

# The **FATHERHOOD** **RESOURCE** Center

## **NEW PRODUCTS** to Make Your Work with Dads & *Moms* Even Easier!

### **CALM BABY & GET MORE SLEEP:**

*The Happiest Baby*<sup>TM</sup>  
DVD+Sleep Sounds  
CD Combo

SEE PAGE 8

### **A DISCUSSION GUIDE WITH MANY USES!**

*17 Critical Issues  
to Discuss  
with Dads*

SEE PAGE 17

### **TRAIN YOUR ORGANIZATION OR COMMUNITY**

to Successfully  
Engage Fathers:  
*The Father-Readiness  
Training Kit*

SEE PAGE 19



National  
Fatherhood  
Initiative®

FatherSOURCE™ resources are organized by intensity level to help you understand the amount of staff involvement and monetary investment needed to offer them to your clients. It also allows you to customize programs that engage fathers in ways that are unique to your organization!

### LOW INTENSITY RESOURCES:



- Tip Cards
- Brochures
- Posters
- Dad's Pocket Guides
- Mom's Pocket Books

### MEDIUM INTENSITY RESOURCES:



- Half or One Day Workshops such as:**
- The 7 Habits of a 24/7 Dad™
  - DoctorDad®
  - Why Knot?™
  - 24/7 Dad™ Power Hour
  - FatherTopics™ Workshops

### HIGH INTENSITY RESOURCES:



- 12-week programs such as:**
- 24/7 Dad® AM & PM
  - InsideOut Dad®
  - InsideOut Dad® Christian
  - Understanding Dad™ For Moms

## PACKS OF 50 FOR JUST \$12.99

[www.fatherhood.org/tipcards](http://www.fatherhood.org/tipcards)



### 12 QUESTIONS TO ASK BEFORE BECOMING A FATHER

It's important to think about outcomes before acting, and be prepared to step up. This tip card helps men who are not yet fathers think critically about one of the most important decisions they will ever make—whether or not to become a dad.

NFI-81 - 50 PACK, \$12.99



### 12 WAYS TO BALANCE WORK AND FAMILY

Balancing work and family can be challenging. Children spell love “T-I-M-E”, but providing for them financially is also important. This tip card provides twelve simple things fathers can do to succeed at work and at home.

NFI-83 - 50 PACK, \$12.99



### 10 WAYS TO BE A BETTER DAD

Our most popular brochure in a tip card. This tip card offers easy suggestions to help any father become a great dad!

NFI-72 - 50 PACK, \$12.99  
NFI-75 (SPANISH)



### 10 TIPS FOR NEW DADS

New dads face a series of exciting challenges. This tip card provides new and expectant fathers with 10 tips for enjoying and succeeding at the job of a lifetime — being a dad!

NFI-73 - 50 PACK, \$12.99  
NFI-76 (SPANISH)



### FOR BABY'S HEALTH



Help moms understand the importance and benefits of dad's involvement for the health of their baby. This tip card covers 6 ways baby's health is improved when dad is involved, and gives mom 6 tips for being a gateway to, and encouraging dad's involvement.

NFI-79 - 50 PACK, \$12.99



### THE 7 BENEFITS OF MARRIAGE FOR MEN

Marriage is good for men (and benefits children!) This tip card helps men learn about the impact of marriage on a man's sex life, financial future, and most importantly, his relationships with his children.

NFI-82 - 50 PACK, \$12.99



### 10 TIPS TO HELP YOUR CHILD IN SCHOOL

Studies show that children with involved dads do better in school. This tip card offers ten practical tips to help dads give their children a jumpstart for academic success.

NFI-74 - 50 PACK, \$12.99  
NFI-77 (SPANISH)



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## A Variety of Fatherhood Program Training Options!



### ONLINE WEBINAR TRAINING INSTITUTE:

**From the comfort of your office!** Dynamic, online curricula training delivered by expert NFI staff with engaging content and interactive polls. Open to the public.



### NFI HEADQUARTERS TRAINING INSTITUTE:

**You come to us!** In-person, public curricula training delivered by expert NFI staff in Germantown, MD. Everything and more that you get in webinar training, plus the chance to network and hear from other fatherhood facilitators from around the U.S.



### ON-LOCATION CURRICULA TRAINING INSTITUTES:

**We come to you!** 1 or 2-day curricula training institutes available for purchase and scheduling throughout the year on dates of your choosing. Invite area practitioners and interested colleagues, and have NFI customize portions of the training to target your organizational needs and goals. Email [training@fatherhood.org](mailto:training@fatherhood.org) for details and scheduling.

Visit [www.fatherhood.org/register](http://www.fatherhood.org/register) to learn more and register for a training today!



**PACKS OF 50 FOR JUST \$17.99**

[www.fatherhood.org/brochures](http://www.fatherhood.org/brochures)

## HEALTH TOPICS

### 12 WAYS TO STAY HEALTHY

Keep dads healthy with this educational brochure containing important health tips and information for men of all ages. Also includes a helpful check-up chart dads can use to make sure they're staying healthy. 50 PACK, \$17.99



NFI-70 (ENGLISH ONLY)



### HOW TO KEEP YOUR CHILD HEALTHY

These practical tips will help dad keep his kids happy, healthy, and safe—starting before they're even born. Also includes a quiz that helps dads realize their important role. 50 PACK, \$17.99

NFI-71 (ENGLISH ONLY)

### HELPING YOUR CHILDREN MAINTAIN A HEALTHY WEIGHT

COMO AYUDAR A SUS HIJOS A MANTENER UN PESO SALUDABLE

This brochure outlines 15 practical ways that dads can help their families stay active and eat healthy. 50 PACK, \$17.99

NFI-41 (ENGLISH)  
NFI-51 (SPANISH)



### 10 WAYS TO BE A BETTER DAD

10 CONSEJOS PARA SER UN MEJOR PADRE

Our best selling brochure offers easy suggestions to help any father become a great dad. 50 PACK, \$17.99

NFI-01 (ENGLISH) NFI-02 (SPANISH)



### HOW TO HELP YOUR CHILD DO WELL IN SCHOOL

COMO AYUDAR A SU HIJO A TENER UN BUEN DESEMPEÑO EN LA ESCUELA

Children with involved dads have a better chance of succeeding in school. This brochure offers ten practical tips to help dads give their children a jump-start for academic success. 50 PACK, \$17.99

NFI-32 (ENGLISH) NFI-48 (SPANISH)



### SO YOU'RE A NEW FATHER

New fathers face a series of new and exciting challenges. This brochure provides new and expectant fathers with a ten point plan for enjoying and succeeding at the job of a lifetime—being a dad! 50 PACK, \$17.99

NFI-13 (ENGLISH) NFI-15 (SPANISH)

### KEEPING YOUR CHILD SAFE

COMO MANTENER A SU HIJO SEGURO

Keeping children healthy and safe is a priority for all parents, especially during those exploratory toddler years. This helpful checklist provides the information needed to childproof a home and prevent common household accidents. 50 PACK, \$17.99

NFI-12 (ENGLISH) NFI-47 (SPANISH)



### 12 QUESTIONS TO ASK BEFORE BECOMING A FATHER

12 PREGUNTAS PARA HACERSE ANTES DE CONVERTIRSE EN PAPÁ

Filled with practical advice, this brochure helps men who are not yet fathers think critically about one of the most important decisions they will ever make—whether or not to become a dad. 50 PACK, \$17.99

NFI-39 (ENGLISH) NFI-52 (SPANISH)

