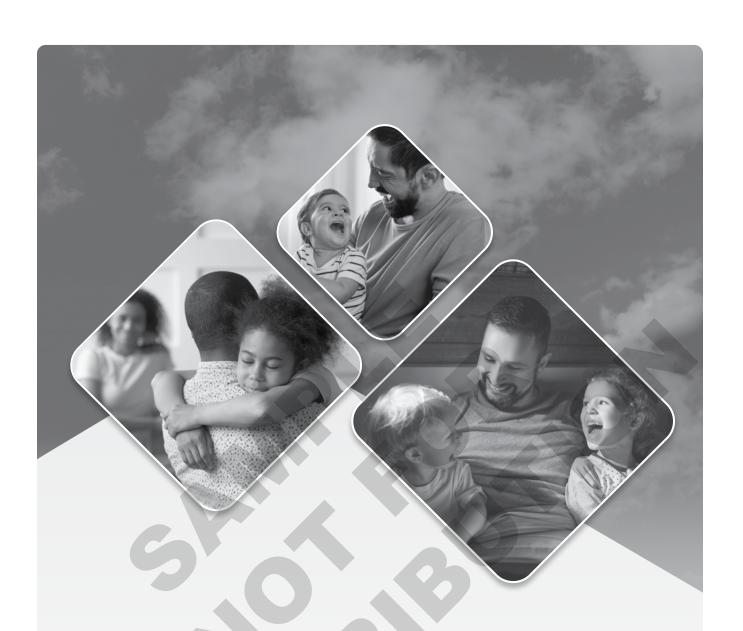


# SAMPLE GROUP-BASED DELIVERY

National Fatherhood Initiative®



# FOURTH EDITION

# FACILITATOR'S MANUAL

GROUP-BASED DELIVERY

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# 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 profathering 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<sup>®</sup> 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

# EQUATION 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** or **store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit** 

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

**YOU ASKED, WE ANSWERED!** 24:7 Dad<sup>®</sup> 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

to learn more and register!



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

**SHARED** 

CONTENT

# **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

#### **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
- 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 Children5.4 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

SESS ON

- 6.3 What Kind of Father and Partner Am I?
- 6.4 Benefits of Marriage6.5 My 24:7 Dad<sup>®</sup> Checklist Items
- 6.6 Closing, Comments, and Evaluation

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- 7.1 Welcome and Warm-Up
- 7.2 Morals and Values
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# **SESSION 8: Children's Growth**

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- 8.3 Nature or Nurture?8.4 My 24:7 Dad<sup>®</sup> Checklist Items
- 8.5 Closing, Comments, and Evaluation

# 9.1 Welcome and Warm-Up

- 9.2 Ways to be Involved
- 9.3 Helping My Child Do Well in School9.4 My 24:7 Dad<sup>®</sup> Checklist Items
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- I'm Okay, She's Okay 10.4
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- Balancing Work and Family My 24:7 Dad® Checklist Items 11.3
- 11.4
- Closing, Comments, and Evaluation 11.5

# SESSION 12: My 24:7 Dad® Checklist

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

# SESSION 1: Fathering and the 24:7 Dad

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- 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**

- Welcome and Warm-Up 2.1
- 2.2 Differences Between the Male and Female Brain
- 2.3 Learning to be a Man and Dad2.4 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 Anger3.4 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 Survey4.4 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 Ďad® Checklist Items
- 6.5 Closing, Comments, and Evaluation

# **SESSION 7: Power and Control**

- 7.1 Welcome and Warm-Up
- The Difference Between Power and Control 7.2
- 7.3 Positive Power and Control
- 7.4 Power Struggles7.5 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 Children8.4 My 24:7 Dad<sup>®</sup> 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 Problems9.5 My 24:7 Dad<sup>®</sup> Checklist Items
- 9.6 Closing, Comments, and Evaluation

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- 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 My 24:7 Dad® Checklist Items 11.4
- 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) My 24:7 Dad® Checklist Items 12.4
- 12.5 Celebrate (OPTIONAL)

