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24/7 Dad® Fatherhood Program
Now in its Third Edition!

Curriculum Kits include everything you need to facilitate the program “out-of-the-box”!

- Facilitator’s Manual with Program and Session Guides
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Developed by parenting and fatherhood experts, 24/7 Dad® A.M. and P.M. teaches men the characteristics they need to be good fathers 24 hours a day, 7 days a week. Used by a wide variety of organizations across the country, research shows that 24/7 Dad® successfully changes fathers’ attitudes, knowledge, and skills.

The 24/7 Dad® Philosophy
24/7 Dad® is 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. Each 24/7 Dad® Program consists of 12 group-based sessions that build on each other.

24/7 Dad® AM Focuses on Key Fathering Topics:
- 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® PM Covers More Advanced Fathering 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

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® attendee

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PO Box 37635 | PMB 84123 | Philadelphia, PA, 19101-0635 | 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.

More Engaging Content!
The programs contain more engaging content than ever.

▶ The addition of more than 30 videos to each program (more than 60 videos combined): More engaging for dads and enhances their learning. They also make the programs easier and more fun to facilitate! NFI added nearly 20 visually engaging, animated videos to each program that help facilitators add variety to how they engage fathers during the sessions.

▶ NFI added more than 10 “Stories of Impact” to each program: Videos that facilitators can use to motivate fathers to stay in the program. These stories show the impact of the programs on diverse fathers in diverse settings across the country. The new Session Guides in the improved Facilitator’s Manuals show exactly where and when to use the videos for maximum impact.

More Evidence-Based and Evidence-Informed Content!
NFI staff constantly monitor the latest research and evaluations of fathering and parenting interventions, as well as, evidence from the behavioral and social sciences on strategies and tactics that positively influence behavior. The third editions integrate research and evidence on habit formation and motivation that will help you increase dads’ motivation to be involved in their children’s lives and develop and sustain the habits of an involved, responsible, committed father.

The My 24/Dad® Checklist!
Research shows that the use of checklists increases individuals’ ability to ingrain pro-social habits through deliberate practice. The primary content addition is the My 24/Dad® Checklist, a powerful tool integrated into each session that helps dads develop the habits of an involved, responsible, committed father. This checklist encourages dads to identify actions, based on what they learn during each session, that they can take on a periodic basis (i.e. daily, weekly, monthly, and one time) to increase their engagement with their children. NFI created hard copy, online, and mobile versions for use during the program and after it ends.

Pocket Reference Cards Inside Every Fathering Handbook!
New Pocket Reference Cards remind dads of the 5 characteristics of the 24/7 Dad and offers 10 affirmations dads can give to their children on a regular basis. A great tool for use beyond the program sessions!

ALL Materials for Dads Now in Spanish!
The updated Flash Drive includes worksheets and evaluation tools for dads in Spanish (not previously available). And as always, the fathering handbooks can be purchased separately in Spanish.

Optional Introductory Session on Flash Drive!
Use this session to ease fathers into the program. It also helps facilitators learn more about the dads that comprise each unique group, including what motivated them to enroll and what will motivate them to keep coming back.

The 24/7 Dad® Framework!
For facilitators interested in learning more about the behavior-change theories that underlie the programs, and for researchers interested in further evaluating the impact of the programs, the new Program Guides in the improved Facilitator’s Manuals describe the behavioral theories that create the overall framework upon which NFI built the programs.

More Practitioner Input!
NFI designed the first editions and second editions with input from practitioners who facilitate fatherhood programs.

▶ NFI continued to use practitioner feedback to create the third editions by gathering ongoing feedback from 24/7 Dad® facilitators across the country who work with diverse fathers, particularly low-income, non-residential and/or non-custodial fathers.

▶ NFI staff has conducted training institutes for more than 1,100 organizations on how to use the programs. Practitioners provided feedback on the curriculum during these institutes that NFI incorporated into the third editions.
### OUTCOMES

**Increases:**
- Increase in the habits of good fathering/father involvement.
- Increase in pro-fathering knowledge, skills, and attitudes.
- Increase in fathers’ frequency of and healthy interaction with children.
- Increase in healthy interaction with the mother of fathers’ children.