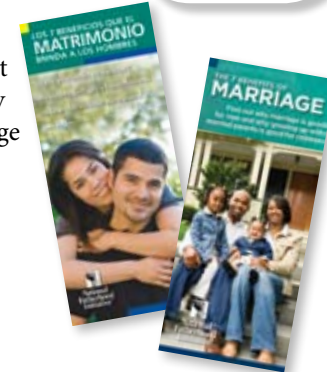


### THE SEVEN BENEFITS OF MARRIAGE FOR MEN

LOS 7 BENEFICIOS QUE EL MATRIMONIO BRINDA A LOS HOMBRES

Does marriage really matter? Yes, it does! This brochure speaks directly to men about the impact of marriage on a man's sex life, financial future, and most importantly, his relationships with his children. 50 PACK, \$17.99

NFI-30 (ENGLISH)  
NFI-46 (SPANISH)



### 12 WAYS TO BALANCE WORK AND FAMILY

12 FORMAS DE LOGRAR UN EQUILIBRIO ENTRE EL TRABAJO Y LA FAMILIA

This brochure outlines twelve simple things that fathers can do to succeed at work and at home. Perfect for human resource managers and employers alike. 50 PACK, \$17.99

NFI-37 (ENGLISH) NFI-54 (SPANISH)



### CREATING A SAFE HOME FOR YOUR FAMILY

COMO CREAR UN HOGAR SEGURO PARA SU FAMILIA

An emotionally and physically safe home environment is vital for healthy children and families. This brochure helps dads create a loving, caring environment where children can thrive. 50 PACK, \$17.99

NFI-40 (ENGLISH) NFI-53 (SPANISH)



## CORRECTIONS TOPICS

### STAYING INVOLVED WITH YOUR CHILDREN WHILE INCARCERATED

COMO PARTICIPAR EN LA VIDA DE SUS HIJOS MIENTRAS PERMENECE EN PRISION

Incarcerated fathers may be locked up, but they don't have to be locked out of healthy relationships with their kids. This brochure offers incarcerated fathers ten tips on staying connected to their children. 50 PACK, \$17.99

NFI-11 (ENGLISH) NFI-16 (SPANISH)



### HOW TO CREATE A REENTRY PLAN

Help incarcerated dads make a successful reentry transition! This brochure helps inmates create a plan for their lives after release with ideas for reuniting with family, taking care of finances, getting employment, and more. 50 PACK, \$17.99

NFI-61 (ENGLISH ONLY)

### 20 WAYS TO CONNECT WITH YOUR CHILDREN AND FAMILY AFTER RELEASE

Fathers face many challenges upon release. With these 20 tips, dads can prepare, prevent, and partner for post-release success and connect for the long haul. Research shows that when dads connect with their children and families after release, they are more likely to stay out of prison. 50 PACK, \$17.99

NFI-05 (ENGLISH ONLY)



## MILITARY TOPICS

### 10 WAYS TO STAY INVOLVED WITH YOUR CHILDREN DURING DEPLOYMENT

Military deployment is tough on families, especially those that don't prepare for it. Here are ten great tips that can help military dads stay connected to their children even when they are far away. 50 PACK, \$17.99

NFI-36 (ENGLISH ONLY)



### WELCOME HOME DAD!

Ease the strain of returning home from military deployment! These ten tips will prepare military dads and their families as they make the transition home from deployment back into everyday life. 50 PACK, \$17.99

NFI-60 (ENGLISH ONLY)



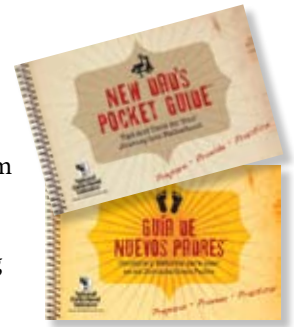


**POCKET GUIDES**

PACKS OF 5 FOR \$12.99

[www.fatherhood.org/pocketguides](http://www.fatherhood.org/pocketguides)

**NEW DAD'S POCKET GUIDE™**  
This handy guide has essential hints, tips, and strategies that every new dad needs to know! The New Dad's Pocket Guide™ helps dad get involved right from the start by increasing health literacy; includes important child health and safety information, ideas for connecting to his newborn, and more.  
NFI-102 - 5 PACK, \$12.99  
NFI-104 (SPANISH)



**DAD'S POCKET GUIDE™**  
It's never been easier to give dads of preschoolers and school-aged children the information they need to stay involved in their children's lives in meaningful ways. An updated version of the popular Daddy Pack, this handy guide has essential health and education hints, tips, and strategies that every dad needs to know.  
NFI-103 - 5 PACK, \$12.99  
NFI-105 (SPANISH)

**MILITARY DAD'S POCKET GUIDE™ :**  
20 WAYS TO CONNECT WITH YOUR CHILDREN DURING DEPLOYMENT AND RECONNECT AFTER DEPLOYMENT  
Deployment happens, and can be a little easier when you and your family take the necessary steps to prepare for it in advance, as well as taking the same care with planning for dad's return. This pocket guide provides dads and families with 10 tips to make it through deployment, and 10 tips to help ease dad's return from deployment. NFI-114 - 5 PACK, \$12.99



**POCKETBOOK FOR NEW MOMS: A POCKETBOOK FULL OF REASONS FOR NEW MOMS TO INVOLVE DADST™**  
Helps new or expectant moms understand the benefits that she, her baby — and even dad! — will experience when dad is involved right from the start. Moms learn why its important to get dads involved and tips to get him "in the game." NFI-109 - 5 PACK, \$12.99



**POCKETBOOK FOR MOMS: A POCKETBOOK FULL OF WAYS TO COMMUNICATE WITH DAD™**  
Helps moms understand how to talk with dads so they can raise healthy children together. Creating trust and a good communication pattern with dad is important, and this guide will help. NFI-108 - 5 PACK, \$12.99




**HELP ME GROW™ GUIDES**

[www.fatherhood.org/helpmegrow](http://www.fatherhood.org/helpmegrow)

**GUIDES TO THE AGES & STAGES OF CHILD GROWTH**  
Children grow at different rates, and dads need to know what to expect and not to expect in terms of child growth so they can be involved, responsible fathers. That's why NFI pulled some of our most popular content — the Ages and Stages Charts — out of our flagship fatherhood curriculum 24/7 Dad®, and placed it into 3 Help Me Grow guides for Dads based on their child's age range — Infant, Toddler/Pre-School, and Elementary School Years.

- ▶ THE FIRST YEAR  
NFI-120 (ENGLISH) 5 PACK, \$12.99  
NFI-124 (SPANISH)
- ▶ THE TODDLER & PRE-SCHOOL YEARS  
NFI-121 (ENGLISH) 5 PACK, \$12.99  
NFI-125 (SPANISH)
- ▶ THE ELEMENTARY SCHOOL YEARS  
NFI-122 (ENGLISH) 5 PACK, \$12.99  
NFI-126 (SPANISH)
- ▶ HELP ME GROW BUNDLE:  
(1) OF EACH 5-PACK SHOWN HERE  
NFI-123 (ENGLISH) \$25.99  
NFI-127 (SPANISH) \$25.99



PACKS OF 5 FOR \$12.99  
OR SAVE \$12.98 ON THE HELP ME GROW BUNDLE!