# 글 4: 기 **DAD** LOGIC MODEL

# **PROBLEM**

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

# **NPUTS/ACTIVITIES**

- 24:7 Dad® Curriculum:
- ▶ 24:7 Dad® Facilitator's Manual (A.M. or P.M. Version)
- ▶ 24:7 Dad® Fathering Handbook
- My 24:7 Dad® Checklist
- ▶ Evaluation Tools
- Videos
- Planning Prompt (Reminder) 24:7 Dad® Pledge
- Fidelity Tools

# **OUTPUTS**

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

# **OUTCOMES**

# Increases:

- Increase in the habits of good fathering/father involvement.
- Increase in fathers' frequency of and healthy interaction with their children. skills.

knowledge, attitudes, and

Increase in pro-fathering

interaction with the mother Increase in fathers' healthy (or main caretaker) of their children.

# Decreases:

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

# PROCERBIA GUIDE Introduction



















# **SESSION 4** EN'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 and the importance of keeping themselves in shape physically and mentally.

## 24:7 Dad® CHARACTERISTICS (2):

- **Self-Awareness**
- **Caring for Self**

# PRE-SESSION PROCEDURES:

- Review the standard Pre-Session procedures in Chapter VI of the Program Guide.
- For Activity 4.1, write the statements you'll have the Dads complete on the
- For Activity 4.2, divide a piece of flip chart paper into two columns. Label one column HEALTHY WAYS TO HANDLE STRESS and the other UNHEALTHY WAYS TO HANDLE STRESS.
- 4. For Activity 4.3, put several sheets of flip chart paper on a wall(s). Calculate the number of sheets you need by dividing the group by two or three so that no more than two or three of the Dads use one of the sheets. If you have nine Dads, for example, use three sheets. (Try having the same number of Dads work at each sheet.) At the top of each sheet, write MEN DON'T GO TO THE DOCTOR BECAUSE . . . Spread the sheets far enough apart (e.g., at least two or three feet) so the Dads won't feel crowded when they work.
- 5. For Activity 4.3, write the statements you'll have the Dads complete during Procedure #7 on the flip chart.
- 6. For Activity 4.3, make enough copies of the "My Workout Plan" handout, located at the password-protected webpage for facilitators (www. fatherhood.org/247dad-support-resources), for each Dad to have one. Consider making enough copies for each Dad to have two copies so he can include as many activities as he desires.
  - Some of the Dads might have 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, which involves creating an exercise plan.
- For Activity 4.1, if you won't use the optional slide deck, prepare the "Welcome to 24:7 Dad® A.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).

**ACTIVITY 4.1** Welcome and Warm-Up

TIME: 20 Minutes

**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 Dads to Session 4 and initiate discussion on the importance of physical and mental health.

## **LEARNING COMPETENCIES:**

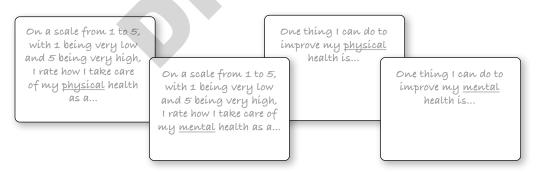
Dads demonstrate the capacity to identify how well they take care of their health.

## **PROCEDURES:**

- 1. SAY: Welcome to Session 4 of the 24:7 Dad\* A.M. program. Today's session focuses taking care of your physical and mental health. But first, would anyone 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 Dads an opportunity to share. If no one speaks up, consider calling on one or more of them to share.)
- 3. (Optional: Have the Dads recite the 24:7 Dad<sup>®</sup> 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 16:
  - 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 \_

(Ask the Dads for their responses and write them on the flip chart. Discuss common responses.)

5. (Show the "Welcome to 24:7 Dad" A.M. Session 4" video.)