**Decreases:**
- Decrease in the habits of poor fathering/father absence.
- Decrease in anti-fathering knowledge, skills, and attitudes.
- Decrease in the social, emotional, and physical ills of children.

---

### PROGRAM GUIDE

**Introduction**

**OUTCOMES**

- Facilitator conducts 12 sessions (if A.M. or P.M.) or 24 sessions (if A.M. and P.M.) that cover a holistic approach to fathering.
- Men complete pre and post-assessments that measure impact of program.
- Fathers use Fathering Handbook during the program, for homework, and to refer to after they complete the program.
- Fathers participate in activities during sessions that reinforce learning objectives and that increase the frequency with which they interact with their children.
- Fathers develop and refine their My 24/7 Dad® Checklist as they progress through the program for use after they complete the program.
- Fathers might participate in one or more of the following supplemental activities: programs or workshops that address other needs (e.g. child-support and job training).

**PROBLEM**

- One in three children in the U.S. grow up without their biological father.
- Lack of father involvement increases the risk that children will suffer from a range of social, emotional, and physical ills.
- Lack of pro-fathering knowledge, skills, and attitudes reduces the likelihood that fathers will be involved, responsible, and committed to their children.

**INPUTS/ACTIVITIES**

- 24/7 Dad® Curriculum:
  - 24/7 Dad® Facilitator’s Manual
  - 24/7 Dad® Fathering Handbook
  - My 24/7 Dad® Checklist
  - Evaluation Tools
  - Marketing Posters and Postcards

**OUTPUTS**

- Men complete pre and post-assessments that measure impact of program.
- Fathers use Fathering Handbook during the program, for homework, and to refer to after they complete the program.
- Fathers participate in activities during sessions that reinforce learning objectives and that increase the frequency with which they interact with their children.
- Fathers develop and refine their My 24/7 Dad® Checklist as they progress through the program for use after they complete the program.
- Fathers might participate in one or more of the following supplemental activities: programs or workshops that address other needs (e.g. child-support and job training).
SESSION 4
MEN’S HEALTH

SESSION DESCRIPTION:
This session increases the Dads’ awareness and knowledge about the importance of their physical and mental health. Dads learn ways to appropriately handle their stress to keep themselves physically and mentally in shape.

24/7 Dad® CHARACTERISTICS (2):
• Self-awareness
• Caring for Self

PRE-SESSION PROCEDURES:
1. Review the standard pre-session procedures in Chapter VI of the Program Guide.

2. Write the statements that you will ask the Dads to complete during Activity 4.1 on the flip chart.

3. Divide a piece of flip chart paper into two columns for use during Activity 4.2. Label one column HEALTHY WAYS TO HANDLE STRESS and the other UNHEALTHY WAYS TO HANDLE STRESS.

4. Put several sheets of flip chart paper on the walls for use during Activity 4.3. Calculate the number of sheets you need by dividing the group by 2 or 3 so that no more than 2 or 3 of the Dads use one of the sheets. If you have 9 Dads, for example, use 3 sheets. Try to have the same number of Dads work at each sheet. At the top of each sheet of paper write MEN DON’T GO TO THE DOCTOR BECAUSE . . . Spread them far enough apart (e.g. at least 2 or 3 feet) so the Dads won’t feel crowded when they work.

5. Write the statements that you will ask the Dads to complete during Procedure #7 of Activity 4.3 on the flip chart.

6. Make enough copies of the “My Workout Plan” handout, located on the 24/7 Dad® Flash Drive, for each Dad to have one for use during Activity 4.3. Consider making enough copies for each Dad to have two copies so he can include as many activities as he desires.

7. If you plan to use the videos to deliver Activity 4.1 or 4.2, cue up the video(s) for play on the digital projection system.
ACTIVITY 4.1 Welcome and Warm-up

TIME: 20 Minutes

MATERIALS: Flip chart, markers, Fathering Handbook, (optional) video and digital projection system

FACILITATOR’S GOAL:
To welcome the Dads to Session 4 and to initiate discussion on the importance of physical and mental health.

LEARNING COMPETENCIES:
Dads demonstrate the capacity to identify how well they take care of their health, but first ask the Dads whether they had any additional thoughts on items to revise, add, or eliminate in their My 24/7 Dad® Checklist. If any of the Dads share, ask them why they revised, added, or eliminated an action item(s).