**DEPLOYED FATHERS AND FAMILIES™ GUIDE**  
Used by all branches of the armed forces, this practical guide is filled with helpful tips, exercises, and strategies to help military fathers and their families prepare for and successfully navigate deployment challenges. The Deployed Fathers and Families™ Guide addresses several important topics, including money matters, legal issues, medical concerns, and staying connected during deployment. Increase military family readiness with this essential guide.  
NFI-35 \$7.99 EACH



[www.fatherhood.org/dffg](http://www.fatherhood.org/dffg)

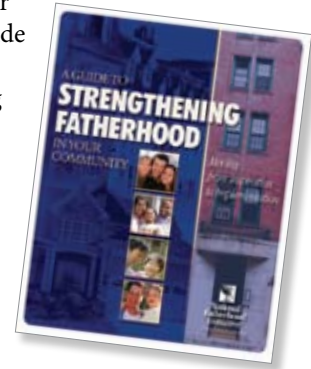
**INSIDEOUT DAD™ GUIDE TO FAMILY TIES**  
Incarcerated fathers who create meaningful ties with their children and family on the outside are the best prisoners on the inside. And, research shows that fathers who connect with their children (and families) prior to release have a higher likelihood of staying out of jail/prison. The InsideOut Dad™ Guide to Family Ties helps incarcerated fathers address many important "connection" topics, including the importance of getting in touch — and staying in touch — with their family, maybe even for the first time.  
Uses: short-term stay facilities (not just prisons, but jails, half-way houses, etc.), one-on-one case management, counseling, coaching, or mentoring, or as a stand-alone, self-paced resource to reach fathers who are unable to participate in the group-based InsideOut Dad® Program.  
NFI-107 25 PACK, \$179.99 (ENGLISH)  
NFI-113 25 PACK, \$179.99 (SPANISH)  
NFI-106 EACH, \$9.99 (ENGLISH)  
NFI-112 EACH, \$9.99 (SPANISH)



[www.fatherhood.org/iod-guide](http://www.fatherhood.org/iod-guide)

**SELECT GUIDES AVAILABLE AS E-BOOKS!**

**A GUIDE TO STRENGTHENING FATHERHOOD IN YOUR COMMUNITY: Moving from Inspiration to Implementation**  
Want to start working with fathers in your community but don't know how? This guide provides helpful information on how to: start your own organization, start serving fathers from an existing organization, offer fatherhood programming in your community, raise funds, and mobilize your community around the issue of father absence. The most comprehensive resource available for those interested in promoting father involvement locally.  
DLD-01 \$19.99



Once purchased, you will receive instant access to your new resource via an email allowing you to download, save and/or print the ebook.  
[www.fatherhood.org/gsfcc](http://www.fatherhood.org/gsfcc)  
[www.fatherhood.org/ff6-dnld](http://www.fatherhood.org/ff6-dnld)

**FATHER FACTS™ SIXTH EDITION**  
Father Facts™ Sixth Edition is the most up-to-date, comprehensive collection of statistics, charts, and research summaries ever assembled on the extent and effects of father absence. A large section on the benefits of father involvement is also included. Father Facts™ 6 is a must-have reference manual for fatherhood programs, family practitioners, social service agencies, researchers, and anyone concerned about the well-being of children in America today. Get the Facts!



New to this edition — the CD-ROM comes standard, making data easy to search and simple to use. Pull out relevant statistics and charts for your own reference, or for a presentation.  
Father Facts™ Sixth Edition provides a comprehensive survey of the last 5 years of Census Bureau data and social science research, giving a clear picture of the causes and consequences of father absence.  
BNA-11 (BOOK + CD-ROM) \$19.99  
DLD-09 DOWNLOADABLE E-BOOK \$24.99

## HOW THE HAPPIEST BABY™ TECHNIQUE WORKS

- Empowers parents by dramatically boosting parental confidence.
- Increases baby's sleep and reduces crying/colic.
- Prevents postpartum depression, child abuse, and SIDS.
- Supports breastfeeding by boosting bonding, increasing sleep, reducing crying, PPD, and smoking.

## SUGGESTED USES

Staff can distribute the DVD+CD Combo and/or teach *The Happiest Baby™* techniques in many settings serving families, including:

- **Health Departments and Home Visiting Programs:**  
An easy "plug and play" tool to enhance existing parenting curricula, programs and services (such as WIC).
- **Hospitals and Pregnancy Centers:**  
Ideal for use by nurses and childbirth educators with expectant parents or parents with young babies.
- **Military Bases:**  
New Parent Support Program staff can distribute DVD+CD Combos to military families on base and in military hospitals.

## WHAT'S INCLUDED

- The Happiest Baby™ DVD teaches the "5 S's" technique to quickly turn on a baby's "calming reflex", allowing babies to sleep an extra 1-3 hours
- The Super-Soothing Sleep Sounds CD plays unique sounds that perfectly imitate the womb: soothing crying (even in the car) and boosting sleep (use for the first year of life).

## THE HAPPIEST BABY™ DVD + Sleep CD Combo

More sleep and a happy baby ... in just one click. Magic? A miracle? No ... it's a reflex!™

National Fatherhood Initiative is proud to bring you *The Happiest Baby™*, an evidence-based, scalable, and affordable program for parent educators.

Dr. Harvey Karp's *Happiest Baby™* techniques are based on a newly discovered newborn behavior—the *calming reflex*—that can quickly calm baby's crying and increase sleep by at least one hour.

### The Happiest Baby™ DVD+CD Combo

*The Happiest Baby™* DVD teaches the "5 S's" technique to quickly turn on a baby's "calming reflex", allowing babies to sleep an extra 1-3 hours. The Super-Soothing Sleep Sounds CD plays unique sounds that perfectly imitate the womb: soothing crying (even in the car) and boosting sleep (use for the first year of life).



THB-505 \$19.99

## BECOME A HAPPIEST BABY™ CERTIFIED EDUCATOR!

Certified educators are trained to correctly teach Dr. Karp's calming techniques in order to reduce parent frustration and error; they are also able to give away or sell deeply discounted Parent Kits, receive informative newsletters and research reports, and earn a valuable credential.

Thousands of professionals teach this effective approach in hospitals, WIC clinics, military bases, home-visiting programs and departments of health across America ... and in dozens of other nations. The Happiest Baby™ Certification Program hopes to strengthen the bond between parents and their infants and to create happier, healthier, more loving families. With this training, your efforts can bring even more benefit to the lives of parents and infants you care for!

### CERTIFICATION PROGRAM COMPONENTS for 1 person:

- Self-paced study program (no travel required)
- Instructional lecture on DVD
- Class curriculum, supplemental reading & handouts
- Certification exam
- Certificate of completion
- Certified educator referral listing on The Happiest Baby™ website

### Education Kit includes:

- ▶ The Happiest Baby™ and The Happiest Baby™ Guide to Great Sleep books
- ▶ The Happiest Baby™ DVD + Super Soothing Sleep Sounds CD
- ▶ Loop DVD for marketing
- ▶ Swaddling blanket

THB-500 \$245, THB-500A \$980

**\$245**  
FOR 1 PERSON  
THB-500

OR

**\$980**  
5 FOR THE PRICE  
OF 4 AT  
THB-500A

Learn more and read the requirements to become certified at [www.fatherhood.org/thb-certified](http://www.fatherhood.org/thb-certified)



[www.fatherhood.org/iod](http://www.fatherhood.org/iod)

## INSIDEOUT DAD®

Research indicates that when inmates are connected to their family, they are less likely to return to prison. Specifically developed for the challenges incarcerated fathers face, InsideOut Dad® connects incarcerated fathers to their children while they're on the inside and prepares them for reentry when they get out.

Popular among both inmates and ex-offenders, InsideOut Dad® has been proven to increase family contact and improve inmate knowledge and attitudes. Hundreds of state and federal facilities, pre-release programs, community organizations, and more are using this life-changing reentry program.

