

Section 2

24/7 Dad™ : Comprehensive 12-Session Fatherhood Program Developed by National Fatherhood Initiative

24/7 Dad™ is a cutting-edge fatherhood program developed by internationally recognized fathering experts and practitioners. The program focuses on characteristics that every father needs and covers the universal aspects of fatherhood so that men of all cultures and races can benefit. Fathers surveyed before and after completing the program indicated significant improvement in their attitudes and understandings about fathering.¹ During these sessions, fathers will polish their fathering skills while they learn about themselves and the important role they play in the lives of their children.

The 24/7 Dad™ program consists of 12 sessions and 2 optional parenting sessions that last approximately 60 to 90 minutes. While the National Fatherhood Initiative (NFI) recommends a weekly format to create patterns of learning, sessions can be divided in a variety of ways. For instance, your site may choose to host 6 two-hour sessions or 4 three-hour sessions.

NFI recommends that no more than 10-12 fathers be included in each 24/7 Dad™ group. The sensitivity of some of the material covered makes it important for fathers to feel comfortable sharing their feelings and experiences.

Choosing a Facilitator

Because this is a long-term intervention, we highly recommend the use of two co-facilitators for each father group. 24/7 Dad™ facilitators should be empathetic, display a strong knowledge of parenting/fathering, be accepting of fathers from a variety of backgrounds, and be comfortable leading discussions on sensitive topics. 24/7 Dad™ facilitators can be either male or female, and while program administrators reported that there is some benefit to including at least one male facilitator, many female facilitators have effectively implemented groups.

Implementation Tips

The following are a few implementation strategies to consider that have worked in similar settings:

- Train a father who has successfully completed 24/7 Dad™ to serve as a co-facilitator during future groups.
- Use certificates of completion (included in this manual and on the CD) to honor fathers for their dedication to becoming a 24/7 Dad™.
- Use the press release (included in this manual and on the CD) to advertise upcoming 24/7 Dad™ sessions.

¹ Fuger, K.L et.al. (2008). *Strengthening Families and Fatherhood: Children of Fathers in the Criminal Justice System Project: Final Evaluation Report*. July 1, 2005 – June 30, 2008. University of Missouri-Kansas City, Institute for Human Development. Kansas City, MO.

- Distribute flyers (included in this manual) in locations that moms frequent (e.g., grocery stores, doctor's offices and schools) and that dads frequent (e.g., barber shops, YMCAs and pizza shops).
- Invite local newspapers and other media to ceremonies that mark the end of the 24/7Dad™ sessions. This publicity will promote future attendance and make fathers feel good about their accomplishment.
- Increase your overall father-friendliness by taking the free, on-line Father Friendly Check-Up™ for Head Starts found at www.fatherhood.org.

24/7 Dad™ Training Options

1. Offer a 2-day Training Institute for up to 35 participants – NFI will come to your facility and provide a comprehensive training that covers:
 - The conceptual development, philosophy and values of the 24/7 Dad™ program
 - The characteristics of a 24/7 Dad™
 - How to facilitate your 24/7 Dad™ program
 - How to assess the fathers in your 24/7 Dad™ program
 - How to recruit, retain and sustain the 24/7 Dad™ program within your Head Start setting
2. Offer a 1-day intensive training for up to 20 participants – NFI will come to your facility and provide a condensed training that covers:
 - The conceptual development, philosophy and values of the 24/7 Dad™ program
 - The characteristics of a 24/7 Dad
 - How to assess the fathers in your 24/7 Dad™ program
 - Your choice of a facilitation or implementation emphasis
3. Send 1-3 of your facilitators to an NFI training location (currently Pittsburgh, PA) for a one-day training. Those that participated in these sessions reported they were confident that their knowledge and skills had increased.² Training covers:
 - The conceptual development, philosophy and values of the 24/7 Dad™ program
 - The characteristics of a 24/7 Dad
 - How to facilitate your 24/7 Dad™ program
 - How to assess the fathers in your 24/7 Dad™ program
 - A customized approach to implementing the 24/7 Dad™ program in your Head Start setting
4. Send 1 or 2 of your facilitators to an already scheduled 24/7 training – Check <https://www.fatherhood.org/schedules.asp> for scheduled trainings and e-mail community@fatherhood.org for registration information.
5. Use 24/7 Dad™ “off-the-shelf” – Although we recommend attending a formal training,

² Fuger, K.L et.al. (2008). *Strengthening Families and Fatherhood: Children of Fathers in the Criminal Justice System Project: Final Evaluation Report*. July 1, 2005 – June 30, 2008. University of Missouri-Kansas City, Institute for Human Development. Kansas City, MO.

the 24/7 Dad™ curriculum kit includes everything you need to run the program. You can purchase thek it at www.fathersource.org and contact community@fatherhood.org for questions or technical assistance in implementing the program. E-mail community@fatherhood.org for pricing and scheduling information.

24/7 Dad™ Pre and Post Surveys

The 24/7 Dad™ curriculum kit includes 20 of the Fathering Skills Survey™ and 20 of the Fathering Inventory™ assessment tools. These tools will help you measure the progress fathers make during the course of the program. To replenish assessment tools, visit www.fathersource.org or call 301-948-0599. Organizations are not permitted to make copies of the assessment tools.

24/7 Dad™ Fathering Handbooks

The 24/7 Dad™ curriculum kit includes 10 Fathering Handbooks that each dad should receive at the beginning of the program. To replenish Fathering Handbooks, visit www.fathersource.org or call 301-948-0599. Organizations are not permitted to make copies of the Fathering Handbooks.

24/7 Dad™ Curriculum

To order additional 24/7 Dad™ curriculum kits visit www.fathersource.org or call 301-948-0599.

Resources/Tools

The tools listed below are found on the following pages and included on the CD attached to the inside front cover of the Fathers for Life Technical Assistance Manual.

- Press Release
- Flyer

Press Release

Head Start to offer FREE fatherhood classes to all fathers and father role models

Earlier this year, Head Start programs began offering fatherhood classes based on National Fatherhood Initiative's 24/7 Dad™ program.

The 24/7 Dad™ classes are conducted in a group setting and give men the opportunity to improve their fathering skills as they learn about themselves and the important role they have as dads.

Other topics covered during the 24/7 Dad™ sessions include:

- Getting involved with your children
- Discipline, rewards, and punishment
- Recognizing and handling anger
- Masculinity
- Balancing work and family
- Improving communication skills
- Expectations and children's development
- Growth and celebration
- Physical and mental health
- Spirituality

Classes are being held in various locations, so to find out if a class is being held in your area, please contact (Name and phone number).

National Fatherhood Initiative's (NFI) mission is to improve the well-being of children by increasing the proportion of children growing up with involved, responsible, and committed fathers. NFI helps men be more involved, responsible, and committed fathers by:

EDUCATING and inspiring all Americans, especially fathers, through public awareness campaigns, research, and other resources.

EQUIPPING and developing leaders of national, state, and community fatherhood initiatives through curricula, training, and technical assistance.

ENGAGING every sector of society through strategic alliances and partnerships.

FREE Fatherhood Class

Head Start invites you to attend:



Classes are open to all fathers and father role models, and are conducted in a group setting. They give men the opportunity to improve their fathering skills as they learn about themselves and the important roles they have as dads.

Date:

Time:

Where:

Topic:

(Note if refreshments and food will be provided)

To find out more information or to sign up for the class, contact: (Who) at (phone number)