

## 24/7 DAD<sup>®</sup> AM SESSION GUIDE

### SESSION 1: Family History

- 1.1 Welcome and Warm-up
- 1.2 What it means to be a man and my role
- 1.3 Roles of Dad and Mom
- 1.4 The 24/7 Dad<sup>®</sup>
- 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> Checklist Items
- 4.5 Closing, Comments and Evaluation

### Session 5: Communication

- 5.1 Welcome and Warm-up
- 5.2 Ways to Communicate
- 5.3 Talking with Children
- 5.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 5.5 Closing, Comments, and Evaluation

### Session 6: The Father's Role

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

### SESSION 7: Discipline

- 7.1 Welcome and Warm-up
- 7.2 Morals and Values
- 7.3 Rewards and Punishment
- 7.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 7.5 Closing, Comments and Evaluation

### SESSION 8: Children's Growth

- 8.1 Welcome and Warm-up
- 8.2 Goals and Self-Worth
- 8.3 Nature or Nurture?
- 8.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 8.5 Closing, Comments and Evaluation

### SESSION 9: Getting Involved

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

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

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

### SESSION 11: Dads and Work

- 11.1 Welcome and Warm-up
- 11.2 Work and Family
- 11.3 Balancing Work and Family
- 11.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 11.5 Closing, Comments and Evaluation

### SESSION 12: My 24/7 Dad<sup>®</sup> Checklist

- 12.1 Welcome and Warm-up
- 12.2 Skills I Learned
- 12.3 Assessing My Fathering Skills (OPTIONAL)
- 12.4 My 24/7 Dad<sup>®</sup> Checklist
- 12.5 Celebrate (OPTIONAL)

### APPENDIX

Ages and Stages

## 24/7 DAD<sup>®</sup> PM SESSION GUIDE

### SESSION 1: Fathering and the 24/7 Dad

- 1.1 Welcome and Warm-up
- 1.2 My Story
- 1.3 My Fathering Skills
- 1.4 The 24/7 Dad<sup>®</sup>
- 1.5 Closing, Comments, and Evaluation

### SESSION 2: Boyhood to Manhood

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

### SESSION 3: Dealing with Anger

- 3.1 Welcome and Warm-up
- 3.2 This is Anger
- 3.3 Showing and Dealing with Anger
- 3.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 3.5 Closing, Comments, and Evaluation

### SESSION 4: Knowing Myself

- 4.1 Welcome and Warm-up
- 4.2 Building Self-Worth
- 4.3 Self-Worth Survey
- 4.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 4.5 Closing, Comments, and Evaluation

### SESSION 5: Family Ties

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

### SESSION 6: Sex, Love and Relationships

- 6.1 Welcome and Warm-up
- 6.2 Sexual Self-Worth
- 6.3 A Healthy Relationship
- 6.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 6.5 Closing, Comments, and Evaluation

### SESSION 7: Power and Control

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

### SESSION 8: Competition and Fathering

- 8.1 Welcome and Warm-up
- 8.2 Competitive and non competitive fathering
- 8.3 Living through my children
- 8.4 My 24/7 Dad<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 Problems
- 9.5 My 24/7 Dad<sup>®</sup> Checklist Items
- 9.6 Closing, Comments, and Evaluation

### SESSION 10: Fun with the Kids

- 10.1 Welcome and warm up
- 10.2 Fathering and Fun
- 10.3 A Plan for Fun
- 10.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 10.5 Closing, Comments, and Evaluation

### SESSION 11: Stress, Alcohol and Work

- 11.1 Welcome and Warm-up
- 11.2 Drinking and Stress
- 11.3 Work and Stress
- 11.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 11.5 Closing, Comments, and Evaluation

### SESSION 12: My 24/7 Dad<sup>®</sup> Checklist

- 12.1 Welcome and Warm-up
- 12.2 Skills I Learned
- 12.3 Assessing my Fathering Skills (OPTIONAL)
- 12.4 My 24/7 Dad<sup>®</sup> Checklist Items
- 12.5 Celebrate (OPTIONAL)

### APPENDIX

Ages and Stages