PROCEDURES:
1. Welcome the Dads to Session 4. Mention that today’s session helps them to better understand the need for men to take care of their physical and mental health, but first ask the Dads whether they had any additional thoughts on items to revise, add, or eliminate in their My 24/7 Dad® Checklist. If any of the Dads share, ask them why they revised, added, or eliminated an action item(s).

2. Ask the Dads to complete the following statements in their Fathering Handbook (page 17).
   - On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a _______________.
   - On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a ______________.
   - One thing I can do to improve my physical health is ____________________.
   - One thing I can do to improve my mental health is ____________________.

3. Ask the Dads for their responses and write them on the flip chart. Discuss common responses.
ACTIVITY 4.2 Stress and Anger
TIME: 40 Minutes
MATERIALS: Flip chart, markers, Fathering Handbook, (optional) video and digital projection system

FACILITATOR’S GOAL:
To increase the Dads’ awareness and knowledge of how to manage their stress and anger.

LEARNING COMPETENCIES:
1. Dads increase their awareness and knowledge of the term “mental health.”
2. Dads increase their capacity to recognize and express stress and anger in healthy ways.

PROCEDURES:
1. Write the term MENTAL HEALTH on the flip chart. Ask the Dads to brainstorm its meaning. Write their responses on the flip chart and then offer the following meaning.
   • Mental health is the ability to adjust to and meet the demands of everyday life. “Good” mental health means the ability to think things through so that you can adjust to and meet the demands in your life in ways that don’t harm you or others.

2. Tell the Dads that their mental health affects their physical health and vice versa. If they have problems with their mental health, it will show up in their bodies. If they have a problem with the health of their bodies, it will affect their mind and how they see the world.

3. Write the word STRESS on the flip chart and say that it is one of the main signs of the link between mental and physical health. Ask each man one by one to stand up and put his body in a position that shows how he feels inside when he’s stressed and to identify one word or noise that best describes his stress.

4. Now write the word STRESSORS on the flip chart. Explain that stressors are the things in life that cause or contribute to stress. Go around the group and ask each Dad to identify the stressors in his life. Write the stressors on the flip chart and identify those most often mentioned. If you have time, ask the Dads to identify the ones over which they have control and those they don’t or can’t control.
Welcome and Warm-up
1. On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a ________________.

2. On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a ________________.

3. One thing I can do to improve my physical health is _______________________________________________________.

4. One thing I can do to improve my mental health is _______________________________________________________.

Stress and Anger
1. Mental health is the ability to adjust to and meet the demands of everyday life. “Good” mental health means the ability to think things through so that you can adjust to and meet the demands in your life in ways that don’t harm you or others.

2. Mental health affects your physical health and your physical health affects your mental health. If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.

3. Tips for handling stress:
   - **Work Out.** Working out increases your strength and stamina. Work out with a friend.
   - **Eat Right.** Stress and diet are closely linked. You know what you should eat. The key is eating it and not settling for unhealthy, fast foods. It’s okay to have a treat now and then, but you need to eat healthy every day.
SESSION 4 | Men’s Health

5. Turn to the flip chart paper you prepared for this activity. Tell the Dads that although they can’t control some of the stressors in their lives, they can control the way they handle stress. Have the group brainstorm both healthy and unhealthy ways people can handle their stress. Write the responses on the flip chart in the appropriate column. Look for patterns and discuss common responses.

6. Now ask the fathers to locate the tips for handling stress in their Fathering Handbook (pages 17-19) as you share some of them. (You can share all or some of them depending on the time you have available.)