Standardized programming for 25 states and the City of New York's corrections system, InsideOut Dad® has 12 core sessions and 4 optional sessions—making it customizable for different settings. Studies show that InsideOut Dad® is an effective, evidence-based tool for preparing men to reenter society and may help lower recidivism rates.



COMPLETE PROGRAM KIT  
**\$599** CNA-170

ADDITIONAL FATHERING HANDBOOKS  
**\$899** EACH CNA-172



### The Complete Program Kit includes:

- 1 - InsideOut Dad® Facilitator's Manual
- 10 - InsideOut Dad® Fathering Handbooks
- 1 - InsideOut Dad® DVD/CD-ROM (includes Father's Survey and Father's Survey Answer Key, Marketing Flyer with sign-up sheet, and Certificate of Completion)

CNA-170 \$599 KIT

### ADDITIONAL INSIDEOUT DAD® FATHERING HANDBOOKS

Order extra handbooks to include more dads in your program or to restock for another group!

CNA-172 \$8.99 SPANISH HANDBOOK - CNA-175



COMPLETE PROGRAM KIT  
**\$599** CNA-79

ADDITIONAL FATHERING HANDBOOKS  
**\$999** EACH CNA-82



[www.fatherhood.org/iodchristian](http://www.fatherhood.org/iodchristian)

## INSIDEOUT DAD® CHRISTIAN: FIRST EDITION

Created in partnership with Prison Fellowship, InsideOut Dad® Christian: First Edition adds a firm Biblical foundation to the program's sessions, allowing inmate fathers to grow not only personally, but also spiritually, as they become better fathers. This program contains 12 core sessions and 26 optional sessions and is perfect for churches and prison ministries who are looking for a curriculum that is easy to facilitate and proven to change lives.

### The Complete Program Kit includes:

- 1 - Activities Manual
- 1 - Facilitator's Guide
- 10 - Fathering Handbooks for the Inmates
- 1 - CD-ROM with evaluation tools

### INSIDEOUT DAD® CHRISTIAN: FIRST EDITION FATHERING HANDBOOKS

Include more dads in your group or stock up for another class!

CNA-82 \$9.99 EACH



The most comprehensive fatherhood program available, using innovative tools, strategies, and exercises for fathers of all races, religions, cultures, and backgrounds to learn how to be involved, responsible, and committed fathers.



Download samples and evaluation data at [www.fatherhood.org/247dad](http://www.fatherhood.org/247dad)

### 24/7 DAD® PHILOSOPHY

NFI developed the **24/7 Dad®** programs based on a philosophy that supports the growth and development of fathers and children as caring, compassionate people who treat themselves, others, and the environment with respect and dignity. This philosophical basis of caring and compassion forms the underlying structure that constitutes the values that are taught in the **24/7 Dad®** programs. To be effective in changing the way people behave, the morals (i.e. what is right and wrong in terms of fathering and parenting) defined by a program must represent the standards and practices of behavior known to contribute to the overall health and functioning of a society.

### 24/7 DAD® VALUES

The **24/7 Dad®** programs rest on the following values.

- ▶ **Value 1:** A positive self-worth is critical to the ability to nurture one's self, others, and the environment. Fathers who treat themselves with respect will in turn treat others with respect.
- ▶ **Value 2:** Empathy forms the foundation of nurturing fathering and parenting. Empathy is the ability to be aware of the needs of others, and to take positive actions on the behalf of others.
- ▶ **Value 3:** Fathers empower their children to make good choices and wise decisions through the use of their children's strong will and personal power. Developing a strong sense of personal power is a necessary element in becoming a nurturing individual.
- ▶ **Value 4:** Discipline is the practice of teaching children to be respectful, cooperative, and contributing members to a family and society. Harsh and abusive language, hurting touch, and inappropriate punishment are viewed as disrespectful practices promoting rebellious and acting-out behaviors. Parental practices of discipline must model the sought-after behavior of the child.
- ▶ **Value 5:** Humor, laughter, and fun promote happiness in families, an optimistic view of life, an outlet for stress reduction, and the chance to make living together as a family enjoyable. A happy child is an easier child to parent than is a child with a negative, hostile attitude.

### 24/7 DAD® PROGRAM OPTIONS:

**24/7 Dad®** is available in a more basic format – **24/7 Dad® A.M.** – and a more in depth version – **24/7 Dad® P.M.** Both curricula consist of 12 two-hour sessions that can be implemented in a group setting, or in a one-on-one home-based program. They do not require sequential use and can be implemented in any setting.

**24/7 Dad AM®** with Booster Sessions covers critical issues that non-custodial fathers need most allowing you to boost the traditional 24/7 Dad curriculum with topics non-custodial dads need most.

### THE 24/7 DAD® A.M. AND P.M. COMPLETE PROGRAM KITS INCLUDE:

- ▶ (1) **24/7 Dad®** Facilitator's Manual with the in-depth information you need to easily facilitate the program and (1) CD-ROM with an evaluation tool, marketing resources, and more!
- ▶ (10) **24/7 Dad®** Fathering Handbooks that the dads can keep as a reference (additional fathering handbooks in both English and Spanish are available for purchase.)

**\$549 PER KIT**  
A.M. KIT CNA-105 • P.M. KIT CNA-106

### EXTRA 24/7 DAD® FATHERING HANDBOOKS

Order extra handbooks to include more dads in your program or to restock for another group! \$7.99 each

A.M. FATHERING HANDBOOKS (ENGLISH) CNA-101  
A.M. FATHERING HANDBOOKS (SPANISH) CNA-108  
P.M. FATHERING HANDBOOKS (ENGLISH) CNA-103  
P.M. FATHERING HANDBOOKS (SPANISH) CNA-109

### 24/7 DAD® IMPLEMENTATION & TRAINING:

Designed to be used "out of the box", the **24/7 Dad®** Complete Program Kits include everything a facilitator needs to run 12 sessions for 10 fathers. Additional Fathering Handbooks can be purchased for more dads. **24/7 Dad®** curriculum Training Institutes are also available for purchase from NFI, allowing you to train up to 30 people from your organization and/or community on the background, philosophy, and successful facilitation of the **24/7 Dad®** programs.

For more information on 24/7 Dad Curricula Training, contact [training@fatherhood.org](mailto:training@fatherhood.org)

**\$549**  
PER KIT  
**\$7.99**  
PER HANDBOOK



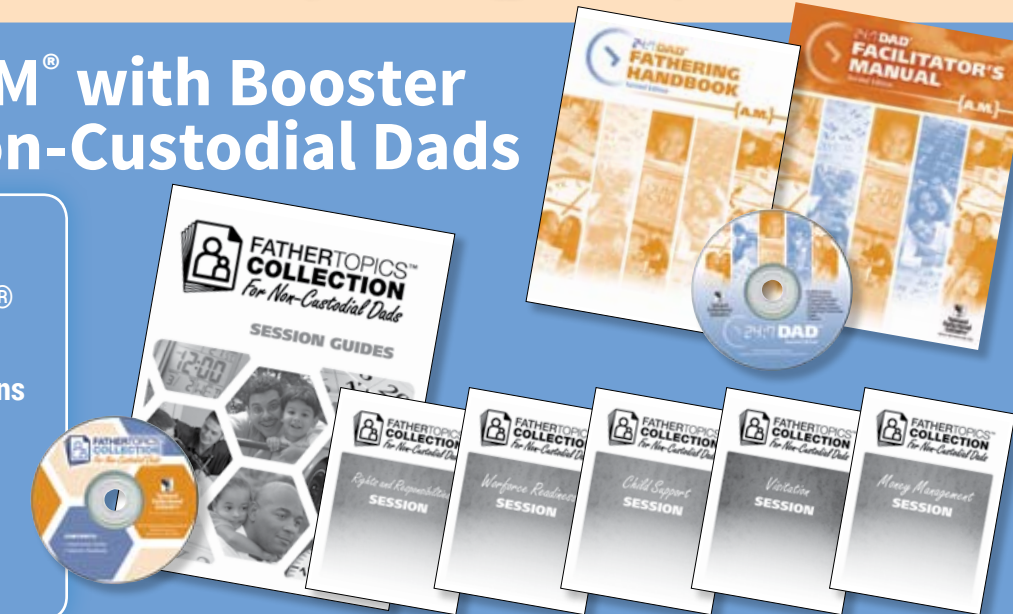
24/7 Dad® is Approved by Y of USA!

