

## Understanding Dad™ Complete Program Kit: An Awareness and Communication Program for Moms

Price: \$549



### Background Information

In 2012, NFI surveyed its customers and partners regarding the concept of a fatherhood organization creating resource for mothers to help them increase father involvement. With overwhelming support for creating these resources, we proceeded to create a program designed specifically for mothers, to help them improve the relationships they have with fathers, for the benefit of their children.

Data shows that one in three children in the U.S. grows up in a home without his or her biological father, and the lack of father involvement increases the risk that children will suffer from a range of social, emotional, and physical ills. Unfortunately, many times it's the mothers' gatekeeping behavior that can prevent or reduce fathers' access to their children - when fathers' involvement in their children's lives would actually benefit their children. In addition, mothers can lack the self-awareness and communications skills they need to improve their relationships with the fathers of their children.

### Resource Description

Understanding Dad™ is a group-based program that helps moms focus on the goal of accomplishing communication and awareness objectives that are vital to improving the relationships between them and the father(s) of their children. The program covers topics to help moms gain a better understanding of their life as a mom, their father and mother's impact, and their own impact on their children; then shifts to patterns of communication, open and safe communication, and how to listen.

Understanding Dad™ consists of 8 sessions, each lasting approximately 2 hours, with the goal of accomplishing 4 objectives that are vital to improving the relationships between mothers and fathers:

- Increase mothers' knowledge, positive attitudes (e.g. toward fathers' involvement), and skills (e.g. communication) associated with improving their relationships with the fathers of their children.
- Increase mothers' awareness of the impact that their upbringing (e.g. their relationships with their own fathers) has had on their relationships with the fathers of their children and men in general.
- Increase mothers' understanding of the importance of fathers' involvement in the lives of their children.
- Increase positive interactions between mothers and the fathers of their children.

Understanding Dad™ was piloted in Coshocton County, Ohio by the Family P.A.C.T. Center, and in Allegheny County, Pennsylvania by the Allegheny Intermediate Unit. The pilot was evaluated by Jay Fagan, Ph.D., Professor and Mollie Cherson, M.A., Research Assistant, Temple University, School of Social Work. Read the report at bottom of page: [www.fatherhood.org/evaluation](http://www.fatherhood.org/evaluation).

For more information on the specific topics covered and sample excerpts from Understanding Dad™, visit <http://www.fatherhood.org/udad>.