

**24:7 DAD<sup>®</sup> P.M.**  
FOURTH EDITION

**SAMPLE**  
ONE-ON-ONE DELIVERY

National  
Fatherhood  
Initiative<sup>®</sup>



**24:7 DAD<sup>®</sup> P.M.**  
FOURTH EDITION

**FACILITATOR'S MANUAL**  
ONE-ON-ONE DELIVERY

**TABLE OF CONTENTS**

**PROGRAM GUIDE . . . . . 1**

**I.** Introduction . . . . . 1

**II.** Conceptual Development, Philosophy, Values,  
and Principles of the 24:7 Dad® Program . . . . . 6

**III.** You and the 24:7 Dad® Program . . . . . 10

**IV.** Description and Format of the 24:7 Dad® Program . . . . . 14

**V.** How to Succeed with the 24:7 Dad® Program . . . . . 20

**VI.** Running 24:7 Dad® Sessions . . . . . 25

**VII.** Evaluating the 24:7 Dad® Program . . . . . 27

**SESSION GUIDE . . . . . 29**

**Optional Introductory Session**

**Preparing for 24:7 Dad® . . . . . 30**

ACTIVITY #1 Welcome and Warm-Up . . . . . 32

ACTIVITY #2 My Hopes for the Program . . . . . 33

ACTIVITY #3 The Impact on the Relationship with my Children . . . . . 35

ACTIVITY #4 Ground Rules . . . . . 37

ACTIVITY #5 What Motivates Me to Attend . . . . . 38

**Session 1: Fathering and the 24:7 Dad . . . . . 40**

ACTIVITY 1.1 Welcome and Warm-Up . . . . . 41

ACTIVITY 1.2 My Story . . . . . 44

ACTIVITY 1.3 My Fathering Skills . . . . . 46

ACTIVITY 1.4 The 24:7 Dad . . . . . 48

ACTIVITY 1.5 Closing, Comments, and Evaluation . . . . . 52

**Session 2: Boyhood to Manhood . . . . . 56**

ACTIVITY 2.1 Welcome and Warm-Up . . . . . 58

ACTIVITY 2.2 Differences Between the Male and Female Brain . . . . . 60

ACTIVITY 2.3 Learning to be a Man and Dad . . . . . 64

ACTIVITY 2.4 My 24:7 Dad® Checklist Items . . . . . 72

ACTIVITY 2.5 Closing, Comments, and Evaluation . . . . . 76

**Session 3: Dealing with Anger . . . . . 80**

ACTIVITY 3.1 Welcome and Warm-Up . . . . . 81

ACTIVITY 3.2 This is Anger . . . . . 82

ACTIVITY 3.3 Showing and Dealing with Anger . . . . . 86

ACTIVITY 3.4 My 24:7 Dad® Checklist Items . . . . . 94

ACTIVITY 3.5 Closing, Comments, and Evaluation . . . . . 98

|  |            |
|--|------------|
| <b>Session 4: Knowing Myself</b> .....                       | <b>102</b> |
| ACTIVITY 4.1 Welcome and Warm-Up .....                       | 103        |
| ACTIVITY 4.2 Building Self-Worth .....                       | 104        |
| ACTIVITY 4.3 Self-Worth Survey .....                         | 112        |
| ACTIVITY 4.4 My 24:7 Dad® Checklist Items .....              | 114        |
| ACTIVITY 4.5 Closing, Comments, and Evaluation .....         | 118        |
| <br>   |            |
| <b>Session 5: Family Ties</b> .....                          | <b>122</b> |
| ACTIVITY 5.1 Welcome and Warm-Up .....                       | 123        |
| ACTIVITY 5.2 Building Closeness .....                        | 126        |
| ACTIVITY 5.3 A Plan for Family Ties .....                    | 130        |
| ACTIVITY 5.4 My 24:7 Dad® Checklist Items .....              | 132        |
| ACTIVITY 5.5 Closing, Comments, and Evaluation .....         | 136        |
| <br>   |            |
| <b>Session 6: Sex, Love, and Relationships</b> .....         | <b>140</b> |
| ACTIVITY 6.1 Welcome and Warm-Up .....                       | 141        |
| ACTIVITY 6.2 Sexual Self-Worth .....                         | 142        |
| ACTIVITY 6.3 A Healthy Relationship .....                    | 146        |
| ACTIVITY 6.4 My 24:7 Dad® Checklist Items .....              | 152        |
| ACTIVITY 6.5 Closing, Comments, and Evaluation .....         | 156        |
| <br>   |            |
| <b>Session 7: Power and Control</b> .....                    | <b>160</b> |
| ACTIVITY 7.1 Welcome and Warm-Up .....                       | 161        |
| ACTIVITY 7.2 The Difference Between Power & Control .....    | 162        |
| ACTIVITY 7.3 Positive Power and Control .....                | 166        |
| ACTIVITY 7.4 Power Struggles .....                           | 168        |
| ACTIVITY 7.5 My 24:7 Dad® Checklist Items .....              | 172        |
| ACTIVITY 7.6 Closing, Comments, and Evaluation .....         | 176        |
| <br>   |            |
| <b>Session 8: Competition and Fathering</b> .....            | <b>180</b> |
| ACTIVITY 8.1 Welcome and Warm-Up .....                       | 181        |
| ACTIVITY 8.2 Competitive and Non-Competitive Fathering ..... | 182        |
| ACTIVITY 8.3 Living Through My Children .....                | 186        |
| ACTIVITY 8.4 My 24:7 Dad® Checklist Items .....              | 190        |
| ACTIVITY 8.5 Closing, Comments, and Evaluation .....         | 194        |
| <br>   |            |
| <b>Session 9: Improving My Communication Skills</b> .....    | <b>198</b> |
| ACTIVITY 9.1 Welcome and Warm-Up .....                       | 199        |
| ACTIVITY 9.2 Criticism vs. Confrontation .....               | 200        |
| ACTIVITY 9.3 Negotiation .....                               | 206        |
| ACTIVITY 9.4 Identifying and Solving Problems .....          | 210        |
| ACTIVITY 9.5 My 24:7 Dad® Checklist Items .....              | 214        |
| ACTIVITY 9.6 Closing, Comments, and Evaluation .....         | 218        |