## The 24/7 Dad AM® with Booster Sessions for Non-Custodial Dads

### Kit Includes:

- ▶ Everything in the 24/7 Dad AM® Complete Program Kit
- ▶ PLUS 5 separate 2-hour sessions your organization can run for non-custodial fathers.

CNA-100 - \$699 PER KIT  
EXTRA FATHERING HANDBOOKS  
CNA-101 - \$7.99 EACH



### 24/7 Dad® A.M. Topics CNA-105

Perfect for the first time dad who lacks the knowledge and skills to be a good father, and focuses on key fathering characteristics:

- Family History
- What it Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Communication
- The Father's Role
- Discipline
- Children's Growth
- Getting Involved with your Child(ren)
- Working with Mom & Co-Parenting

### 24/7 Dad® A.M. with Booster Sessions for Non-Custodial Dads CNA-100

All topics covered in the 24/7 Dad® A.M. Program, plus booster sessions covering topics specifically related to fathering by non-custodial dads:

- Workforce Readiness
- Rights & Responsibilities
- Visitation
- Child Support
- Money Management

### 24/7 Dad® P.M. Topics CNA-106

- Fathering and the 24/7 Dad
- Boyhood to Manhood
- Dealing with Anger
- Knowing Myself (Self-Worth)
- Family Ties
- Sex, Love, Relationships
- Power and Control
- Competition and Fathering
- Improving my Communication Skills
- Fun with the Kids



Do you serve mothers who struggle to understand and communicate with the fathers of their children?

NFI, the nation's #1 provider of resources for fathers, has developed a unique program that helps mothers improve the relationships they have with fathers, for the benefit of their children.

Data show 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 communication skills they need to improve their relationships with the fathers of their children.

Enter Understanding Dad™ a Complete Program Kit consisting 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.



### Program Goals:

- 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.

### The Complete Program Kit includes:

- Understanding Dad™ Facilitator's Manual
- 10 Understanding Dad™ Mother's Handbooks for use during the program and that the moms can keep
- CD-ROM with an evaluation tool, marketing resources, videos and more!
- DVD video content for some sessions

### Program Uses:

- ✓ Run Understanding Dad™ as a stand-alone program for moms.
- ✓ Offer Understanding Dad™ for moms as a complementary program to your fatherhood program, such as NFI's 24/7 Dad® program.
- ✓ Complement Understanding Dad™ with NFI's Mom as Gateway™ FatherTopics™ Workshop: (see page 14) a 3-session add-on workshop which moves mothers from being a "gatekeeper" regarding fathers' access to their children to a "gateway," thus increasing fathers' access to their children.



**DOCTORDAD® WORKSHOPS** are great for new and expectant dads! Increase fathers' health literacy by providing the knowledge and skills men need to successfully care for their young children right from the start.

Based on feedback from fatherhood practitioners, we've updated and reformatted our popular DoctorDad® curriculum—now offered as four separate DoctorDad® Workshops for individual purchase or as a set.

Presented as 60-90 minute stand-alone workshops, or as supplemental sessions to your current fatherhood programming, DoctorDad® Workshops allow you to focus on the health and safety issue(s) that matters most to your dads—from keeping children well, to taking care of a sick child, along with preventing injuries, and creating a safe home. Or purchase all four workshop kits to cover each of these important issues with your dads!

The Complete Program Kit includes:

- 1 DoctorDad® Workshop Guide with information to facilitate each session
- DoctorDad® CD-ROM which contains the following:
  - ▶ Facilitator's Guide complete with information about the program's underlying principles and themes
  - ▶ Marketing Materials including posters and postcards
  - ▶ Evaluation and Survey Materials including Participant Questionnaire and Certificate of Completion
- 10 DoctorDad® Father's Handbooks for dads to use during the session and keep as a reference



Child Health & Safety Workshops for New & Expectant Dads

INDIVIDUAL WORKSHOPS \$99 EACH  
OR  
Buy all four workshops for the price of three!  
**\$299** CNA-145



DoctorDad® Workshops cover a wide range of important child health and safety skills:

- **THE WELL CHILD:** New! Crying Flowchart, Infant Nutrition, Immunization, Temperament, and more CNA-140
- **THE SICK CHILD:** Fevers, The Common Cold, Dehydration, and more CNA-142
- **THE INJURED CHILD:** Burns, Scrapes, Choking, and more CNA-146
- **THE SAFE CHILD:** Safety in the car, Safety in the Kitchen, Parental Anger, and more CNA-148

### EXTRA FATHER'S HANDBOOKS

Order extra handbooks to include more dads in your program or to restock for another group! 20 PACK, \$49.99

- CNA-161 - WELL CHILD
- CNA-163 - SICK CHILD
- CNA-167 - INJURED CHILD
- CNA-169 - SAFE CHILD

**traininginstitute**

Understanding Dad™ 1 or 2-Day Training Institute Now Available!

Let NFI's Program Specialists train you to effectively facilitate the new Understanding Dad™ program.

See page 18 or email [training@fatherhood.org](mailto:training@fatherhood.org) for more information

## The 7 Habits of A 24/7 Dad™



COMPLETE PROGRAM KIT \$379 CNA-60  
ADDITIONAL FATHERING GUIDEBOOKS \$59.99 PACK OF 5 BOOKS CNA-61

Download a sample at [www.fatherhood.org/7habits](http://www.fatherhood.org/7habits)

### THE 7 HABITS OF A 24/7 DAD™

National Fatherhood Initiative's fathering expertise and FranklinCovey®'s organizational principles come together in this dynamic workshop. This one-day workshop is a great starting point for fathers in many situations and is perfect for corporations, military installations, churches—anyone looking for a basic way to engage fathers.

### The Complete Program Kit includes:

- 1 - Facilitator's Guide
- 1 - PowerPoint® presentation CD-ROM
- 10 - 2.25 x 4.25 inch wallet-size Reference Cards
- 1 - Workshop Video CD-ROM
- 10 - Fathering Guidebooks
- CNA-60 \$379 KIT

### ADDITIONAL FATHERING GUIDEBOOKS & REFERENCE CARDS

Order extra Fathering Guidebooks and Reference Cards to include more dads in your program or to restock for another group!