- **Work Out.** Working out increases your strength and stamina. Work out with a friend.
- **Eat Right.** Stress and diet are closely linked. You know what you should eat. The key is eating and not settling for unhealthy, fast foods. It’s okay to have a treat now and then, but you need to eat healthy every day.
- **Get Enough Sleep.** Get at least six to eight hours sleep a night. Take naps during the day if you can’t get enough sleep. Even “power naps”—15 to 30 minutes of rest where you close your eyes—help reduce stress.
- **Be Flexible.** Be less rigid and competitive. Be more patient.
- **Get Real.** Think about all the “shoulds,” “woulds,” “coul ds,” and “musts” in your life. Figure out which are worth keeping and which to get rid of.
- **Be Happy.** This is easier said than done. Try to look at the good instead of the bad in the world. When you always look for the bad in everything, you develop an unhappy view of people and their actions. Don’t complain about stuff.
- **Laugh and Have Fun.** Laugh and have fun with your kids. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.
- **Communicate Better.** Share your feelings when it’s safe to do so and don’t keep things bottled up inside. Getting problems out in the open, talking about them, and solving them reduces stress.
- **Get Rid of Clutter.** Life can get so busy that it gets out of hand. Make a list of things that need to get done in order of importance and knock them out. Don’t worry about the small stuff. Leave it alone and focus on what’s most important. Clean your office, your garage, and anything else that’s messy.
- **Leave Work at Work.** Get away from work and leave it behind. Bringing your work home is a sure way to stress yourself and your family. Keep in mind that you can bring home work in your head as well as your hands. Leave your thoughts of work at the door and focus on your family.
- **Spend Time With Friends.** Friends have a way of making things seem better. They can help you get real and tell you when you’re full of it. If you have a choice to spend a night alone or with friends, choose friends. If you don’t have a lot of friends, make some.
• **Get Enough Sleep.** Get at least six to eight hours of sleep a night. Take naps during the day if you can’t get enough sleep. Even “power naps”—15 to 30 minutes of rest where you close your eyes—help reduce stress.

• **Be Flexible.** Be less rigid and competitive. Be more patient.

• **Get Real.** Think about all the “shoulds,” “woulds,” “coulds,” and “musts” in your life. Figure out which are worth keeping and which to get rid of.

• **Be Happy.** This is easier said than done. Try to look at the good instead of the bad in the world. When you always look for the bad in everything, you develop an unhappy view of people and their actions. Don’t complain about stuff.

• **Laugh and Have Fun.** Laugh and have fun with your kids. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.

• **Communicate Better.** Share your feelings when it’s safe to do so and don’t keep things bottled up inside. Getting problems out in the open, talking about them, and solving them reduces stress.

• **Get Rid of Clutter.** Life can get so busy that it gets out of hand. Make a list of things that need to get done and knock them out. Don’t worry about the small stuff. Leave it alone and focus on what’s most important. Clean your office, your garage, and anything else that’s messy.

• **Leave Work at Work.** Get away from work and leave it behind. Bringing your work home is a sure way to stress yourself and your family. Keep in mind that you can bring work home in your head as well as your hands. Leave your thoughts of work at the door and focus on your family.
• **Volunteer.** Helping others is a good way to reduce stress because it builds self-worth. It also has a way of showing us that our lives are not as bad as we think when we help someone in worse shape.

• **Find a Hobby.** A hobby can help you get away from life’s pressures and relax. A hobby helps you focus your time and energy on something you really enjoy. A hobby you do with others, such as your children or friends, has added benefits.

7. Tell the Dads that anger often comes with or results from stress although it can come up without stress, such as when someone does something that simply makes you mad.

8. Write the term *SECONDARY EMOTION* on the flip chart and point out that anger is what’s called a “secondary emotion.” Ask the Dads if anyone knows the meaning of the term. If no one knows the meaning, tell them that a secondary emotion is one that results from or is caused by something else. Anger is how men show past pain or hurt especially when they aren’t allowed to or don’t know how to show it any other way. Anger becomes really bad when it results from pain or loss that men keep bottled up. When a feeling is not allowed to show itself, it is like stepping on a spring. When the pressure is off, feelings spring out. Remind the Dads what they learned during the last session—feelings and thoughts have energy. It is how the energy shows itself that gets people into trouble.

9. Mention that one of the best ways the Dads can care for their mental health is to deal with their anger in a healthy way. Unfortunately, many men learn early in their lives that punching, kicking, or throwing something is a healthy way to deal with anger. What this lesson teaches is that being violent is the way for a man to deal with anger.

10. Ask the Dads to complete the following statements in their Fathering Handbook (page 19).

    • The way I show my anger is ______________________.
    • I learned this way from ________________________.
    • One way my children show their anger is______________________.
    • They learned this way from ________________________.

Discuss common responses.

11. Tell the Dads that they can use the same rules of the 24/7 Dad they learned during the last session show their anger in healthy ways.