**ACTIVITY 4.2** Stress and Anger

TIME: 40 Minutes

**MATERIALS:** Flip chart, markers, Fathering Handbook,

(optional) Slide Deck 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.)

**SAY:** Let's brainstorm the meaning of "mental health." What does that term mean to you?

(Write their responses on the flip chart and then offer the following meaning.)

**SAY: 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.

(Optional: Project the slide.) Your mental health affects your physical health and vice versa. 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.19

2. (Write the word **STRESS** on the flip chart.)

**SAY:** Stress is one of the main signs of the link between mental and physical health.

(Ask each Dad 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. Ask why he chose that position and word or noise.)

(Facilitator Tip: A variation on this activity is having the Dads form pairs and choosing one of them to do the body position and the other to say the word or noise while the other Dad is in the position. This variation works best if the Dads feel pretty comfortable with each other at this point in the program.)

-continued

Mental Health

Stress











Your mental health affects your physical health and vice versa.



<sup>&</sup>lt;sup>19</sup> Dubash, S. (2024). The interplay of depresssion symptoms and physical activity: Bidirectional insights from 25-years of the Americans' changing lives panel. Mental Health and Physical Activity, 26, 1-11.

#### SESSION 4 | Men's 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.

# **SESSION 4** MEN'S HEALTH

# **Welcome and Warm-Up**

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

# **Stress and Anger**

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.

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.

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. Don't settle for unhealthy, fast foods. It's okay to have a treat now and then, but you need to eat healthy every day.

—continued

16 | 24:7 DAD® A.M. FATHERING HANDBOOK - Fourth Edition

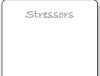
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3. (Write the word **STRESSORS** on the flip chart.)

**SAY:** Stressors are the things in life that cause or contribute to

**ASK:** What are the stressors in your life?



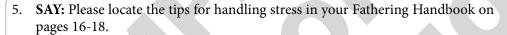
(Write the stressors on the flip chart and identify those most often mentioned. If you have time, have the Dads identify the ones over which they have control and those they don't or can't control.)

4. (Turn to the flip chart paper you prepared for this activity.) SAY: Although you can't control some of the stressors in your life, you can control the way you handle stress.

What are some healthy and unhealthy ways people handle their stress?

Healthy ways unhealthy ways to handle stress to handle stress

(Write the responses on the flip chart in the appropriate column. Look for patterns and discuss common responses.)



(Depending on the time left in the session, pick some or all of the tips to share. You can also have one or more of the Dads read the tips aloud instead.)

- 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. Don't settle 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," "would, "coulds," and "musts" in your life. Figure out which are worth keeping and which to get rid of.
- **Be Content.** 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 children. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.
- **Share Your Feelings.** But only when it's safe to do so. 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.

—continued



Men's Health | SESSION 4

- **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 Content.** 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.
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- 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.





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- 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.
- **Volunteer.** Helping others is a good way to reduce stress because it builds selfworth. 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.
- 6. **SAY:** Anger often comes with or results from stress.

(Write the term **SECONDARY EMOTION** on the flip chart.)

Secondary Emotion

SAY: Anger is what's called a "secondary emotion." Do any of you know the meaning of the term?

(Allow time for responses. If no one knows the meaning ...)

**SAY:** 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's like stepping on a spring. When the pressure is off, feelings spring out. Remember that feelings and thoughts have energy. It's how the energy shows itself that gets people into trouble.

One of the best ways to care for your mental health is to deal with your 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.

7. **SAY:** Please complete the following statements in your Fathering Handbook on page 18.



- 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 \_\_\_\_\_

(If time allows, pick one or two of the statements and have the Dads share their responses.)

-continued





It's how the energy shows itself that gets people into trouble.

#### SESSION 4 | Men's Health

Feelings and thoughts have energy. It's how the energy shows itself that gets people into trouble.

- **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
- 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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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	

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-continued

8. **SAY:** To show your anger in healthy ways, use the same rules of the 24:7 Dad that you learned during the last session.

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

(Have the Dads repeat the rules aloud two or three times.)