CNA-61 5 PACK & CARDS, \$59.99

TO ORDER: [www.fathersource.org](http://www.fathersource.org) | (240) 912-1263 | (301) 948-6776 fax

Downloadable



**FATHERTOPICS™ WORKSHOPS**



Learn More at [www.fatherhood.org/fathertopicsworkshops](http://www.fatherhood.org/fathertopicsworkshops)

## TOPICS COVERED IN WORKSHOPS:

- Communication between mom and dad
- Domestic Violence
- Co-parenting
- Culture
- Spirituality

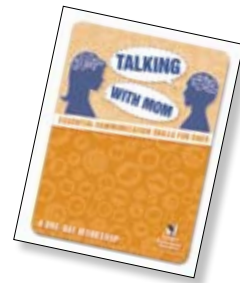
Everything you need to run 3-4 hour workshops for dads on topics that matter to them most! FatherTopics Workshops™ are cost effective, easy to facilitate, engaging workshops you can run by themselves, or alongside another fatherhood program.

Once purchased, you will receive instant access to your new resource(s) via an email allowing you to download, save and/or print the workshop guide(s).

### TALKING WITH MOM™ Essential Communication Skills for Dads

Our newest workshop allows you to deliver a three-session workshop to help fathers become better communicators with the mother(s) of their children by learning about communication patterns, creating a safe environment for effective communication, and developing effective listening skills.

DLD-05 \$45.99



### MOM AS GATEWAY™

Studies show that mothers' perceptions greatly influence fathers' involvement. This workshop helps you break down barriers between mothers and fathers and facilitate helpful discussions and efforts towards co-parenting.

DLD-03 \$45.99



### LET'S CELEBRATE CULTURE!™ Working with Culturally Diverse Fathers

This one-day workshop increases both facilitators' and fathers' understanding of the role that culture plays in shaping fathers' knowledge and attitudes. Let's Celebrate Culture! equips facilitators to effectively engage and educate fathers from a variety of backgrounds and provides three, interactive sessions that will help fathers explore and celebrate their culture.

DLD-02 \$45.99



### UNDERSTANDING DOMESTIC VIOLENCE™

Healthy, nurturing, and loving fathers play a significant role in preventing domestic violence. This three session workshop helps your organization proactively reduce domestic violence in your community by increasing awareness. The perfect complement to your fatherhood or domestic violence program, this workshop will help you create awareness among men and, ultimately, decrease the impact of intimate partner abuse.

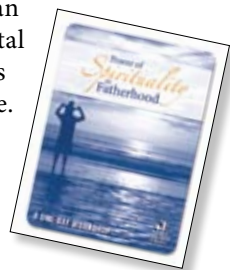
DLD-06 \$45.99



### POWER OF SPIRITUALITY IN FATHERHOOD™

Spirituality can be instrumental in how fathers view their role. This one-day workshop contains three interactive sessions that help fathers explore the relationship between spirituality and fathering and how spirituality and faith can help improve their fathering skills.

DLD-04 \$45.99



[www.fatherhood.org/ftcfncd](http://www.fatherhood.org/ftcfncd)



**FATHERTOPICS™ COLLECTION**  
For Non-Custodial Dads

### FATHERTOPICS™ COLLECTION FOR NON-CUSTODIAL DADS

Developed as a result of NFI's work with the City of New York's Department of Youth and Community Development, these five workshop sessions help non-custodial fathers explore their knowledge, attitudes, emotions, and behavior on 5 specific topics that are critical to their success as fathers.

These topical sessions are crucial for fathers who do not reside in the same home as their children. Facilitators and non-custodial fathers in New York City, found these sessions extremely helpful and their feedback was overwhelmingly positive.

PER PACK  
**\$149**  
CNA-190



### SESSIONS IN THE COLLECTION:

- ✓ **Workforce Readiness** - Provides fathers with information about the importance of being gainfully employed and emphasizes the balance needed to handle the demands of employment and parenting. Fathers meet a local career or workforce readiness expert and discuss the issues and challenges related to finding and maintaining employment.
- ✓ **Rights and Responsibilities** - Helps fathers to understand their legal rights as fathers and, specifically, their rights as non-custodial parents. Fathers learn to appreciate their parental responsibilities from a moral, legal, financial, emotional, and holistic perspective, and to assess their ability to serve as both a nurturer and guide to their children.
- ✓ **Visitation** - This session focuses on the purpose and goals of fathers' visits with their children, what the fathers should look for to evaluate the success of visits, and what the fathers can do to have successful visits with their children.
- ✓ **Child Support** - This session helps fathers to better understand the importance of providing child support, what this type of support means for their children, and for their self-identification as a father. This session emphasizes the value of all types of support given by a father (e.g. financial, emotional, and physical). Fathers meet a local child support expert/representative and learn about child support enforcement and how to navigate the child support system.
- ✓ **Money Management** - This session helps fathers to understand the costs associated with raising a child. Dads learn how to access and best use/leverage government assistance (e.g. Temporary Assistance for Needy Families (TANF), the Supplemental Nutrition Assistance Program (SNAP)—[formerly known as food stamps], and Medicaid) as a means to provide for their children as temporary assistance during times of under/unemployment. A money management expert discusses the value of creating and maintaining a budget, planning for their children's future, and fathers can complete a budget.

### The Collection Kit Includes:

- CD-ROM with Instruction Guide, and Session Handouts
- Binder-Ready, 3-Hole Punched Sessions with Divider Tabs:
  - ▶ Workforce Readiness Session
  - ▶ Rights & Responsibilities Session
  - ▶ Visitation
  - ▶ Child Support Session
  - ▶ Money Management Session

### Session Uses:

- Run one or all 5 sessions with non custodial fathers you serve
- Use whichever sessions you need, when you need them, to meet the needs of on-custodial dads you serve
- Add one or more session(s) to an existing fatherhood program
- Substitute one or more sessions for non-applicable sessions in your current programming for non-custodial fathers





Download a sample at [www.fatherhood.org/powerhour](http://www.fatherhood.org/powerhour)

Developed by seasoned ministers, 24/7 Dad™ Power Hour is a revolutionary men's small group or individual study that helps men explore God's intentions and design for fathers and families.

It takes just one hour a week for men to become the fathers God is calling them to be. The 24/7 Dad™ Power Hour kits contain everything leaders need to facilitate a study group quickly and easily! It also contains everything a dad needs for individual study! Each session encourages men to "Reach Up" to God and "Reach Out" to their families through activities and strategies they can try at home. The studies focus on key fathering characteristics — like masculinity, discipline, and work/family balance — with a Biblical foundation so that men can explore God's design for fathers and families. Groups and individuals will benefit from the following helpful resources:

- ▶ The 24/7 Dad™ Power Hour DVD complements each session with inspiring teaching and engages group members
- ▶ The Small Group Instruction Manual serves as a guide to help the host run a successful small group or to use for individual study
- ▶ The Participant's Guide helps dads focus their study and apply what they have learned

Great for Men's Ministries at Pregnancy Care Centers



**FATHERHOOD SKILLS AND THE CHRISTIAN DAD**

- Topics Include:
- Fatherhood Skills and the Lord's Instruction
  - God Versus Nurture
  - God & Discipline — Styles, Power, & Control
  - God & Discipline — Being a Fair & Loving Father
  - Having Fun
  - Competition and Fathering

KIT CNA-127 \$19.99  
ADDITIONAL PARTICIPANTS GUIDES CNA-126 \$7.99



**RELATIONSHIPS AND THE CHRISTIAN DAD**

- Topics Include:
- Honor the Mother
  - Handling Stress and Anxiety
  - You and Mom — One Flesh
  - Work-Sabbath Balance
  - Your Body is a Temple
  - Iron Sharpens Iron

KIT CNA-132 \$19.99  
ADDITIONAL PARTICIPANTS GUIDES CNA-131 \$7.99



**THE CHRISTIAN DAD**

- Topics Include:
- Christian Fatherhood
  - Expectations and Fatherhood
  - The "Heart" of Fatherhood
  - Honor the Father
  - Raising Adams and Eves
  - First Fruits Mentality

KIT CNA-122 \$19.99  
ADDITIONAL PARTICIPANTS GUIDES CNA-121 \$7.99



[www.fatherhood.org/17issues](http://www.fatherhood.org/17issues)



**17 CRITICAL ISSUES:**  
A Discussion Guide for Practitioners and Staff to Use in Presentations, Home Visits or Meetings with Dads

Have you ever wondered where to start in working with dads? What in the world you should help them with? This basic resource provides a way to talk with dads about the issues that matter most to helping them become more involved in the lives of their children.