|  |            |
|--|------------|
| <b>Session 10: Fun with the Kids</b> .....                   | <b>222</b> |
| ACTIVITY 10.1 Welcome and Warm-Up .....                      | 224        |
| ACTIVITY 10.2 Fathering and Fun .....                        | 226        |
| ACTIVITY 10.3 A Plan for Fun .....                           | 232        |
| ACTIVITY 10.4 My 24:7 Dad® Checklist Items .....             | 236        |
| ACTIVITY 10.5 Closing, Comments, and Evaluation .....        | 240        |
| <br>   |            |
| <b>Session 11: Stress, Alcohol, and Work</b> .....           | <b>244</b> |
| ACTIVITY 11.1 Welcome and Warm-Up .....                      | 245        |
| ACTIVITY 11.2 Drinking and Stress .....                      | 246        |
| ACTIVITY 11.3 Work and Stress .....                          | 250        |
| ACTIVITY 11.4 My 24:7 Dad® Checklist Items .....             | 258        |
| ACTIVITY 11.5 Closing, Comments, and Evaluation .....        | 262        |
| <br>   |            |
| <b>Session 12: My 24:7 Dad® Checklist</b> .....              | <b>266</b> |
| ACTIVITY 12.1 Welcome and Warm-Up .....                      | 268        |
| ACTIVITY 12.2 Skills I Learned .....                         | 270        |
| ACTIVITY 12.3 Assessing My Fathering Skills (OPTIONAL) ..... | 272        |
| ACTIVITY 12.4 My 24:7 Dad® Checklist .....                   | 274        |
| ACTIVITY 12.5 Celebrate (OPTIONAL) .....                     | 278        |
| <br>   |            |
| <b>APPENDIX</b> .....  | <b>281</b> |
| Ages and Stages .....  | 282        |

# 24:7 Dad® Fatherhood Program

Now in its Fourth Edition!

Facilitator's Kits include everything you need to facilitate the program "out-of-the-box":

- Facilitator's Manual with Program and Session Guides
- 1 Fathering Handbook with Pocket Cards for facilitator's reference
- Support Resources Packet (download): Contains evaluation tools and handouts in English and Spanish, 26 videos to enhance program delivery, PowerPoint® decks, and more.

**\$899**

Facilitator's  
Kit



Available in English and Spanish!

The nation's #1 evidence-based fatherhood program is better than ever! Used by family-serving organizations nationwide, this strengths-based program helps fathers become the dads they were meant to be. Research shows that 24:7 Dad® successfully builds pro-fathering attitudes, knowledge, and skills. 24:7 Dad® can be delivered in person or virtually, and Facilitator's Manuals are now available in group-based and one-on-one delivery options!

## The 24:7 Dad® Difference

24:7 Dad® rests on a solid foundation of behavior-change theory and evidence that transforms fathers, families, and communities. It focuses on five cross-cultural characteristics of nurturing and effective fathering. It comes in two versions: A.M. for foundational skill-building and P.M. for advanced skill-building. Each 24:7 Dad® version has 12 sessions that build on each other.

### 24:7 Dad® A.M. Foundational Topics:

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

### 24:7 Dad® P.M. Advanced Topics:

- 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

## 24:7 DAD® FOURTH EDITION

The 24:7 Dad® curriculum will require each man to really examine himself, his relationship with his children and the relationship with the mother of his children. If every man who enters this program is open to change, I have no doubt in my mind he will change and for the better.

~Sterling Alexander, Vice-President, M.E.N.

If I had to rate this program [24:7 Dad®], one word: 'priceless.' It's absolutely priceless. I would say that every father, potential father and anyone thinking about being a father should be a part of this program.

~Howard Tayari, 24:7 Dad® participant



Learn more and access samples at: [store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit](http://store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit)  
or [store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit](http://store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit)

To Order: [www.fathersource.org](http://www.fathersource.org) | call 301-948-0599 | fax 301-948-6776  
PO Box 37635 | PMB 84123 | Philadelphia, PA, 19101-0635 | [www.fatherhood.org](http://www.fatherhood.org)

# WHAT'S NEW IN 24:7 DAD® A.M. AND P.M.

**YOU ASKED, WE ANSWERED!** *24:7 Dad® was updated based on feedback from facilitators like you.*



## Separate Facilitator's Manuals for group-based and one-on-one delivery!

Facilitators can select a manual customized for working with groups of dads or with one dad at a time—or both! This takes the guess work out of customizing the program for delivery during home visits, as part of one-on-one case management, and in other settings that require or are ideal for serving dads individually.



## Session scripts!

Facilitator requests and NFI staff's observation of program facilitation argued for restructuring program content to make it even easier to deliver. Session Guides now contain scripts for delivering content concisely, quickly, and powerfully! Scripts make it easier for seasoned facilitators to take their delivery to another level. They also make it easier for new facilitators to learn the program more quickly so they can hit the ground running.



## New videos and engaging content!

Gone are outdated animated videos. In are inspiring videos of real dads, children, and families! These professionally-crafted videos engage dads and enhance their learning. Shown during the Welcome and Warm-Up activity, the videos cover what dads will learn motivating them at the start of every session. They also make the program easier and more fun to facilitate! NFI also added videos describing the program's incredible impact on building the five characteristics of a 24:7 Dad, as told by program graduates!



## Improved flow of activities!

NFI staff identified gaps in the flow of some program activities, such as procedures that lacked clarity or suffered from omissions. We closed those gaps with clearer or additional content, some of which reflect facilitators' tips integrated into activities as vital content rather than treating them as "thoughts to consider." These improvements include those in the My 24:7 Dad® Checklist and Closing, Comments, and Evaluation activities that close out sessions.



## Sources for evidence-based and evidence-informed content!

Facilitators asked for even more sources supporting the program's content, so now the Session Guides integrate more data sources. We also added new tips and guidance on communication, healthy relationships, and more.



## Improved Fathering Handbook!

We added content reflecting new tips and guidance. We also redesigned it to eliminate clutter and make better use of space.



## New PowerPoint® slide decks!

Facilitator requests and NFI staff observations of program delivery—especially virtually—led to the addition of a slide deck for each version. They reinforce some of the most critical program content while including just enough to engage dads visually but not distract them from engaging with each other or the facilitator.



## Improved Fathering Surveys!

Based on feedback from facilitators, we revised questions for clarity in the evaluation tool for each version.



## Additional design improvements!

We reduced clutter in the Session Guides and formatted the content to easily pick out the new scripts. Gone is the tiny flash drive with supporting resources—such as handouts for some sessions and program fidelity tools—that was so easy to misplace. In is a dedicated webpage containing those supporting resources updated for use with the new edition. And we added new resources, such as a guide on using the program with teen dads. Continue to access the resources there or download them to your hard drive or a shared drive.

### Facilitator Training Available!

- On-demand in our Academy
- Public webinar training
- Custom webinar or in-person training for organizations

Visit [www.fatherhood.org/solutions/staff-training](http://www.fatherhood.org/solutions/staff-training) to learn more and register!