    • **Respect Yourself:** Don’t disrespect yourself.
    • **Respect Others:** Don’t disrespect others.
    • **Respect the Earth:** Don’t disrespect the Earth.

**NOTES**
Men's Health | SESSION 4

CORRESPONDING PAGE IN FATHERING HANDBOOK

• **Spend Time with Friends.** Friends have a way of making things seem better. They can help you get real and tell you when you're full of it. If you have a choice to spend a night alone or with friends, choose friends. If you don't have a lot of friends, make some.

• **Volunteer.** Helping others is a good way to reduce stress because it builds self-worth. It also has a way of showing us that our lives are not as bad as we think when we help someone in worse shape.

• **Find a Hobby.** A hobby can help you get away from life's pressures and relax. A hobby helps you focus your time and energy on something you really enjoy. A hobby you do with others, such as your children or friends, has added benefits.

4. When a feeling is not allowed to show itself, it is like stepping on a spring. When the pressure is off, feelings spring out. Feelings and thoughts have energy. It is how the energy shows itself that gets people into trouble.

5. The way I show my anger is ________________________________
   ________________________________
   ________________________________.

6. I learned this way from ______________________________________
   ______________________________________
   ______________________________________.

7. One way my children show their anger is_____________________
   ________________________________
   ________________________________
   ________________________________.

8. They learned this way from ___________________________________
   ___________________________________
   ___________________________________.
SESSION 4 | Men’s Health

ACTIVITY 4.3 Physical Health

TIME: 40 Minutes

MATERIALS: Flip chart, markers, Fathering Handbook, My Workout Plan handout located on the 24/7 Dad® Flash Drive

FACILITATOR’S GOAL:
To increase the Dads’ awareness and knowledge of the need to take care of their physical health.

LEARNING COMPETENCIES:
1. Dads increase their awareness and knowledge of the value in taking care of their physical health.
2. Dads increase their capacity to develop a realistic exercise plan.

PROCEDURES:
1. Tell the Dads that this activity focuses on taking care of their bodies.
2. Turn to the sheets of flip chart paper you prepared for this activity. Have the men count off by 2s or 3s depending on how many Dads you want to work on one sheet. Tell the groups to go to one of the sheets (you can assign them sheets if you like) and write as many reasons as they can think of without talking to their group mates or the Dads in the other groups. Suggest that the Dads in each group take turns writing reasons. Give them about 5 minutes to write their reasons.
3. After the Dads finish writing, have a brief discussion about the reasons the men gave for why they think men don’t like to go to the doctor. Point out common responses.
4. Point out that men are raised to bury and ignore their physical problems. They’re taught that their bodies should be able to “take a licking and keeping on ticking” which leads men to abuse their bodies and ignore warning signs that tell them they need help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it’s too late.
5. Refer back to Activity 3.2 when the fathers tore up the pieces of paper and covered them. Tie that to this session by saying that men have a giant shoe (societal norms) constantly on their bodies that doesn’t allow them the freedom of movement they need to show what’s happening with their feelings and bodies.
6. Ask the Dads about their own healthcare-seeking behavior. Ask them the following questions.
   - When was the last time you saw the doctor and why?
   - Do you avoid going to the doctor for many of the same reasons listed on the flip chart pages?
   - Should the reasons on these sheets of paper keep you from going to the doctor?

NOTE TO FACILITATOR
Some of the Dads might have physical limitations with physical exercise (e.g. because of a disability). Be sure you know whether any of the Dads have such limitations before you conduct the final portion of this activity that involves creating an exercise plan.

CRITICAL POINT
What often happens is men ignore the signs for so long that by the time they go to the doctor, it’s too late.
What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.

9. Use the same rules of the 24/7 Dad you learned during the last session to show your anger in healthy ways.

   Respect Yourself: Don’t disrespect yourself.
   Respect Others: Don’t disrespect others.
   Respect the Earth: Don’t disrespect the Earth.

Physical Health
1. Men are raised to bury and ignore their physical problems. They’re taught that their bodies should be able to “take a licking and keeping on ticking” which leads men to abuse their bodies and ignore warning signs that tell them they need help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it’s too late.