**DESCRIPTION**

This guide is a valuable resource to aide you in having discussions with dads at any time and in any setting. Organizations who work one-on-one with dads can use this guide to lead discussions and facilitate valuable, structured conversations - especially in home-visiting settings.

In addition, this guide is extremely helpful to those who make presentations to dads in the community, such as at schools or businesses/workplaces, and for those who already run a group-based fatherhood program or workshop and wish to delve further into certain topics.

**EASY TO USE STRUCTURE**

The structure of the guide helps you customize a discussion with dads in any way you want. Use the guide to design lectures, workshops, seminars, events, and other activities for fathers. Cover one or more topics at any depth you like, in any format you like, and within your time constraints. Use the guide to experiment with the topics, format, and discussion length that works best for you/your organization.

Only Available as a Downloadable Product

- Each topic is covered in two to three pages. You will find background information on the topic, which includes several important factors to keep in mind when working with fathers on the topic.
- The background information is followed by key learning objectives for fathers that you should build into the type of learning format that you decide to use.
- The topic ends with key questions that fathers should ask themselves on the topic. These key questions are tied to the learning objectives.

**BACKGROUND**

Led by NFI President Christopher Brown, an applied anthropologist with more than 20 years experience designing fatherhood programs and resources and studying fatherhood and masculinity cross culturally, our team has identified 17 critical issues (hereafter referred to as topics) over the years that are critical to address when assisting fathers of any race, ethnicity, or socioeconomic background in becoming involved, responsible, and committed dads.

## Partner with NFI on State and Local Fatherhood Initiatives

NFI's Project Design & Consulting staff works with federal, state, and local agencies to implement our Community Mobilization Approach, increase their agencies' networks and grantees' father-friendliness, and implement state or city-wide fatherhood initiatives. If you are a federal, state, or local agency interested in partnering with NFI,

insert additional paragraph: National Fatherhood Initiative® provides the highest quality and widest range of fatherhood skill-building printed material, workshop and curriculum kits, training, and technical assistance available. Our experienced staff can consult with you to develop a customized solution that will meet your staffing level and budget requirements for serving fathers and their families.

Contact Erik Vecere, NFI Vice President, Program Support at [vecere@fatherhood.org](mailto:vecere@fatherhood.org) or 240-912-1278.



[www.fatherhood.org/frtk](http://www.fatherhood.org/frtk)

## FATHER-READINESS TRAINING KIT: Properly Prepare Your Organization or Community to Serve Dads

A complete DIY kit that allows you to conduct your own organization's Father-Readiness Training (or training of other organizations or leaders in your community) to become more effective at engaging fathers in services and programs.



## CURRICULA TRAINING FOR ANY BUDGET

Get expert training on facilitating NFI's core fatherhood programs by registering for or purchasing a Curricula Training Institute! We have several training options throughout the year to fit your budget and staff needs.



**traininginstitute**

### OPTIONS:

- **From Your Office: Online Webinar Training Institutes**  
Dynamic, online curricula training institutes from the comfort of your office! Delivered via webinar by expert NFI staff with engaging content and interactive polls. Check in with us to find out the next webinar training date! As low as \$99 per person when you register more than one person (curriculum required.)
- **You Come to Us: Public Curricula Training in Germantown, MD**  
Join us at various times throughout the year for public curricula training at a location near NFI headquarters in Germantown, MD. Check in with us to find out the next public training date and curriculum offered! Price varies.
- **We Come to You: On-Location Curricula Training Institutes**  
Available all year long, our expert staff travel to your location to deliver dynamic, hands-on training to equip you to successfully facilitate our most popular fatherhood programs and workshops. Invite your staff and other community partners or interested parties.

### TRAINING AVAILABLE ON:

- 24/7 Dad®
- InsideOut Dad®
- Understanding Dad™: An Awareness and Communication Program for Moms
- DoctorDad® Workshops
- The 7 Habits of a 24/7 Dad™

### CURRICULUM TRAINING AT YOUR LOCATION FOR UP TO 30 ATTENDEES:

One Day \$3999 | Two Day \$4999 (Includes travel)

To learn more or receive a training quote, email [training@fatherhood.org](mailto:training@fatherhood.org).

### WHAT IS "FATHER-READINESS"?

Father-readiness is a process implemented by an organization, group of organizations, or group of community leaders to create an environment (e.g. an organizational or community culture) that increases father engagement.

### WHAT IS FATHER-READINESS TRAINING?

A training process you can implement that prepares you, your staff (and other organizations or leaders in the community) to effectively incorporate working with fathers into your daily service efforts and goals. (I eliminated "in a unique way".)

### WHY DOES MY ORGANIZATION OR COMMUNITY NEED IT?

- In some cases, organizations and communities don't address barriers to effectively involving fathers because they might not realize the barriers exist.
- In other cases, organizations and communities are simply more comfortable "taking immediate action" and launching direct-service efforts rather than undertaking the foundational work that creates supportive environments that ensure success.
- It addresses the "5 Ps": Proper Planning Prevents Poor Performance

### WHAT'S INCLUDED IN THE KIT?

The training kit CD-ROM includes a User's Guide, NFI's signature Father Friendly Check-Up™ assessment, a PowerPoint presentation (with presenter/facilitator notes) for the training, and a comprehensive set of planning and implementation documents to conduct the father-readiness training and process.

### WHY IS THIS KIT VALUABLE?

- It captures 15+ years of knowledge and experience that NFI has gained in training organizations on how to implement no-cost and low-cost strategies and tactics that engage fathers, and on how to create an environment that supports successful fatherhood services and programs.
- It works. NFI has rigorously tested, evaluated, and improved the kit, father-readiness process, and tools (e.g. Father Friendly Check-Up™) for 15+ years and as part of large national and state projects, including the 5-year National Responsible Fatherhood Capacity-Building Initiative (NRFCCI) and Texas' Maternal, Infant, and Early Childhood Home Visit (MIECHV) Grant. An evaluation of the NRFCCI found that the father-readiness process increased the capacity of 93 percent of the organizations that used it and that the organizations maintained their capacity 1 year after the project ended.
- You can use it to start or improve services and programs for fathers in any setting. You can integrate it into programs that serve fathers specifically and parents generally. In Texas' MIECVH Grant, for example, organizations used it to develop strategies and tactics for integrating work with fathers into evidence-based home visiting models (e.g. Nurse-Family Partnership) that primarily focus on work with mothers.
- It is cost-effective. It requires no training on how to use it. It requires no ongoing purchases. You can use it again and again within your organization or community to increase father-readiness and to measure/evaluate father-engagement efforts over time.