Learn more and access samples at: [store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit](http://store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit)  
or [store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit](http://store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit)

To Order: [www.fathersource.org](http://www.fathersource.org) | call 301-948-0599 | fax 301-948-6776  
PO Box 37635 | PMB 84123 | Philadelphia, PA, 19101-0635 | [www.fatherhood.org](http://www.fatherhood.org)

**SHARED  
CONTENT**

**OPTIONAL INTRODUCTORY SESSION**

- #1 Welcome and Warm-Up
- #2 My Hopes for the Program
- #3 The Impact on the Relationship with my Children
- #4 Ground Rules
- #5 What Motivates Me to Attend

**SHARED  
CONTENT**

**SESSION 1: Family History**

- 1.1 Welcome and Warm-Up
- 1.2 What it Means to be a Man and My Role
- 1.3 Roles of Dad and Mom
- 1.4 The 24:7 Dad®
- 1.5 Closing, Comments, and Evaluation

**SESSION 2: What It Means to Be a Man**

- 2.1 Welcome and Warm-Up
- 2.2 Today's Man
- 2.3 Body Image
- 2.4 My 24:7 Dad® Checklist Items
- 2.5 Closing, Comments, and Evaluation

**SESSION 3: Showing and Handling Feelings**

- 3.1 Welcome and Warm-Up
- 3.2 Holding Feelings Inside
- 3.3 Grief and Loss
- 3.4 My 24:7 Dad® Checklist Items
- 3.5 Closing, Comments, and Evaluation

**SESSION 4: Men's Health**

- 4.1 Welcome and Warm-Up
- 4.2 Stress and Anger
- 4.3 Physical Health
- 4.4 My 24:7 Dad® Checklist Items
- 4.5 Closing, Comments, and Evaluation

**Session 5: Communication**

- 5.1 Welcome and Warm-Up
- 5.2 Ways to Communicate
- 5.3 Talking with Children
- 5.4 My 24:7 Dad® Checklist Items
- 5.5 Closing, Comments, and Evaluation

**Session 6: The Father's Role**

- 6.1 Welcome and Warm-Up
- 6.2 The Ideal Father
- 6.3 What Kind of Father and Partner Am I?
- 6.4 Benefits of Marriage
- 6.5 My 24:7 Dad® Checklist Items
- 6.6 Closing, Comments, and Evaluation

**SESSION 7: Disciplining Children**

- 7.1 Welcome and Warm-Up
- 7.2 Morals and Values
- 7.3 Rewards and Punishment
- 7.4 My 24:7 Dad® Checklist Items
- 7.5 Closing, Comments, and Evaluation

**SESSION 8: Children's Growth**

- 8.1 Welcome and Warm-Up
- 8.2 Goals and Self-Worth
- 8.3 Nature or Nurture?
- 8.4 My 24:7 Dad® Checklist Items
- 8.5 Closing, Comments, and Evaluation

**SESSION 9: Getting Involved**

- 9.1 Welcome and Warm-Up
- 9.2 Ways to be Involved
- 9.3 Helping My Child Do Well in School
- 9.4 My 24:7 Dad® Checklist Items
- 9.5 Closing, Comments, and Evaluation

**SESSION 10: Working with Mom and Co-Parenting**

- 10.1 Welcome and Warm-Up
- 10.2 Parenting Differences
- 10.3 Walking a Mile in Her Shoes
- 10.4 I'm Okay, She's Okay
- 10.5 My 24:7 Dad® Checklist Items
- 10.6 Closing, Comments, and Evaluation

**SESSION 11: Dads and Work**

- 11.1 Welcome and Warm-Up
- 11.2 Work and Family
- 11.3 Balancing Work and Family
- 11.4 My 24:7 Dad® Checklist Items
- 11.5 Closing, Comments, and Evaluation

**SESSION 12: My 24:7 Dad® Checklist**

- 12.1 Welcome and Warm-Up
- 12.2 Skills I Learned
- 12.3 Assessing My Fathering Skills (OPTIONAL)
- 12.4 My 24:7 Dad® Checklist
- 12.5 Celebrate (OPTIONAL)

**SESSION 1: Fathering and the 24:7 Dad**

- 1.1 Welcome and Warm-Up
- 1.2 My Story
- 1.3 My Fathering Skills
- 1.4 The 24:7 Dad®
- 1.5 Closing, Comments, and Evaluation

**SESSION 2: Boyhood to Manhood**

- 2.1 Welcome and Warm-Up
- 2.2 Differences Between the Male and Female Brain
- 2.3 Learning to be a Man and Dad
- 2.4 My 24:7 Dad® Checklist Items
- 2.5 Closing, Comments, and Evaluation

**SESSION 3: Dealing with Anger**

- 3.1 Welcome and Warm-Up
- 3.2 This is Anger
- 3.3 Showing and Dealing with Anger
- 3.4 My 24:7 Dad® Checklist Items
- 3.5 Closing, Comments, and Evaluation

**SESSION 4: Knowing Myself**

- 4.1 Welcome and Warm-Up
- 4.2 Building Self-Worth
- 4.3 Self-Worth Survey
- 4.4 My 24:7 Dad® Checklist Items
- 4.5 Closing, Comments, and Evaluation

**SESSION 5: Family Ties**

- 5.1 Welcome and Warm-Up
- 5.2 Building Closeness
- 5.3 A Plan for Family Ties
- 5.4 Closing, Comments, and Evaluation

**SESSION 6: Sex, Love and Relationships**

- 6.1 Welcome and Warm-Up
- 6.2 Sexual Self-Worth
- 6.3 A Healthy Relationship
- 6.4 My 24:7 Dad® Checklist Items
- 6.5 Closing, Comments, and Evaluation

**SESSION 7: Power and Control**

- 7.1 Welcome and Warm-Up
- 7.2 The Difference Between Power and Control
- 7.3 Positive Power and Control
- 7.4 Power Struggles
- 7.5 My 24:7 Dad® Checklist Items
- 7.6 Closing, Comments, and Evaluation

**SESSION 8: Competition and Fathering**

- 8.1 Welcome and Warm-Up
- 8.2 Competitive and Non-Competitive Fathering
- 8.3 Living Through My Children
- 8.4 My 24:7 Dad® Checklist Items
- 8.5 Closing, Comments, and Evaluation

**SESSION 9: Improving My Communication Skills**

- 9.1 Welcome and Warm-Up
- 9.2 Criticism vs. Confrontation
- 9.3 Negotiation
- 9.4 Identifying and Solving Problems
- 9.5 My 24:7 Dad® Checklist Items
- 9.6 Closing, Comments, and Evaluation

**SESSION 10: Fun with the Kids**

- 10.1 Welcome and Warm-Up
- 10.2 Fathering and Fun
- 10.3 A Plan for Fun
- 10.4 My 24:7 Dad® Checklist Items
- 10.5 Closing, Comments, and Evaluation

**SESSION 11: Stress, Alcohol, and Work**

- 11.1 Welcome and Warm-Up
- 11.2 Drinking and Stress
- 11.3 Work and Stress
- 11.4 My 24:7 Dad® Checklist Items
- 11.5 Closing, Comments, and Evaluation

**SESSION 12: My 24:7 Dad® Checklist**

- 12.1 Welcome and Warm-Up
- 12.2 Skills I Learned
- 12.3 Assessing My Fathering Skills (OPTIONAL)
- 12.4 My 24:7 Dad® Checklist Items
- 12.5 Celebrate (OPTIONAL)

**SHARED  
CONTENT**

**APPENDIX**  
Ages and Stages

**SHARED  
CONTENT**



# 24:7 DAD® LOGIC MODEL





(OPTIONAL)



(OPTIONAL)

## SESSION 4 KNOWING MYSELF

### SESSION DESCRIPTION:

This session increases the Dad's self-awareness generally and positive traits specifically. He also learns about self-worth and ways to promote it in himself and his children.