(Facilitator Tip: If you have time, consider providing the Dads with tips on anger management, especially if some of them have significant anger/anger-management issues. You can find such tips on the websites of the American Psychological Association [https://www.apa.org/helpcenter/controlling-anger.aspx] and the Mayo Clinic [https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434]).



Men's Health | SESSION 4

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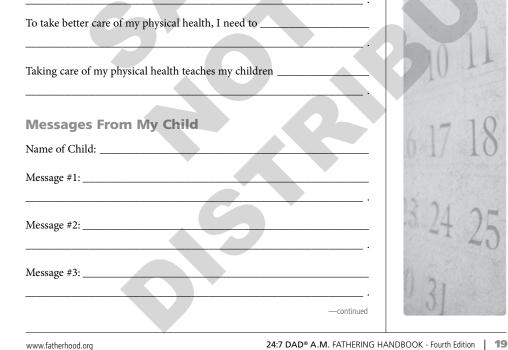
# **Physical Health**

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." This leads men to abuse their bodies and ignore warning signs telling them to get 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.

The part of my physical health I'm most concerned about is



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





**ACTIVITY 4.3** Physical Health

TIME: 40 Minutes

**MATERIALS:** Flip chart, markers, Fathering Handbook, My Workout

Plan handout, (optional) Slide Deck and digital

projection system

#### **FACILITATOR'S GOAL:**

To increase the Dads' awareness and knowledge of the value in taking 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:**

(Turn to the flip chart paper you prepared for this activity.) **SAY:** This activity focuses on taking care of your body—your physical health.

(Have the men count off by 2s or 3s depending on how many Dads you want to work on one sheet. Assign each group to one of the sheets.)

Men don't go to the doctor because ...

**SAY:** Go to your sheet and write as many reasons as you can think of without talking to your group mates or the Dads in the other groups. The Dads in your group should take turns writing reasons.

(Give them about five minutes to write their reasons.)

- (After the Dads finish writing, have a brief discussion about the reasons the Dads gave for why they think men don't like to go to the doctor. Point out common responses.)
- (Optional: Project the slide.) SAY: 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." This 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.<sup>20, 21</sup>

Do you remember last session when you put your feelings on pieces of paper, covered them with your feet and hand, and tried to move around? Men have a giant shoe on their bodies. This shoe is a social norm that doesn't allow them the freedom of movement they need to show what's happening with their feelings and bodies.



# **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.

—continued







<sup>&</sup>lt;sup>20</sup> Mahalik, J.R., & Dagirmanjian, F.R.B. (2018). Working Men's Constructions of Visiting the Doctor. American Journal of Men's Health, 12(5), 1582-1592.

<sup>&</sup>lt;sup>21</sup> Cleveland clinic survey: Men will do almost anything to avoid going to the doctor. Cleveland Clinic. Retrieved 10/23/24 from https://newsroom.clevelandclinic.org/2019/09/04/cleveland-clinic-survey-men-will-do-almost-anything-toavoid-going-to-the-doctor

Men's Health | SESSION 4

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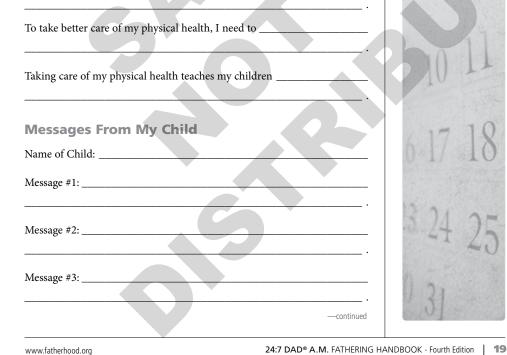
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The part of my physical health I'm most concerned about is



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





- **SAY:** Before we take the next step in this activity, I want you to reflect for a couple of minutes on a few questions. At the end of those two minutes, anyone can share their thoughts.
  - 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?

(Give the Dads time to reflect and for a few of them to share their thoughts.)