2. The part of my physical health that I am most concerned about is ____________________________.

3. I need to ____________________________ to take better care of my physical health.

4. Taking care of my physical health teaches my child ____________________________.

Be sure to follow your Workout Plan!
7. Now ask the Dads to complete the following statements in their Fathering Handbook (page 20).

- The part of my physical health that I am most concerned about is__________.
- I need to ____________ to take better care of my physical health.
- Taking care of my physical health teaches my child ____________.

Give the Dads just a couple of minutes. Then ask the Dads to share their responses and write them on the flip chart.

8. For the next part of this activity, ask the Dads to pretend that they are their own children. Ask each Dad to write three or four short messages that they would put into a longer letter to their father (themselves) telling him to take care of his health so that he'll be around to see his children graduate, get married, have kids, etc. (You might need to emphasize they only need to write short messages, not an entire letter.) Tell the Dads to include some of the things they just wrote in their handbook that they need to do to take better care of their health. Give the Dads about 10 minutes and then ask them to share their messages.

9. Now have the Dads pair up and tell them to spend about 15 minutes helping their partner create a plan for regular physical exercise. Give each Dad at least one copy of the “My Workout Plan” handout. Explain the three parts of the plan: “What” they will do to for regular physical exercise; “When/How Often” they’ll do it; and “Who Else” they’ll involve (e.g. a friend). Tell them that if they have health problems that they should talk with a doctor before starting their plan.

10. To close out this activity, ask the Dads to share their plan and encourage them to build on it over time.

NOTES
9. Use the same rules of the 24/7 Dad you learned during the last session to show your anger in healthy ways.

   Respect Yourself: Don't disrespect yourself.
   Respect Others: Don't disrespect others.
   Respect the Earth: Don't disrespect the Earth.

Physical Health
1. Men are raised to bury and ignore their physical problems. They're taught that their bodies should be able to "take a licking and keeping on ticking" which leads men to abuse their bodies and ignore warning signs that tell them they need help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.

2. The part of my physical health that I am most concerned about is __________________________.

3. I need to __________________________ to take better care of my physical health.

4. Taking care of my physical health teaches my child __________________________.
ACTIVITY 4.4  My 24/7 Dad® Checklist Items

TIME:  10 Minutes

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 Dads use what they learned during today’s session to identify action items they will consider including in their final My 24/7 Dad® Checklist.

LEARNING COMPETENCIES:
Dads demonstrate the capacity to identify action items that, given their unique situation, will help them develop the habits of an involved, responsible, committed father.

PROCEDURES:

1. Tell the Dads to locate the My 24/7 Dad® Checklist Worksheet in their Fathering Handbook.

2. Tell the Dads to work alone, in pairs, or in groups of three (your choice) and use what they learned during today’s session to identify up to three actions they can take to develop the habits of an involved, responsible, committed father—a 24/7 Dad. Emphasize that they should:

   • Identify actions they can take on a daily, weekly, monthly, or one-time basis that will have the most impact on their ability to be involved in their children’s lives. When they write down an item, they should check whether they will do it daily, weekly, monthly, or only one time. Explain that it’s okay if they can’t identify three items. The most important thing is that the items they identify will have the most impact.

   • Focus primarily on daily and weekly actions. The more frequently they take actions, the easier they will find it to be a 24/7 Dad.

   • Identify actions that are realistic, given their unique situation, and as easy to do as possible. Tell them to set themselves up for success not failure.

   • Identify actions that are clear, specific, and—except for those that will only occur one time—repeatable.

NOTE TO FACILITATOR:
Stress the importance of identifying actions that are simple to perform. Tell the Dads 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. Dads should identify actions they have the time to complete, that they can afford, that don’t take a lot of effort, and that they 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).
My 24/7 Dad® Checklist Worksheet

1. Include checklist items (actions) that are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.

2. 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 become a 24/7 Dad.

3. 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 will 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.

4. 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 will 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
SESSION 4  | Men’s Health

• Use the “When” and “If” formats for their actions. The structure of these formats helps create clear, specific actions that include a trigger (reminder) to take the action. (If this is the first time the fathers have used the worksheet, share the examples of “When” and “If” statements at the top of the worksheet. Create your own examples to share.) Ask the Dads if they’re clear about how to use the “When” and “If” formats.