## PACKS OF 50 FOR JUST \$17.99

[www.fatherhood.org/brochures](http://www.fatherhood.org/brochures)



### 10 CONSEJOS PARA SER UN MEJOR PADRE

#### 10 WAYS TO BE A BETTER DAD

Our best selling brochure offers easy suggestions to help any father become a great dad. 50 Pack. NFI-02



### COMO AYUDAR A SU HIJO A TENER UN BUEN DESEMPEÑO EN LA ESCUELA

#### HOW TO HELP YOUR CHILD DO WELL IN SCHOOL

Children with involved dads have a better chance of succeeding in school. This brochure offers ten practical tips to help dads give their children a jump-start for academic success. 50 Pack. NFI-48

### COMO MANTENER A SU HIJO SEGURO

#### KEEPING YOUR CHILD SAFE

Keeping children healthy and safe is a priority for all parents, especially during those exploratory toddler years. This helpful checklist provides the information needed to childproof a home and prevent common household accidents. 50 Pack. NFI-47



### ASI QUE ACABA DE SER PADRE

#### SO YOU'RE A NEW FATHER

New fathers face a series of new and exciting challenges. This brochure provides new and expectant fathers with a ten point plan for enjoying and succeeding at the job of a lifetime—being a dad! 50 Pack. NFI-15



### COMO CREAR UN HOGAR SEGURO PARA SU FAMILIA

An emotionally and physically safe home environment is vital for healthy children and families. This brochure helps dads create a loving, caring environment where children can thrive. 50 Pack. NFI-53



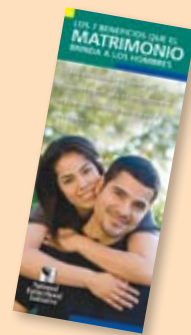
### 12 PREGUNTAS PARA HACERSE ANTES DE CONVERTIRSE EN PAPÁ

Filled with practical advice, this brochure helps men who are not yet fathers think critically about one of the most important decisions they will ever make—whether or not to become a dad. 50 Pack. NFI-52

### LOS 7 BENEFICIOS QUE EL MATRIMONIO BRINDA A LOS HOMBRES

#### THE SEVEN BENEFITS OF MARRIAGE FOR MEN

Does marriage really matter? Yes, it does! This brochure speaks directly to men about the impact of marriage on a man's sex life, financial future, and most importantly, his relationships with his children. 50 Pack. NFI-46



### COMO AYUDAR A SUS HIJOS A MANTENER UN PESO SALUDABLE

#### HELPING YOUR CHILDREN MAINTAIN A HEALTHY WEIGHT

This brochure outlines 15 practical ways that dads can help their families stay active and eat healthy. 50 Pack. NFI-51



### COMO PARTICIPAR EN LA VIDA DE SUS HIJOS MIENTRAS PERMENECE EN PRISION

#### STAYING INVOLVED WITH YOUR CHILDREN WHILE INCARCERATED

Incarcerated fathers may be locked up, but they don't have to be locked out of healthy relationships with their kids. This brochure offers incarcerated fathers ten tips on staying connected to their children. 50 Pack. NFI-16



### 12 FORMAS DE LOGRAR UN EQUILIBRIO ENTRE EL TRABAJO Y LA FAMILIA

#### 12 WAYS TO BALANCE WORK AND FAMILY

This brochure outlines twelve simple things that fathers can do to succeed at work and at home. Perfect for human resource managers and employers alike. 50 Pack. NFI-54



## TIP CARDS

[www.fatherhood.org/tipcards](http://www.fatherhood.org/tipcards)



PACKS OF 50 FOR \$12.99



### 10 MANERAS DE SER UN MEJOR PAPA

This tip card offers easy suggestions to help any father become a great dad! 50 Pack. NFI-75 (SPANISH)



### 10 CONSEJOS PARA AYUDAR A SU NIÑO EN LA ESCUELA

New dads face a series of exciting challenges. This tip card provides new and expectant fathers with 10 tips for enjoying and succeeding at the job of a lifetime — being a dad! 50 Pack. NFI-76 (SPANISH)



### 10 CONSEJOS PARA AYUDAR A SU NIÑO EN LA ESCUELA

Studies show that children with involved dads do better in school. This tip card offers ten practical tips to help dads give their children a jumpstart for academic success. 50 Pack. NFI-77 (SPANISH)



## POSTERS

Full-color, High-quality



**NFI-88 \$15.00 FOR SET OF 3**  
Full-color 16"x20" Spanish language posters. Not sold separately. Posters read: "Give Your Kids What They Need To Succeed. You." and "Every girl needs a leading man" Tagline on each poster: "Have You Been A Dad Today?"

SET OF 3 16" x 20" \$15



## SPANISH ADAPTATIONS OF OUR FATHERING HANDBOOKS

Many fathers who speak and understand both English and Spanish are unable to read and write in English.

Therefore, it's important to provide those dads with a Spanish adaptation handbook that they are able to read and also allows them to fully participate in the handbook writing exercises.

Available for our 24/7 Dad® AM and PM fatherhood programs, as well as InsideOut Dad®.

### 24/7 DAD® A.M. FATHERING HANDBOOK SPANISH

CNA-108 (SPANISH) \$7.99 EACH  
See page 9 for the 24/7 Dad® Program.



### 24/7 DAD® P.M. FATHERING HANDBOOK SPANISH

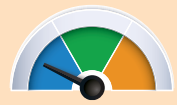
CNA-109 (SPANISH) \$7.99 EACH  
See page 9 for the 24/7 Dad® Program.



### INSIDEOUT DAD® FATHERING HANDBOOK SPANISH

CNA-175 (SPANISH) \$8.99 EACH  
See page 12 for the InsideOut Dad® Program.





## POCKET GUIDES

PACKS OF 5 FOR \$12<sup>99</sup>

[www.fatherhood.org/pocketguides](http://www.fatherhood.org/pocketguides)



### GUÍA DE NUEVOS PADRES

#### NEW DAD'S POCKET GUIDE™

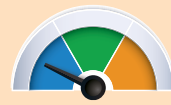
Newly revised, this handy guide has essential hints, tips, and strategies that every new dad needs to know! The New Dad's Pocket Guide™ helps dad get involved right from the start by increasing health literacy with important child health and safety information, ideas for connecting to his newborn, and more. 5 Pack. NFI-104 (SPANISH)



### MINI GUÍA PARA PAPÁS

#### DAD'S POCKET GUIDE™

It's never been easier to give dads of preschoolers and school-aged children the information they need to stay involved in their children's lives in meaningful ways. An updated version of the popular Dad's Pack, this handy guide has essential health and education hints, tips, and strategies that every dad needs to know. 5 Pack. NFI-105 (SPANISH)



## HELP ME GROW™ GUIDES

PACKS OF 5 FOR \$12<sup>99</sup>

[www.fatherhood.org/helpmegrow](http://www.fatherhood.org/helpmegrow)



### AYUDAME A CRECER

#### GUIDES TO THE AGES & STAGES OF CHILD GROWTH

Children grow at different rates, and dads need to know what to expect and not to expect in terms of child growth so they can be involved, responsible fathers. That's why NFI pulled some of our most popular content — the Ages and Stages Charts — out of our flagship fatherhood curriculum 24/7 Dad®, and placed it into 3 Help Me Grow guides for Dads based on their child's age range — Infant, Toddler/Pre-School, and Elementary School Years. 5 Pack.

- ▶ THE FIRST YEAR NFI-124 (SPANISH)
- ▶ THE TODDLER & PRE-SCHOOL YEARS NFI-125 (SPANISH)
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#### THE INSIDEOUT DAD™ GUIDE TO FAMILY TIES



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Provide our Spanish adaptation of the InsideOut Dad(r) Guide to Family Ties to incarcerated fathers whose primary reading and writing language is Spanish.

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