- 5. (Turn to the flip chart paper you prepared ahead of this activity.) **SAY:** Please complete the following statements in your Fathering Handbook on page 19.
  - The part of my physical health I'm most concerned about is
  - To take better care of my physical health, I need to
  - Taking care of my physical health teaches my children

The part of my physical health I'm most concerned about is

To take better care of my physical health, I need to

(Give the Dads just a couple of minutes. Then ask for their responses and write them on the flip chart.)

6. **SAY:** The next part of this activity involves pretending to be one of your children. Write three or four short messages to include in a letter to their father—who is you—telling him to take care of his health so that he'll be around to see his child graduate, get married, have children, etc. Write short messages, not an entire letter. Include some of the things you just wrote in the handbook to take better care of your health. Use the space on page 19 in your handbook following the statements you just completed. Be sure to write your child's name.

Taking care of my physical health teaches my children





(Give the Dads about 10 minutes and then ask them to share their messages.)

- 7. (Have the Dads pair up and 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'll 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, they should talk with a doctor before starting their plan.)
- 8. (Have the Dads share their plans and encourage them to build on them over time.)
- (Optional: Consider sharing the parts of your physical health you need to take better care of. Put those into the My Workout Plan template and share what you're doing or have done to address it. This will help further develop rapport with the Dads.)

Men's Health | SESSION 4

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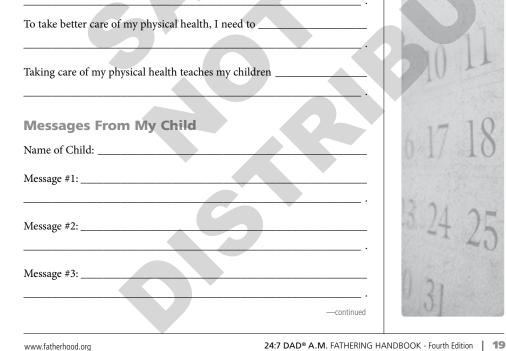
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The part of my physical health I'm most concerned about is



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





**ACTIVITY 4.4** My 24:7 Dad<sup>®</sup> 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 and identify action items they'll 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:**

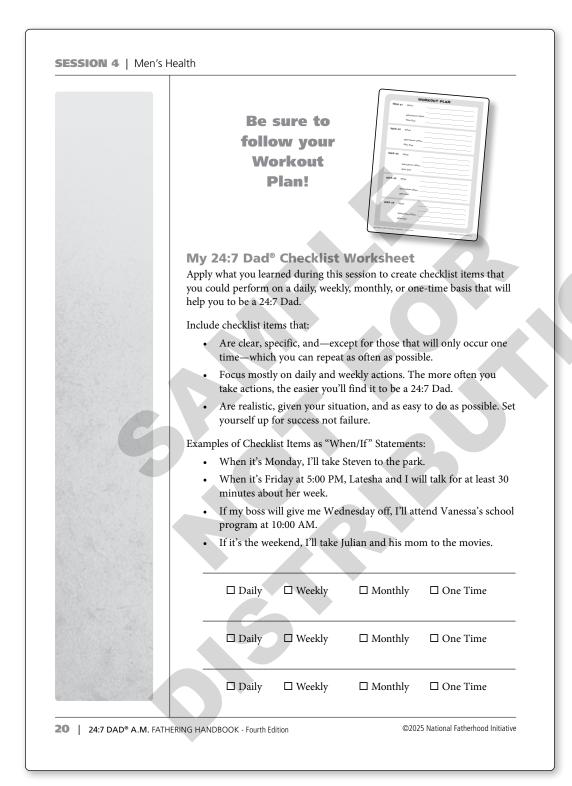
(Facilitator Tip: Stress the importance of identifying actions that are simple to perform. There are four elements to consider in determining whether an action is simple: time, money, effort [physical and mental], and how easy it is to repeat the action. The Dads should identify actions they have time to complete, they can afford, don't take a lot of effort, and 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].)

