

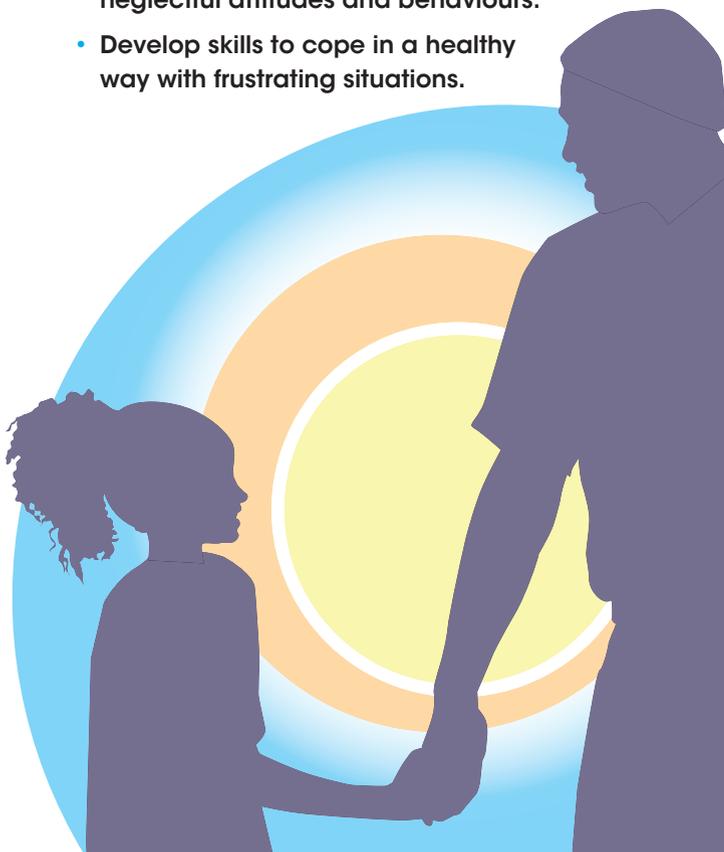
The Caring Dads group programme runs one evening a week for 17 weeks.

The group offers:

A unique opportunity for men to connect as fathers. A combination of active group discussions, exercises and some things to work on between sessions.

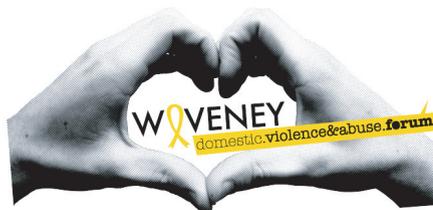
Through 17 sessions you will:

- Learn about how different ways fathering affect children.
- Learn about strengthening the father-child relationship.
- Learn about controlling, abusive and neglectful attitudes and behaviours.
- Develop skills to cope in a healthy way with frustrating situations.



The Caring Dads Programme

Contact:
The Coordinator
Waveney Domestic Violence & Abuse Forum
The Kirkley Centre
154 London Road South
Lowestoft
Suffolk
NR33 0AZ
T: 01502 572143
M: 07906 245979



Partners or ex-partners will be contacted in all cases.

Caring Dads will regularly share information with other agencies, for example Social Services, CAFCASS, contact centres and the Police.

We don't make assessments about child contact arrangements, but will write a report about attendance and participation on the group.

For more information contact the Programme Manager or talk to the person making your referral to the programme.

The Caring Dads project has benefitted from working with Suffolk County Council, St John's Housing Trust, Suffolk Constabulary, The Liberty Project and Norfolk and Suffolk Probation Trust...

...and is grateful for the assistance and support of Dermot Brady, Programme Manager, London Probation, The Ontario Institute in Education who have been involved in developing this programme and assisting with its implementation in the UK. We are grateful to Suffolk Foundation and Office of The Police Crime Commissioner for funding this project.



The caring dads programme

The programme aims to help fathers improve their relationship with their children and to end controlling abusive and neglectful behaviours

A few questions to ask yourself;

- ✓ Are you concerned that your relationship with your child is not as close as you hoped it would be?
- ✓ Do you sometimes wonder how well you know your child?
- ✓ Are you concerned about the level of discipline you think you need with your child?
- ✓ Do you sometimes feel so angry with your child and you feel like blowing up?

Facts about Fathering;

Fathers can and want to be a positive influence in their children's lives. Positively involved fathers enhance their children's academic, social and personal development. Unfortunately fathers can also have a negative impact on their children.

This happens when fathers:

- Do not understand children's needs and feelings.
- Harshly discipline their children.
- Argue frequently with their children's mothers.
- Use abusive, neglectful and controlling behaviours.

GOALS	Week	Orientation	ACTIVITIES
To develop sufficient trust and motivation to engage men in the process of examining their fathering.	Week 1:	Orientation	Programme Overview Group Rules. Family experiences.
	Week 2:	Considering Fathering	Family tree
To increase men's awareness of child-centered fathering	Week 3:	Developing Discrepancy – Helping men make the choice to do things differently	My goals Continue to develop discrepancy with: <ul style="list-style-type: none"> • Continued discussion • Fathering circles • Facing the wall.
	Week 4:	Child-centered fathering	Continuum of parenting behaviour. Responsive and unresponsive praise.
	Week 5:	Building relationships with our children	Review of praise. How well do you know your kids?
	Week 6:	Listening to children	Listening to children. Relationship building challenges.
	Week 7:	Eliminating barriers to better relationships	The connections between thoughts, feelings and actions. Thoughts and beliefs to watch out for.
	Week 8:	How are children different from adults?	Understanding child development. Practical applications.
	Week 9:	Fathers as part of families	What do my children learn from living in my family? Setting a good example. Appreciation for my children's mother.
	Week 10:	Recognizing unhealthy, hurtful, abusive and neglectful fathering behaviours	The other end of the continuum: child maltreatment. A closer look at emotional abuse. Video analysis.
To increase men's awareness of, and responsibility for, abusive and neglectful fathering behaviours and their impact on children	Week 11:	How am I responding to my children's needs	Emotional abuse and neglect as forms of abuse. Effects of abuse on children (review and synthesis). Problem-solving for parents.
	Week 12:	Problem-solving in difficult situations	Problem-solving for parents. What children learn from abusive and controlling fathering.
	Week 13:	Relationship with my child's mother	Domestic violence as a form of abuse. How use of systems can be abusive. The Importance of adult boundaries. Problem-solving for parents.
	Week 14:	I am not proud of...	Exercise on shame and secrecy in abusive behaviour. How denial affects children. Problem-solving for parents.
To consolidate learning, begin to rebuild trust, and plan for the future	Week 15:	Rebuilding trust and healing	Taking responsibility for the past and moving into the future Rebuilding trust.
	Week 16:	What about discipline?	Summarizing alternatives to punishment. Denying discipline.
	Week 17:	Wrapping up	Review of main concepts. Where am I going from here?