#### 24:7 Dad® CHARACTERISTICS (4):

- Self-Awareness
- Caring for Self
- Parenting Skills
- Relationship Skills

### PRE-SESSION PROCEDURES:

1. Review the standard pre-session procedures in Chapter VI of the Program Guide.
2. For Activity 4.1, write the statements you'll have the Dad complete on the flip chart.
3. Set out enough packs or pads of sticky/post-it notes for the Dad to apply at home what he learns during Activity 4.2.
4. For Activity 4.1, if you won't use the optional slide deck, prepare the "Welcome to 24:7 Dad® P.M. Session 4" video for play through your digital projection system. (The video is embedded in the slide deck.) You can find the video at the password-protected webpage for facilitators ([www.fatherhood.org/247dad-support-resources](http://www.fatherhood.org/247dad-support-resources)).

**ACTIVITY 4.1** Welcome and Warm-Up

**MATERIALS:** Flip chart, markers, Fathering Handbook, video and digital projection system, (optional) 24:7 Dad® Pledge, (optional) Slide Deck

**FACILITATOR'S GOAL:**

To welcome the Dad to Session 4 and initiate discussion on helping him to understand himself better.

**LEARNING COMPETENCY:**

The Dad demonstrates capacity to identify three of his personal traits he likes.

**PROCEDURES:**

1. **SAY:** Welcome to Session 4 of the 24:7 Dad® P.M. program. Today's session focuses on understanding yourself better and how to build self-worth in your children. But first, would you like to share your experience trying some of the actions you put in your My 24:7 Dad Checklist? For example, perhaps you revised or eliminated an action or added another action.

2. *(Give the Dad an opportunity to share.)*

3. *(Optional: Have the Dad recite the 24:7 Dad® Pledge.)*

4. *(Turn to the flip chart paper you prepared for this activity.)*  
**SAY:** Please complete the following statements in your Fathering Handbook on page 18.

- Three of my traits that stick out in my mind are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- The trait of mine I like the most is \_\_\_\_\_.

*(Ask the Dad to share his responses and why he chose the trait he likes the most.)*

5. *(Show the "Welcome to 24:7 Dad® P.M. Session 3" video.)*

Three of my traits  
that stick out in my  
mind are . . .

The trait of mine  
I like the most is . . .



(OPTIONAL)



SLIDE #16

**ACTIVITY 4.2** Building Self-Worth

**MATERIALS:** Flip chart, markers, Fathering Handbook, a pack or pad of sticky/post-it notes, (optional) Slide Deck and digital projection system

**FACILITATOR’S GOAL:**

To increase the Dad’s awareness and knowledge of how to build self-worth in himself and family members.

**LEARNING COMPETENCIES:**

1. The Dad increases awareness and knowledge of the differences in the meanings of self-concept, self-esteem, and self-worth.
2. The Dad increases knowledge and capacity to use internal-mind strategies to bolster self-worth.
3. The Dad increases awareness, knowledge, and capacity to use Praise for Being and Praise for Doing.

**PROCEDURES:**

1. **SAY:** This activity focuses on understanding and building your self-worth as a man. Please close your Fathering Handbook.

2. (*Write the terms **SELF-CONCEPT**, **SELF-ESTEEM**, and **SELF-WORTH** on the flip chart. If the Dad went through the 24:7 Dad® A.M. program, remind him that the concepts were initially introduced in that program.*)

**ASK:** Can anyone share the meaning of these terms and if they’re related in any way?

(*Allow time for his response. Don’t record it.*)

(*Optional: Project the slide.*) **SAY:** Here are simple ways to separate the meanings of these terms and how they’re related. You can follow along in your Fathering Handbook on page 18.

Self-Concept

Self-Esteem

Self-Worth



SLIDE #17



—continued

**CORRESPONDING PAGE IN FATHERING HANDBOOK**

**SESSION 4** | Knowing Myself

**SESSION 4**  
**KNOWING MYSELF**

**Welcome and Warm-Up**

Three of my traits that stick out in my mind are:

\_\_\_\_\_,  
\_\_\_\_\_, and  
\_\_\_\_\_.

The trait of mine I like the most is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Building Self-Worth**

**Self-concept is what you think of yourself.**

Your self-concept is what you think about yourself. Your self-concept can be positive or negative thoughts about parts of your life. You might have a good self-concept as a gardener, but a bad self-concept as a cook. Self-concept varies as widely as your roles and responsibilities.

**Self-esteem is what you feel about yourself.**

Your self-esteem is how you feel about yourself. It means whether you hold yourself in high esteem or low esteem overall. How others see and what they say to you greatly affects your self-esteem.

**Self-worth is what you think overall about yourself.**

Your self-worth combines the overall thoughts (self-concept) and feelings (self-esteem) you have about yourself.

**Six tips to build self-worth**

**Positive Reminders.** On small sticky/post-it note, write the trait or behavior you would like to develop. Place the note somewhere you will see it every day, such as the fridge. When you do something that reflects the trait or you practice the behavior, draw a star on your note



—continued



**CRITICAL POINT**

Self-worth combines the overall thoughts (self-concept) and feelings (self-esteem) you have about yourself.

- **Self-concept** is what you think of yourself. Your self-concept can be positive or negative about different parts of your life. You might have a good self-concept of yourself as a gardener, but a bad self-concept of yourself as a cook. Self-concept varies as widely as your roles and responsibilities.
  - **Self-esteem** is what you feel about yourself. It means whether you hold yourself in high esteem or low esteem overall. How others see you and what they say to you greatly affects your self-esteem.
  - **Self-worth** combines is the overall thoughts (self-concept) and feelings (self-esteem) you have about yourself.
3. **SAY:** Getting in touch with the bad and good messages we send ourselves is the first step in building self-worth.

The messages come from how we see ourselves. How we see ourselves comes from things that have happened to us as far back as childhood.