- 1. **SAY:** Please locate the My 24:7 Dad\* Checklist Worksheet in your Fathering Handbook. It's at the end of this session.
- 2. (Have the Dads work alone, in pairs, or in groups of three—your choice.) **SAY:** Use what you learned during today's session and identify up to three actions that will help you develop the habits of an involved, responsible, committed father—a 24:7 Dad. Here are the things to keep in mind:
  - Identify actions to 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 action, check whether you'll do it daily, weekly, monthly, or only one time. It's okay if you can't identify three actions. The most important thing is that the actions 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.





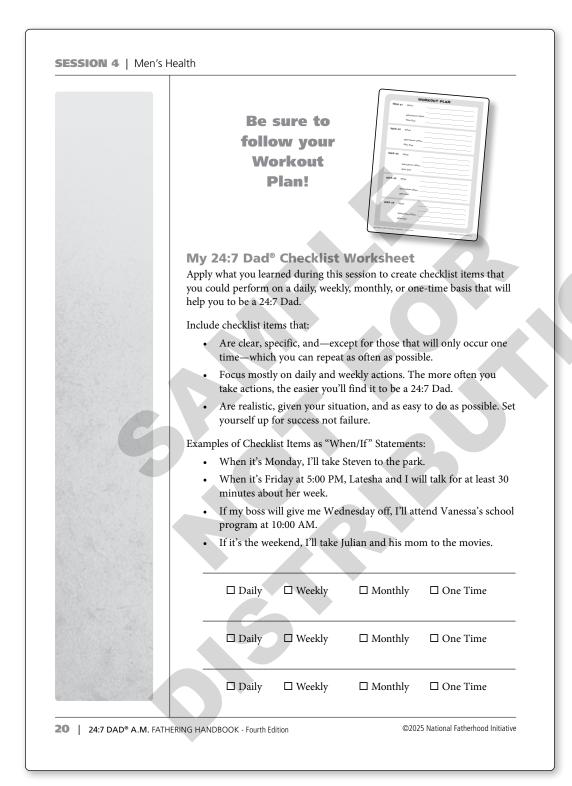


- Use the "When" and "If" formats for your actions. They help create clear, specific actions that include a trigger (or reminder) to take the action.
- Consider actions you already do that already connect you to your children.
- Remember that you're working on the items you might include on your final 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 your list, such as removing actions.

(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.)

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





**ACTIVITY 4.5** Closing, Comments, and Evaluation

TIME: 10 Minutes

**MATERIALS:** Fathering Handbook (What I Learned Log and Evaluation

> Questions), (optional) 24:7 Dad® Pledge, (optional) 24:7 Dad<sup>®</sup> Planning Prompt (Reminder) Card, (optional) Slide Deck and digital projection system

## **FACILITATOR'S GOAL:**

To bring the session to a close by helping the Dads process what they learned, evaluating whether they acquired the learning competencies of the session, and allowing them 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:**

- 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 alllikely; 5 = Very likely)
    - 0 1 2 3 4 5
  - What I learned will help me be a better dad because:
- 2. (Ask some of the Dads to share what they learned and 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 Dad outside the group to address the barrier or ask other Dads as you close the session for suggestions on how to address it.)
- SAY: To help us know whether you learned the most important information in today's session, please answer the questions in your Fathering Handbook. This isn't a test. No pressure. I'll give you a minute to think about the correct answers. Then I'll ask you to raise one of your hands when I call out the letter for the possible 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.)









