



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

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

Over the years, National Fatherhood Initiative® (NFI) has been asked, "What do you have for Mothers?" In response, we surveyed our customers and partners regarding the concept of a fatherhood organization creating resources for mothers. With overwhelming support for creating these resources, we proceeded to create a program designed specifically for mothers, to help them improve the relationships they have with fathers, for the benefit of their children.

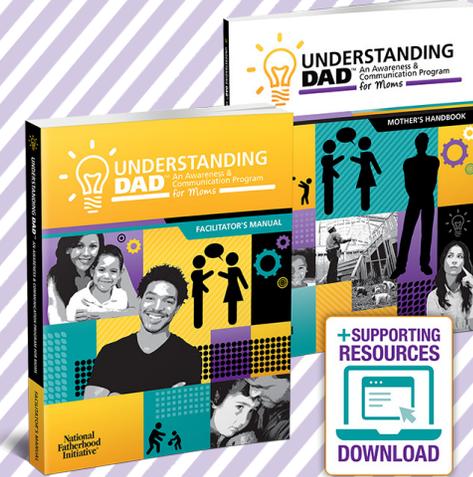
Data shows that one in three children in the U.S. grows up in a home without his or her biological father, and the lack of father involvement increases the risk that children will suffer from a range of social, emotional, and physical ills.

Unfortunately, many times it's the mothers' gatekeeping behavior that can prevent or reduce fathers' access to their children—when fathers' involvement in their children's lives would actually benefit their children. In addition, mothers can lack

the self-awareness and communication skills they need to improve their relationships with the fathers of their children.

Enter Understanding Dad™ a Facilitator's Kit consisting of eight sessions, each lasting approximately two or three hours, with the goal of accomplishing four objectives that are vital to improving the relationships between mothers and fathers:

- Increase mothers' knowledge, positive attitudes (e.g. toward fathers' involvement), and skills (e.g. communication) associated with improving their relationships with the fathers of their children.
- Increase mothers' awareness of the impact that their upbringing (e.g. their relationships with their own fathers) has had on their relationships with the fathers of their children and men in general.
- Increase mothers' understanding of the importance of fathers' involvement in the lives of their children.
- Increase positive interactions between mothers and the fathers of their children.



### The Complete Program Kit includes:

- 1 Understanding Dad™ Facilitator's Manual
- 1 Mother's Handbook as a reference for what moms use during the program.
- Support Resources (download) includes an evaluation tool, marketing resources, video content for some sessions, and more!

### Uses:

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

FACILITATOR'S  
KIT

\$659

MOTHER'S  
HANDBOOKS

\$11.99  
EACH



For more information, or to order, visit [www.fathersource.org](http://www.fathersource.org) or call 240-912-1263. For questions about starting or expanding your fatherhood program, contact Program Support at [programsupport@fatherhood.org](mailto:programsupport@fatherhood.org) or call 240-912-1290.

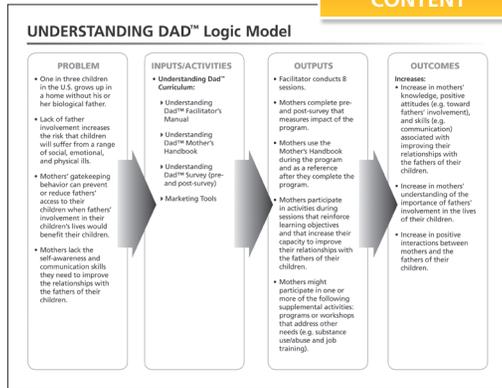
National Fatherhood Initiative | PO Box 37635 | PMB 84123 | Philadelphia, PA, 19101-0635 | 301-948-4325 fax | [info@fatherhood.org](mailto:info@fatherhood.org) | [www.fatherhood.org](http://www.fatherhood.org)

# TAKE A LOOK INSIDE!

## The Understanding Dad™ Complete Program Kit includes everything you need to facilitate the program.



### PROGRAM GUIDE CONTENT



### SESSION NUMBER AND TITLE:

Each session is numbered and named to reflect the session topic.

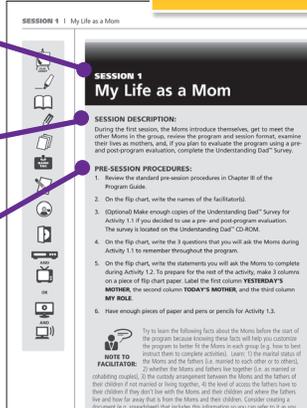
### SESSION DESCRIPTION:

A narrative that provides an overview of what mothers will experience and learn during the session.