• Consider actions they already perform that connect them to their children.

Before you turn them loose, remind them that they are working on the items they might include on their final checklist and shouldn’t be concerned about listing an action they might not include in their final checklist. They should be comfortable listing anything that they want now because they’ll have a chance during Session 12 to refine their list (e.g. cut things out).

3. If you have time, ask for a show of hands for how many of the Dads identified one, two, and three items. Ask a few of the Dads to share their items. Coach the Dads if they didn’t correctly use the “When” and “If” formats.

4. To close out this activity, tell the Dads that they can add or eliminate actions before the next session based on thoughts they might have during the week on actions they should take.

NOTES
My 24/7 Dad® Checklist Worksheet

1. Include checklist items (actions) that are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.

2. 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 become a 24/7 Dad.

3. 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 will 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.

4. 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 will 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.

Days of Action

☐ Daily  ☐ Weekly  ☐ Monthly  ☐ One Time

☐ Daily  ☐ Weekly  ☐ Monthly  ☐ One Time

☐ Daily  ☐ Weekly  ☐ Monthly  ☐ One Time
SESSION 4 | Men’s Health

ACTIVITY 4.5  Closing, Comments, and Evaluation
TIME:  10 Minutes
MATERIALS:  Fathering Handbook (What I Learned Log), small strips of paper or sticky/post-it notes

FACILITATOR’S GOAL:
To bring the session to a close by evaluating whether the Dads acquired the learning competencies of the session and allowing the Dads to comment on and end the session.

LEARNING COMPETENCIES:
Dads demonstrate the capacity to complete the What I Learned Log entries for Session 4 located in the Fathering Handbook.

PROCEDURES:
1. Ask the Dads to write their answers to the knowledge questions on a strip of paper or sticky/post-it note. Tell the Dads to write down the number of each question and the letter associated with their answer—they don’t need to write the actual answer. Tell them that this is not a test but a way for you to make sure they learned the most important information in the session. Tell them not to share their answer with anyone else or ask someone else for the answer.

2. Ask the following questions and provide the answers slowly and exactly as written. After you read each question, call out the letter of each answer followed by the response (e.g. “Answer A is…”) so that the fathers will know which letter corresponds to the correct answer. Read the question and the responses at least twice to ensure the fathers understand the question and responses, and have adequate time to record their answers. Collect their answers (e.g. have them pass their answers to you or put them in a hat, bucket, or basket).

- QUESTION #1:
Which of the following is not a healthy way to handle stress?
  a. Change jobs
  b. Keep it inside
  c. Hit a pillow or throw an object
  d. Find a hobby
  e. Get enough sleep
  f. a and b
  g. b and c
Correct Answer: g

- QUESTION #2:
Most men don’t like to visit the doctor because:
  a. They’re taught to ignore pain and to suck it up
  b. They can’t pay for it
  c. They don’t think the problem is serious enough
  d. They don’t trust doctors
  e. I’m not sure
Correct Answer: a
What I Learned Log

1. One thing new I learned today is ____________________________________________________
   ____________________________________________________ .

2. 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

3. What I learned will help me be a better dad because: _______________________________
   ____________________________________________________ .

Notes

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________
3. Ask each Dad to take five minutes and complete the following statements in his *What I Learned Log* in the 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: __________________.

4. Ask some of the dads to share what they learned and to give you their rating on how likely they’ll be to use it. If a dad gives you a rating of 3 or lower, ask him why he chose that rating. His response can give you insight into barriers that will prevent him from using what he learned. Consider helping the father outside the group to address the barrier or ask other dads as you close the session for suggestions on how to address it.

5. Spend the remaining time asking each Dad if he has any comments on today’s session.

6. Thank the Dads for attending the group and remind them of the time and date of the next session.
What I Learned Log

1. One thing new I learned today is _____________________________
   __________________________________________________________
   _________________________________________________________.

2. 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

3. What I learned will help me be a better dad because: ______________
   __________________________________________________________
   _________________________________________________________.

Notes

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Welcome and Warm-up
1. On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a _______________.

2. On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a _______________.

3. One thing I can do to improve my physical health is __________________________
   ____________________________

4. One thing I can do to improve my mental health is __________________________
   ____________________________

Stress and Anger
1. Mental health is the ability to adjust to and meet the demands of everyday life. “Good” mental health means the ability to think things through so that you can adjust to and meet the demands in your life in ways that don’t harm you or others.