**ASK:** What is a bad message you have about yourself?

*(Allow time for his response. Write it on the flip chart.)*

**SAY:** The mind forms habits in thinking. These are called “habit thoughts.” One way to break a habit thought is to think an opposite thought. Every time a bad message runs in your head, immediately substitute it with a good one.

4. *(Review the bad message the Dad shared and have him create and share a good message about himself. Provide an example if necessary, such as the ones below:*

*Bad ▶ I won't succeed.*

*Good ▶ I will succeed.*

*Bad ▶ She won't like me. I'm not good enough.*

*Good ▶ Even if she doesn't like me, I'm a good man and I value and like myself.)*

5. *(Optional: Project the slide.)* **SAY:** Here are six tips to build self-worth in yourself and in family members. The first tip involves Positive Reminders. Follow along in your Fathering Handbook on pages 18 and 19. *(Consider having the Dad read the tips aloud instead.)*



SLIDE #18



- On a small sticky/post-it note, write the trait or behavior you'd like to develop. Write the word “respect,” for example, if you'd like to have respect between you and your wife/mother of your children. Place the note somewhere you'll see it every day, such as on the fridge. It's best to work on one trait or behavior at a time.
- When you do something that reflects the trait or you practice the behavior, draw a star on your note as a reward and write the date as a reminder. Do this as many times as you spot the trait or practice the behavior.

—continued



**CRITICAL POINT**

Getting in touch with the bad and good messages we send ourselves is the first step in building self-worth.

**CORRESPONDING PAGE IN FATHERING HANDBOOK**

**SESSION 4** | Knowing Myself



**SESSION 4**  
**KNOWING MYSELF**

**Welcome and Warm-Up**

Three of my traits that stick out in my mind are:

\_\_\_\_\_,  
\_\_\_\_\_, and  
\_\_\_\_\_.

The trait of mine I like the most is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Building Self-Worth**

**Self-concept is what you think of yourself.**

Your self-concept is what you think about yourself. Your self-concept can be positive or negative thoughts about parts of your life. You might have a good self-concept as a gardener, but a bad self-concept as a cook. Self-concept varies as widely as your roles and responsibilities.

**Self-esteem is what you feel about yourself.**

Your self-esteem is how you feel about yourself. It means whether you hold yourself in high esteem or low esteem overall. How others see and what they say to you greatly affects your self-esteem.

**Self-worth is what you think overall about yourself.**

Your self-worth combines the overall thoughts (self-concept) and feelings (self-esteem) you have about yourself.

**Six tips to build self-worth**

**Positive Reminders.** On small sticky/post-it note, write the trait or behavior you would like to develop. Place the note somewhere you will see it every day, such as the fridge. When you do something that reflects the trait or you practice the behavior, draw a star on your note



—continued



- Use this same idea for traits and behaviors you want for other family members. Every time you see the trait or behavior, praise the person or the behavior. For example, tell your son or daughter “I appreciate your kind heart” or “Thanks for picking up your clothes.” Don’t forget to draw a star and date on the note every time you see the trait or behavior.

I gave you a pad(s) of sticky/post-it notes to take home and apply this tip.

6. **SAY:** The second tip involves **Praise for Being** and **Praise for Doing**. Can you share what Praise for Being and Praise for Doing are or give an example of each if you can’t define them?

*(Depending on the response, confirm or say that Praise for Being is when you praise someone simply for being who they are.)*

**SAY:** The praise isn’t tied to a specific action. Praise for Doing, on the other hand, is tied to a specific action.

*(Offer an example of both types of praise or get examples from the Dad.)*

**SAY:**

- Give Praise for Being to family members every day.
- Give Praise for Doing to family members every day.
- Make it a habit to accept praise given to you. A “thank you” is the polite way to receive and value such a gift.

7. **SAY:** The third tip involves **Self-Praise**.

Make it a habit to give yourself Praise for Being, like “I’m a worthwhile person” and “I’m a caring man”, and Praise for Doing, like “I’m doing a good job of listening to others” and “I did a nice job cooking dinner” every day. Giving self-praise can seem a bit weird, so you must pay special attention to following this tip.

8. **SAY:** The fourth tip builds self-worth through **Touch**.

Nurturing touch is a wonderful way to build self-worth in children and in yourself. Children love to be held and hugged, have their backs rubbed, their hands held, and sit on their parents’ laps. And most parents, including fathers, like their children to give hugs and kisses to them. So, give and get hugs and kisses regularly! If you have a child who is about to become a teenager or who is one already, remember that older children need nurturing touch just as much as they did when they were younger. Fathers sometimes stop giving their sons hugs and kisses when their sons get older because “it’s not manly” and their daughters because the fathers become uncomfortable with their daughters’ physical changes.

Touch also helps your children with proper brain and immune system development.<sup>22</sup> Gentle touch on a regular basis helps children form a gentler, patient brain. Touch that hurts, on the other hand, creates an angry, impatient brain.

—continued

<sup>22</sup> Carozza, S., & Leong, V. (2021). The role of affectionate caregiver touch in early neurodevelopment and parent-infant interactional synchrony. *Frontiers in Neuroscience* 5(14), 613378.



**CORRESPONDING PAGE IN FATHERING HANDBOOK**Knowing Myself | **SESSION 4**

as a reward and write the date as a reminder. Use this same idea for traits and behaviors you want for other family members. Every time you see the trait or behavior, praise the person or the behavior.

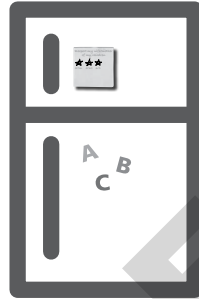
**Praise for Being and Praise for Doing.** Praise for Being is when you praise someone simply for being who they are. The praise isn't tied to a specific action. Praise for Doing, on the other hand, is tied to a specific action. Give "Praise for Being" to family members every day. Give "Praise for Doing" to family members every day. Make it a habit to accept praise given to you. A "thank you" is the polite way to receive and value such a gift.

**Self-Praise.** Make it a habit to give yourself Praise for Being and Praise for Doing every day.

**Touch.** Nurturing touch is a wonderful way to build self-worth. Give and get hugs and kisses on a regular basis. Older children need nurturing touch just as much as they did when they were younger. Touch also helps children with proper brain and immune system development.

**Sweet Spot.** Know what you're good at and do more of it. Find your Sweet Spot and nurture the same in your children.

**Help Others.** Lend an ear and value what another person says or believes, even if it's different from your beliefs.



**ASK:** What are some ways you can get nurturing touch?

*(Allow time for his response.)*

**SAY:** It can seem a bit weird for guys to talk about this subject, and that's okay. Touch is a need every human being has and that doesn't change as you grow older. Some examples of nurturing touch include a massage, a back tickle from your wife or partner, and even a pat on the back from a friend after a job well done.

