process incorporate lessons learned from over a decade of hands-on experiences with tens of thousands of fathers. Preparing for Successful Fathering appeals to a new father's need to make a difference in the life of his child and offers effective ways to get started. The program minimizes the use of lecture and emphasizes the use of movement, interaction, and physical play.

FORMAT: The curriculum is spread over 10 sessions and can be taught by both male and female parent educators. Because so many parent educators involved in early childhood programs are female, the curriculum frames the role of the educator as a learning facilitator. The workbook for dads has exercises and case studies that make this a full-year curriculum. Materials include: a bi-lingual (English/Spanish) DVD with seven supporting videos from developer Dr. Ron Klingler; six copies of the workbook (English or Spanish); facilitator scripts for each of the 10 sessions; workshop agendas for each of the sessions; activities, book ideas, games, handouts, and evaluations; and interactive programs for dads and kids.

AUDIENCE: Fathers of children ages birth to 6.

**TITLE: Quenching the Father Thirst: Developing a Dad**

SOURCE/AUTHOR: National Center for Fathering

LINK:

<http://support.fathers.com/site/PageServer?pagename=QFTOverview1&JServSessionIda011=f3arom8zo1.app11c>

DESCRIPTION: Quenching the Father Thirst: Developing a Dad is a curriculum developed by the National Center for Fathering to train men to become responsible fathers or father figures that love, know, and guide their children toward success. This research- and theory-based curriculum provides a framework

for understanding the role of the father; addresses the systematic barriers to fathering; and trains men to become the father their child needs. Quenching the Father Thirst was designed to be useful for fathers in any social service-based setting (courts, prisons, employment agencies, hospitals, drug rehabilitation centers) in any fathering situation (teen, single, married, divorced, non-custodial, step- or father figures).

FORMAT: Over two days, trainers are taught to teach this curriculum to groups of 6-12 fathers. The curriculum can be presented in six or 12 weekly sessions.

AUDIENCE: Teachers of fathers from any social setting or fathering situation

**TITLE: 24/7 Dad**

SOURCE/AUTHOR: National Fatherhood Initiative

LINK: <http://www.fatherhood.org/Page.aspx?pid=550>

DESCRIPTION: 24/7 Dad is a comprehensive fatherhood program for fathers of all races, religions, cultures, and backgrounds. Developed by fathering and parenting experts, it focuses on the characteristics men need to be good fathers 24 hours a day, 7 days a week. The program includes tools, strategies, and exercises to help dads develop areas of good fathering, including self-awareness, caring for themselves, fathering, parenting, and relationships.

FORMAT: This program is available in a basic format, 24/7 Dad A.M., and a more in-depth version, 24/7 Dad P.M. Both curricula include 12 two-hour sessions that can be implemented in a group setting or in a one-on-one home-based program. Each curriculum kit includes a facilitator's manual, 10 fathering handbooks for participating dads, and a CD-ROM with an evaluation tool and marketing resources. Facilitators also receive free quarterly technical assistance through the Power Minute eNewsletter. This program is also available in Spanish: [Siempre Papá](#).

AUDIENCE: Fathers interested in developing their fathering skills