2. Mental health affects your physical health and your physical health affects your mental health. If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.

3. Tips for handling stress:
   - **Work Out.** Working out increases your strength and stamina. Work out with a friend.
   - **Eat Right.** Stress and diet are closely linked. You know what you should eat. The key is eating it and not settling for unhealthy, fast foods. It’s okay to have a treat now and then, but you need to eat healthy every day.
• **Get Enough Sleep.** Get at least six to eight hours of sleep a night. Take naps during the day if you can’t get enough sleep. Even “power naps”—15 to 30 minutes of rest where you close your eyes—help reduce stress.

• **Be Flexible.** Be less rigid and competitive. Be more patient.

• **Get Real.** Think about all the “shoulds,” “woulds,” “coulds,” and “musts” in your life. Figure out which are worth keeping and which to get rid of.

• **Be Happy.** This is easier said than done. Try to look at the good instead of the bad in the world. When you always look for the bad in everything, you develop an unhappy view of people and their actions. Don’t complain about stuff.

• **Laugh and Have Fun.** Laugh and have fun with your kids. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.

• **Communicate Better.** Share your feelings when it’s safe to do so and don’t keep things bottled up inside. Getting problems out in the open, talking about them, and solving them reduces stress.

• **Get Rid of Clutter.** Life can get so busy that it gets out of hand. Make a list of things that need to get done and knock them out. Don’t worry about the small stuff. Leave it alone and focus on what’s most important. Clean your office, your garage, and anything else that’s messy.

• **Leave Work at Work.** Get away from work and leave it behind. Bringing your work home is a sure way to stress yourself and your family. Keep in mind that you can bring work home in your head as well as your hands. Leave your thoughts of work at the door and focus on your family.
• **Spend Time with Friends.** Friends have a way of making things seem better. They can help you get real and tell you when you’re full of it. If you have a choice to spend a night alone or with friends, choose friends. If you don’t have a lot of friends, make some.

• **Volunteer.** Helping others is a good way to reduce stress because it builds self-worth. It also has a way of showing us that our lives are not as bad as we think when we help someone in worse shape.

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5. The way I show my anger is 

   ____________________________________________

   ____________________________________________.

6. I learned this way from 

   ____________________________________________

   ____________________________________________.

7. One way my children show their anger is____________________

   ____________________________________________

   ____________________________________________.

8. They learned this way from ____________________________

   ____________________________________________

   ____________________________________________.
What often happens is men ignore the signs for so long that by the time they go to the doctor, it’s too late.

9. Use the same rules of the 24/7 Dad you learned during the last session to show your anger in healthy ways.

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Physical Health

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2. The part of my physical health that I am most concerned about is ____________________________.

3. I need to ____________________________________________ to take better care of my physical health.

4. Taking care of my physical health teaches my child ____________________________

Be sure to follow your Workout Plan!
My 24/7 Dad® Checklist Worksheet

1. Include checklist items (actions) that are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.

2. 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 become a 24/7 Dad.

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What I Learned Log

1. One thing new I learned today is ____________________________
   ____________________________
   ____________________________.

2. 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

3. What I learned will help me be a better dad because: __________
   ____________________________
   ____________________________.

Notes
The Complete A.M. Program Kit Includes:

• (1) 24/7 Dad® A.M. Facilitator’s Manual complete with information about the program’s underlying principles and themes and guided information for facilitating each session.

• (10) 24/7 Dad® A.M. Fathering Handbooks that the dads can keep as a reference (additional fathering handbooks in both English and Spanish are available for purchase.)

• (10) Quick Reference Cards: Perforated tear-out inside handbook back cover, dads can keep pocket cards to remind them of the characteristics of a 24/7 Dad®. Also includes 10 Affirmations for Their Kids.

• (1) Thumb drive (flash drive): Contains evaluation tools and worksheets in English and Spanish, marketing resources, videos to enhance and incorporate into program delivery, and more.

24/7 Dad® A.M. Complete Program Kit - $649.00

visit: https://store.fatherhood.org/complete-program-kit-24-7-dad-am-3rd-ed