*(Consider adding examples from sports, such as pats on the bottom, chest bumps, etc.)*

9. **SAY:** The fifth tip involves finding your and your children's **Sweet Spot**. A good way to build self-worth is to know what you're good at and do more of it. If a father is good at wood working, he'll have a good self-concept as a woodworker. The more he does wood working, the more he builds his self-esteem. He should do wood working as often as he can. Find your Sweet Spot and your children's. If you and any of your children have the same Sweet Spot, such as you're both good at landscaping yards, aim to landscape together often.
10. **SAY:** The sixth tip for building self-worth is to Help Others, especially family members. A simple way is lending an ear and valuing what another person has to say or believes even when you don't agree with what they said or have the same belief.
11. **ASK:** Which of the six tips do you want to work on first?

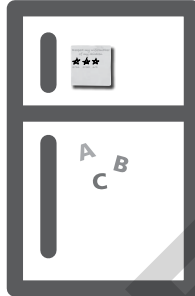
*(Allow time for his response. Don't record it. Encourage the Dad to underline or circle a tip he wants to work on in his handbook.)*

**ASK:** Do you have other ideas on building self-worth?

*(Allow time for his response and encourage him to write the ideas in his handbook and try them.)*

**CORRESPONDING PAGE IN FATHERING HANDBOOK**Knowing Myself | **SESSION 4**

as a reward and write the date as a reminder. Use this same idea for traits and behaviors you want for other family members. Every time you see the trait or behavior, praise the person or the behavior.



**Praise for Being and Praise for Doing.** Praise for Being is when you praise someone simply for being who they are. The praise isn't tied to a specific action. Praise for Doing, on the other hand, is tied to a specific action. Give "Praise for Being" to family members every day. Give "Praise for Doing" to family members every day. Make it a habit to accept praise given to you. A "thank you" is the polite way to receive and value such a gift.

**Self-Praise.** Make it a habit to give yourself Praise for Being and Praise for Doing every day.

**Touch.** Nurturing touch is a wonderful way to build self-worth. Give and get hugs and kisses on a regular basis. Older children need nurturing touch just as much as they did when they were younger. Touch also helps children with proper brain and immune system development.

**Sweet Spot.** Know what you're good at and do more of it. Find your Sweet Spot and nurture the same in your children.

**Help Others.** Lend an ear and value what another person says or believes, even if it's different from your beliefs.



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

24:7 DAD® P.M. FATHERING HANDBOOK - Fourth Edition | **19**

**ACTIVITY 4.3** Self-Worth Survey**MATERIALS:** Fathering Handbook**FACILITATOR'S GOAL:**

To increase the Dad's self-awareness of his and family members' self-worth by completing the "Self-Worth Survey."

**LEARNING COMPETENCIES:**

1. The Dad increases awareness and knowledge about his and family members' self-worth.
2. The Dad increases capacity to identify his and family members' self-worth by completing the survey.

**PROCEDURES:**

1. **SAY:** Now that you understand the concept of self-worth and its importance, we'll focus in this activity on how the 24:7 Dad builds self-worth in himself and others, especially family members. In a moment, you'll take a survey that will help you determine how well you build self-worth.

Please locate the "Self-Worth Survey" in your Fathering Handbook on page 20. Use it to identify the people who built your self-worth when you were a boy, and who do so today as well, and whether you build self-worth in others. Put a check mark or "x" mark next to all the answers that apply. You have five to ten minutes to complete it.

2. *(After the Dad finishes, ask him to answer the following questions based on his answers to the survey. Ask the questions one at a time allowing the Dad to answer before asking the next question. These questions also appear in the Fathering Handbook on page 21.)*

**ASK:**

- Did you have at least one good model of how to build self-worth growing up?
- Do you have at least one good model today of how to build self-worth?
- Do you build your children's self-worth in at least one way?
- Do you build your own self-worth in at least one way?

*(Explore any responses that stand out.)*

3. **ASK:** Would you like to share anything else you learned from this survey?

*(Process the response with the Dad. Comment on his response with the following questions in mind: Did he have someone who built his self-worth as a boy? What about today? Does he build self-worth in others?)*

4. **ASK:**

- Is there anything you'd like to do differently to build self-worth in yourself?
- Is there anything you'd like to do differently to build self-worth in others?

*(Allow time for his response. Encourage him to write down the ideas in his Fathering Handbook and try them.)*

**CORRESPONDING PAGE IN FATHERING HANDBOOK****SESSION 4** | Knowing Myself**Self-Worth Survey****(Mark all the answers that apply.)**

1) When I was a boy, the people below built my self-worth:

- Dad
- Mom
- Relative (grandfather, grandmother, uncle, brother)
- Another person (coach, priest, a friend's father)

2) The people in my life today who build my self-worth are:

- Dad
- Mom
- My partner/wife
- Another person (coach, priest, a friend)
- My boss
- My co-workers

3) I build my children's self-worth with:

- Praise for Being
- Praise for Doing
- Gentle Touch
- Finding their "Sweet Spot"

4) I build my own self-worth with:

- Self-Praise for Being
- Self-Praise for Doing
- Gentle Touch
- Finding my Sweet Spot

5) I build my wife's/partner's self-worth with:

- Praise for Being
- Praise for Doing
- Gentle Touch
- Finding their "Sweet Spot"
- Doesn't Apply (I don't have a wife or partner)

—continued

**ACTIVITY 4.4** My 24:7 Dad® Checklist Items

**MATERIALS:** My 24:7 Dad® Checklist Worksheet located before the What I Learned Log in this session of the Fathering Handbook

**FACILITATOR'S GOAL:**

To help the Dad use what he learned during today's session to identify action items he'll consider including in his final My 24:7 Dad® Checklist.

**LEARNING COMPETENCIES:**

The Dad demonstrates the capacity to identify action items that, given his unique situation, will help him develop the habits of an involved, responsible, committed father.

**PROCEDURES:**

1. *(Facilitator Tip: Stress the importance of identifying actions that are simple to perform. Tell the Dad that there are four elements to consider in determining whether an action is simple: time, money, effort [physical and mental], and how easy it is to repeat the action. The Dad should identify actions he has the time to complete, can afford, doesn't take a lot of effort, and can repeat often.*

*The influence of these elements will differ depending on each father's unique situation [e.g., custodial, residential, marital, and financial status].)*

**SAY:** Please locate the My 24:7 Dad® Checklist Worksheet in your Fathering Handbook. It's at the end of this session.

2. **SAY:** Use what you learned during today's session and identify up to three actions you can take to develop the habits of an involved, responsible, committed father—a 24:7 Dad. Here are things to keep in mind:

- Identify actions you can take on a daily, weekly, monthly, or one-time basis that will have the most impact on your ability to be involved in your children's lives. When you write down an item, check whether you'll do it daily, weekly, monthly, or only one time. It's okay if you can't identify three items. The most important thing is that the items will have the most impact.
- Focus primarily on daily and weekly actions. The more frequently you take actions, the easier you'll find it to be a 24:7 Dad.
- Identify actions that are realistic, given your unique situation, and as easy to do as possible. Set yourself up for success not failure.
- Finally, identify actions that are clear, specific, and—except for those that will only occur one time—repeatable.



