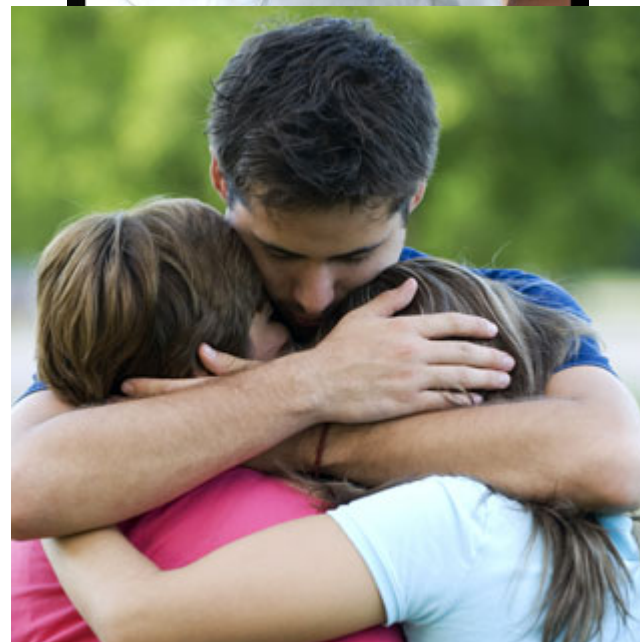


The Art of Dad Engagement



be
STRONG
families

be
STRONG
dads

Welcome and Introductions



Strengthening Families™

Protective Factors Framework

Parental Resilience	Be strong and flexible
Relationships (Positive Social Connections)	Parents need friends.
Support / Services (Concrete Support in Times of Need)	Everybody needs help sometimes.
Knowledge (of Parenting & Child Development)	Being a great parent is part natural and part learned
Communication (Social & Emotional Competence)	Parents need to help their children communicate

BSF – A “male centric” view of the 5 ways to Keep Your Family Strong



Be a strong and flexible father: Parental Resilience

- Part of being a great dad is being able to roll with the punches.
- As a man helping raise a family, there's a lot of pressure to be the ultimate provider and in some cases the sensitive partner. Times may be tough, but even if we're not punching a time card every day, we have to be secure in our role as a dad, because it's a job you'll never be laid off from.
- But everyday life impacts us all – we have to be able to take the good and bad in stride and be able to bounce back when life happens. We don't have to be perfect. We need to be the best we can be for our family and kids.



BSF – A “male centric” view of the 5 ways to Keep Your Family Strong



Dads need healthy friendships: Social Connections

- Dads need to blow off steam too.
- It seems like our wives or girlfriends can call up their girlfriends to “gab” and get things off their chests. It’s not as easy for us. We need opportunities to be with our friends outside of the boundaries of our relationship or just to have our own alone time to filter the day, watch a ball-game or something.
- Spending some time with other dads creates an opportunity to get some of our own issues into the open. We don’t need to escape, but we need to find ways to share our common issues / experiences with other guys (dads or not!) Beware...we all have those friends that aren’t always the best influences....



BSF – A “male centric” view of the 5 ways to Keep Your Family Strong



Being a great dad is part natural and part learned: Knowledge of Parenting and Child Development

- Nobody was born with all the answers. Take a look at that book your wife or girlfriend bought.
- But don't forget...you have a connection with your child as well. Trust your instincts.
- Think about what you learned growing up. Personal childhood experiences have a great impact on each one of us – be aware of them. Trust in yourself, but if you have a question...ask or look it up.
- Use what you know and educate yourself on how to be the best dad you can be.



BSF – A “male centric” view of the 5 ways to Keep Your Family Strong



We all need help sometimes: Concrete Support in Times of Need

- We can't handle it all ourselves, so don't be afraid to ask for what you need; a coat, a couple bucks, a meal, a break...or take advantage of the resources at your school, church, or childcare provider's.
- A lot of times we feel painted into a corner because we can't provide the basic necessities for our family. BUT...if you're humble. If you're willing to ask for what you need or know where to get it, help is usually there. Wouldn't you try to help if someone you knew asked you for something? See what I mean?



BSF – A “male centric” view of the 5 ways to Keep Your Family Strong



Dads need to communicate and help their children to communicate:

Social and Emotional Competence of Children and Adults

- As your child is growing up, you need to step up to help them develop. Not just as babies, but as respectful young men and women.
- It's not just expressing oneself...but doing it in a way that is based in integrity and respect.
- And remember...your children are watching you. If you drop f-bombs all day or are quick to throw down, it shouldn't be a surprise when your son or daughter is prone to do the same.
- To your child...you're usually the coolest person they know. And the person they want to spend the most time with. You'll always be their rock star or star player...as long as you don't drop the ball. With that in mind, represent. Nurture that relationship.
- Remember that your child is growing up to be an independent, thinking person, with their own opinions and ideas of the world. Don't be afraid to show them your perspective...and it's not counterproductive to respect their position....doesn't mean you have to agree or do what they say!

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One-on-One Activity

- Who are you?
- Who is in your family?
- How did your childhood experiences with your father impact the person you have become?



The Art of Dad Engagement

DAD'S CAFÉ

DADS
parent café
in a box

PROTECTIVE FACTORS

1. resilience 	PARENTAL RESILIENCE How is being flexible a sign of weakness? How is it a sign of strength?
2. relationships 	SOCIAL CONNECTIONS What kind of hobbies do you have? How have they changed since you became a dad?
3. knowledge 	KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT How important is it for your child(ren) to see you working?
4. support 	CONCRETE SUPPORT IN TIMES OF NEED How do you create a plan for you and your family when there is an unexpected financial burden?
5. communication 	SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN How do you teach your child(ren) values?

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The Art of Dad Engagement

Large group discussion

- o What are the qualities and skills needed to engage dads?
- o What are you doing that is working to engage dads?



The Art of Dad Engagement

- Foundation of Compassion / Empathy
- Relationship-based
- Requires skills
Social / Emotional
Communication

Involves You! Who you are, how you are, what energy you bring, what you want -
- affects your ability to engage dads.



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Questions / Comments