	Men's Health   SESSION 4
What I Learned Log 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:	1
Fathering Questions Circle the best answer. Select only one answer for each question. Question #1: Which of the following isn't a healthy way to handle stress:	
<ul><li>a. Change jobs</li><li>b. Keep it inside</li><li>c. Hit a pillow or throw an object</li></ul>	
d. Find a hobby	
e. Get enough sleep	
f. a and b	A HILLIAM
g. b and c	The state of the s
Question #2: Why do most men not like to visit the doctor?	Marine Marine
a. They're taught to ignore pain and suck it up.	*******
b. They can't pay for it.	400000000000000000000000000000000000000
c. They don't think the problem is serious enough.	A A A A A A A A A A A A A A A A A A A
d. They don't trust doctors.	
e. I'm not sure	
	12194ann
	The second secon

- 4. (After a minute, ask for a show of hands for Question #1 then Question #2. Note how many Dads answered correctly using the key below. During this portion of the actitvity, share the correct answers whenever you want.)
  - Question #1: Which of the following isn't 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: Why do most men not like to visit the doctor?
  - a. They're taught to ignore pain and 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

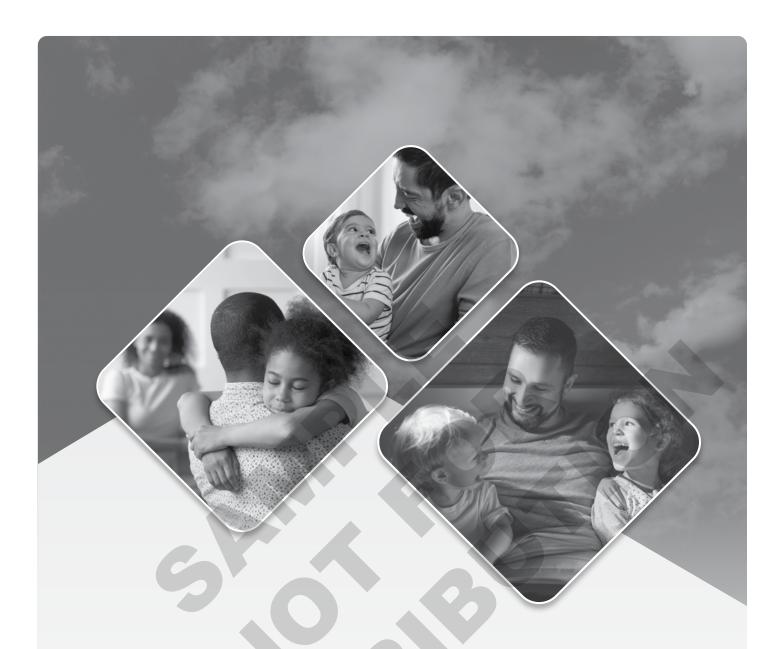
Correct Answer: a

- 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.)
- 7. (Optional: Have the Dads recite the 24:7 Dad® Pledge.)
- 8. (Optional: Have each Dad complete a 24:7 Dad® Planning Prompt (Reminder) Card. The Dads must complete it themselves; otherwise, it won't have as much impact on retention. Don't complete it for them.)





	Men's Health   SESSION 4
What I Learned Log One thing new I learned today is	
	-
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0 = Not at all likely 5 = Very likely	
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	-
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c. They don't think the problem is serious enough.	# * * * * * * * * * * * * * * * * * * *
d. They don't trust doctors.	1 11 111
e. I'm not sure	



# HIT DAD HIT.

**FATHERING HANDBOOK** 

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.

# SESSION 4 MEN'S HEALTH

# Welcome and Warm-Up

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				

# **Stress and Anger**

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.

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.

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. Don't settle for unhealthy, fast foods. It's okay to have a treat now and then, but you need to eat healthy every day.

—continued

- **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.
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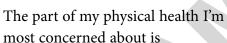
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To take better care of my physical health, I need to \_\_\_\_ Taking care of my physical health teaches my children \_ **Messages From My Child** Name of Child: Message #1: \_\_\_\_\_ Message #2: \_\_\_\_\_ Message #3: -continued

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

# Be sure to follow your Workout Plan!



# My 24:7 Dad<sup>®</sup> 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'll 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

# **What I Learned Log**



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 likely5 = 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: Which of the following isn't 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

Question #2: Why do most men not like to visit the doctor?

- a. They're taught to ignore pain and 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