—continued

**CORRESPONDING PAGE IN FATHERING HANDBOOK**

**SESSION 4** | Knowing Myself

**My 24:7 Dad® Checklist Worksheet**

Apply what you learned during this session to create checklist items that you could perform on a daily, weekly, monthly, or one-time basis that will help you to be a 24:7 Dad.

Include checklist items that:

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you’ll find it to be a 24:7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as “When/If” Statements:

- When it’s Monday, I will take Steven to the park.
- When it’s Friday at 5:00 PM, Latesha and I’ll talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I’ll attend Vanessa’s school program at 10:00 AM.
- If it’s the weekend, I’ll take Julian and his mom to the movies.

Daily     Weekly     Monthly     One Time

Daily     Weekly     Monthly     One Time

Daily     Weekly     Monthly     One Time

**What I Learned Log**



One thing new I learned today is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

—continued

- Use the “When” and “If” formats for your actions. They help create clear, specific actions that include a trigger or reminder to take the action.
- Consider actions you already do that connect you to your children.
- Remember that you’re working on the items you might include on your final checklist at the end of the program. Don’t be concerned about listing an action you might not include in your final checklist. It’s fine to include anything you want to try because you’ll have a chance during Session 12 to refine list, such as removing actions.

*(Have the Dad share his items. Coach the Dad if he didn’t correctly use the “When” and “If” formats.)*

3. **SAY:** Before the next session, you can add or eliminate actions based on thoughts you might have during the week on actions you should take.

SAMPLE  
NOT FOR  
DISTRIBUTION



**CORRESPONDING PAGE IN FATHERING HANDBOOK**

**SESSION 4** | Knowing Myself

**My 24:7 Dad® Checklist Worksheet**

Apply what you learned during this session to create checklist items that you could perform on a daily, weekly, monthly, or one-time basis that will help you to be a 24:7 Dad.

Include checklist items that:

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you’ll find it to be a 24:7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as “When/If” Statements:

- When it’s Monday, I will take Steven to the park.
- When it’s Friday at 5:00 PM, Latesha and I’ll talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I’ll attend Vanessa’s school program at 10:00 AM.
- If it’s the weekend, I’ll take Julian and his mom to the movies.

Daily     Weekly     Monthly     One Time

Daily     Weekly     Monthly     One Time

Daily     Weekly     Monthly     One Time

**What I Learned Log**



One thing new I learned today is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

—continued

**ACTIVITY 4.5**

Closing, Comments, and Evaluation

**MATERIALS:**

Fathering Handbook (What I Learned Log and Evaluation Questions), (optional) Slide Deck and digital projection system, (optional) 24:7 Dad® Planning Prompt (Reminder) Card

**FACILITATOR'S GOAL:**

To bring the session to a close by helping the Dad process what he learned, evaluating whether he acquired the learning competencies of the session, and allowing him to comment on and end the session.

**LEARNING COMPETENCY:**

The Dad demonstrates the capacity to complete the What I Learned Log entries for Session 4 located in the Fathering Handbook.

**PROCEDURES:**

1. **SAY:** Please complete the following statements in the What I Learned Log in your Fathering Handbook.

- One thing new I learned today is \_\_\_\_\_.
- On a scale from 0 - 5, how likely am I to use what I learned?  
(0 = Not at all likely; 5 = Very likely)

0 1 2 3 4 5

- What I learned will help me be a better dad because: \_\_\_\_\_.

2. *(Ask the Dad to share what he learned and give you his rating on how likely he'll be to use it. If the Dad gives you a rating of 3 or lower, ask him why. His response can give you insight into barriers that will prevent him from using what he learned. Consider helping the Dad address the barrier as you close the session.)*

3. **SAY:** To help us know whether you learned the most important information in today's session, please answer the questions in your Fathering Handbook *(and that appear on this slide)*. This isn't a test. No pressure. I'll give you a minute to think about the correct answers. Then I'll ask you for your answers.

*(Facilitator Tip: An alternative approach is to read the questions and answers aloud. If you do, read them exactly as written. Say the answer choices slowly and twice. This approach will be more effective with fathers who have literacy challenges.)*



SLIDE #19 & #20

—continued

**CORRESPONDING PAGE IN FATHERING HANDBOOK**

Knowing Myself | **SESSION 4**

On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely                      5 = Very likely

0    1    2    3    4    5

What I learned will help me be a better dad because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Fathering Questions**

Circle the best answer. Select only one answer for each question.

Question #1: What's the difference between self-concept and self-esteem?

- a. Self-concept is the way you feel about yourself. Self-esteem is the way others see you.
- b. Self-esteem is the way you feel about yourself. Self-concept is the way others see you.
- c. Self-esteem is the way you feel about yourself. Self-concept is made up of the thoughts you have of yourself.
- d. There's no difference between self-concept and self-esteem.
- e. I'm not sure

Question #2: Which of the tips below isn't a way to build self-worth?

- a. Praise for Being
- b. Praise for the Little Things
- c. Positive Reminders
- d. Gentle Touch
- e. Helping Others
- f. I'm not sure

4. *(After a minute, ask for the Dad's answers. Use the key below to share the correct answers whenever you want.)*

- Question #1: What's the difference between self-concept and self-esteem?
  - a. Self-concept is the way you feel about yourself. Self-esteem is the way others see you.
  - b. Self-esteem is the way you feel about yourself. Self-concept is the way others see you.
  - c. Self-esteem is the way you feel about yourself. Self-concept is made up of the thoughts you have of yourself.
  - d. There's no difference between self-concept and self-esteem.
  - e. I'm not sure

Correct Answer: c

- Question #2: Which of the tips below isn't a way to build self-worth?
  - a. Praise for Being
  - b. Praise for the Little Things
  - c. Positive Reminders
  - d. Gentle Touch
  - e. Helping Others
  - f. I'm not sure

Correct Answer: b

- 5. *(Spend the remaining time asking the Dad if he has any comments on today's session.)*
- 6. *(Thank the Dad for attending and remind him of the time and date of the next session.)*
- 7. *(Optional: Have the Dads recite the 24:7 Dad® Pledge.)*
- 8. *(Optional: Have the Dad complete a 24:7 Dad® Planning Prompt (Reminder) Card. The Dad must complete it himself; otherwise, it won't have as much impact on retention. Don't complete it for him.)*



(OPTIONAL)



(OPTIONAL)

**CORRESPONDING PAGE IN FATHERING HANDBOOK**Knowing Myself | **SESSION 4**

On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely                      5 = Very likely

0    1    2    3    4    5

What I learned will help me be a better dad because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Fathering Questions**

Circle the best answer. Select only one answer for each question.

Question #1: What's the difference between self-concept and self-esteem?

- a. Self-concept is the way you feel about yourself. Self-esteem is the way others see you.
- b. Self-esteem is the way you feel about yourself. Self-concept is the way others see you.
- c. Self-esteem is the way you feel about yourself. Self-concept is made up of the thoughts you have of yourself.
- d. There's no difference between self-concept and self-esteem.
- e. I'm not sure

Question #2: Which of the tips below isn't a way to build self-worth?

- a. Praise for Being
- b. Praise for the Little Things
- c. Positive Reminders
- d. Gentle Touch
- e. Helping Others
- f. I'm not sure



**24:7 DAD<sup>®</sup> P.M.**  
FOURTH EDITION

**FATHERING HANDBOOK**



# SESSION 4 KNOWING MYSELF

## Welcome and Warm-Up

Three of my traits that stick out in my mind are:

\_\_\_\_\_,  
\_\_\_\_\_, and  
\_\_\_\_\_.

The trait of mine I like the most is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

## Building Self-Worth

**Self-concept is what you think of yourself.**

Your self-concept is what you think about yourself. Your self-concept can be positive or negative thoughts about parts of your life. You might have a good self-concept as a gardener, but a bad self-concept as a cook. Self-concept varies as widely as your roles and responsibilities.

**Self-esteem is what you feel about yourself.**

Your self-esteem is how you feel about yourself. It means whether you hold yourself in high esteem or low esteem overall. How others see and what they say to you greatly affects your self-esteem.

**Self-worth is what you think overall about yourself.**

Your self-worth combines the overall thoughts (self-concept) and feelings (self-esteem) you have about yourself.

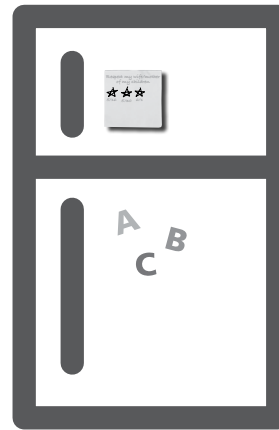
## Six tips to build self-worth

**Positive Reminders.** On small sticky/post-it note, write the trait or behavior you would like to develop. Place the note somewhere you will see it every day, such as the fridge. When you do something that reflects the trait or you practice the behavior, draw a star on your note



—continued

as a reward and write the date as a reminder. Use this same idea for traits and behaviors you want for other family members. Every time you see the trait or behavior, praise the person or the behavior.



**Praise for Being and Praise for Doing.** Praise for Being is when you praise someone simply for being who they are. The praise isn't tied to a specific action. Praise for Doing, on the other hand, is tied to a specific action. Give "Praise for Being" to family members every day. Give "Praise for Doing" to family members every day. Make it a habit to accept praise given to you. A "thank you" is the polite way to receive and value such a gift.

**Self-Praise.** Make it a habit to give yourself Praise for Being and Praise for Doing every day.

**Touch.** Nurturing touch is a wonderful way to build self-worth. Give and get hugs and kisses on a regular basis. Older children need nurturing touch just as much as they did when they were younger. Touch also helps children with proper brain and immune system development.

**Sweet Spot.** Know what you're good at and do more of it. Find your Sweet Spot and nurture the same in your children.

**Help Others.** Lend an ear and value what another person says or believes, even if it's different from your beliefs.





## Self-Worth Survey

(Mark all the answers that apply.)

1) When I was a boy, the people below built my self-worth:

- Dad
- Mom
- Relative (grandfather, grandmother, uncle, brother)
- Another person (coach, priest, a friend's father)

2) The people in my life today who build my self-worth are:

- Dad
- Mom
- My partner/wife
- Another person (coach, priest, a friend)
- My boss
- My co-workers

3) I build my children's self-worth with:

- Praise for Being
- Praise for Doing
- Gentle Touch
- Finding their "Sweet Spot"

4) I build my own self-worth with:

- Self-Praise for Being
- Self-Praise for Doing
- Gentle Touch
- Finding my Sweet Spot

5) I build my wife's/partner's self-worth with:

- Praise for Being
- Praise for Doing
- Gentle Touch
- Finding their "Sweet Spot"
- Doesn't Apply (I don't have a wife or partner)

—continued

- 6) I build my boss' self-worth with:
- Praise for Being
  - Praise for Doing
  - Doesn't Apply (I don't have a boss or job right now)

- 7) I build my co-workers' self-worth with:
- Praise for Being
  - Praise for Doing
  - Doesn't Apply (I don't have a job right now)

Did you have at least one good model of how to build self-worth growing up? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have at least one good model today of how to build self-worth?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you build your children's self-worth in at least one way?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you build your own self-worth in at least one way?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### My 24:7 Dad® Checklist Worksheet

Apply what you learned during this session to create checklist items that you could perform on a daily, weekly, monthly, or one-time basis that will help you to be a 24:7 Dad.

Include checklist items that:

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you’ll find it to be a 24:7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as “When/If” Statements:

- When it’s Monday, I will take Steven to the park.
- When it’s Friday at 5:00 PM, Latesha and I’ll talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I’ll attend Vanessa’s school program at 10:00 AM.
- If it’s the weekend, I’ll take Julian and his mom to the movies.

Daily     Weekly     Monthly     One Time

Daily     Weekly     Monthly     One Time

Daily     Weekly     Monthly     One Time

### What I Learned Log



One thing new I learned today is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

—continued

On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely

5 = Very likely

0    1    2    3    4    5

What I learned will help me be a better dad because: \_\_\_\_\_

---



---



---



---



---



---

### Fathering Questions

Circle the best answer. Select only one answer for each question.

Question #1: What's the difference between self-concept and self-esteem?

- a. Self-concept is the way you feel about yourself. Self-esteem is the way others see you.
- b. Self-esteem is the way you feel about yourself. Self-concept is the way others see you.
- c. Self-esteem is the way you feel about yourself. Self-concept is made up of the thoughts you have of yourself.
- d. There's no difference between self-concept and self-esteem.
- e. I'm not sure

Question #2: Which of the tips below isn't a way to build self-worth?

- a. Praise for Being
- b. Praise for the Little Things
- c. Positive Reminders
- d. Gentle Touch
- e. Helping Others
- f. I'm not sure