### PRE-SESSION PROCEDURES:

Steps or activities to undertake (e.g. room setup) before the session starts that set the stage for the activities in the session.

### FACILITATOR'S MANUAL

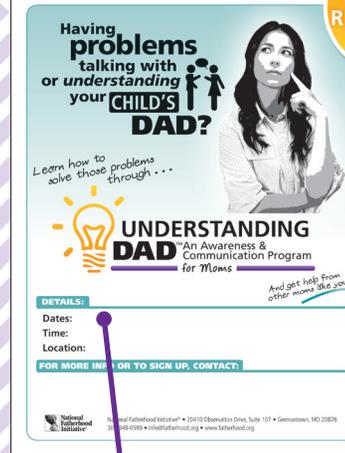


**ACTIVITY:** Each activity numbered and labeled.

**TIME:** An approximate time the activity should last. (All of the activities add up to a 2-hour session.) The exact time of the session may vary depending on a variety of factors (e.g. size of the group).

**MATERIALS:** The materials needed to carry out the activity. Graphics of the materials for the entire session appear at the start of the session and those needed for each activity appear at the start of each activity.

### SUPPORT RESOURCES



**UNDERSTANDING DAD™ SURVEY**

Name (or Unique ID): \_\_\_\_\_ Date: \_\_\_\_\_

Circle one: Pre-survey / Post-survey

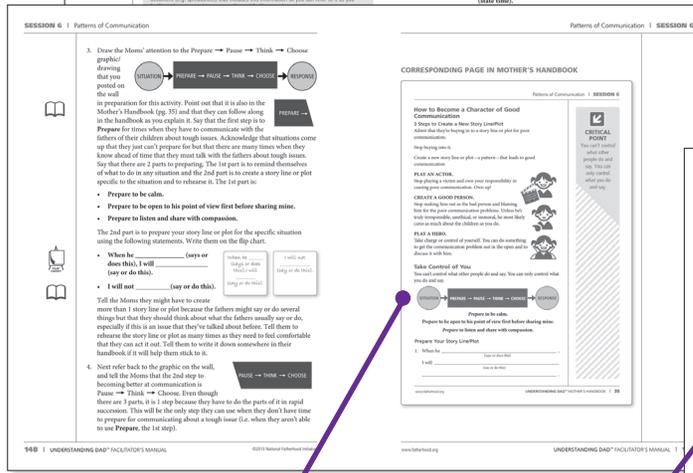
Name of Organization/Location: \_\_\_\_\_

Name of Facilitator: \_\_\_\_\_

Please circle or write your answer. Circle only one answer.

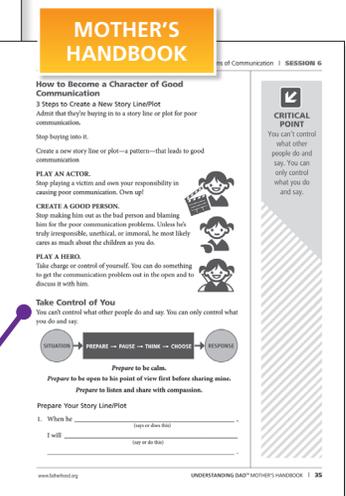
**PART A - About You**

- What is your age? \_\_\_\_\_
- Are you a mother? (Circle one)
  - a. Yes
  - b. No
- What is your current marital status? (Circle one)
  - a. Married
  - b. Single/Never Married
  - c. Divorced
  - d. Separated
  - e. Widow
- What is your race? (Circle one)
  - a. White
  - b. Black
  - c. Hispanic/Latino
  - d. Asian
  - e. Native American
  - f. Other \_\_\_\_\_
- Circle the highest level of school you finished. (Circle one)
  - a. Grade School
  - b. Middle School/Junior High School
  - c. High School/GED
  - d. College
  - e. Graduate School
- Have you attended a training/trade school? (Circle one)
  - a. No
  - b. Yes, Vocational
  - c. Yes, Technical
  - d. Yes, Business
  - e. Yes, Other \_\_\_\_\_
- How many children do you have? (Circle one)
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5
  - f. 6 or more



**CORRESPONDING PAGE:** The associated page from the Mother's Handbook is featured in the facilitator's manual to enhance easy facilitation and direction.

**PRE- AND POST-SURVEY AND SCORING MATERIALS:** Materials to evaluate and score the results of your program.



**THE MOTHER'S HANDBOOK** allows mothers to follow along and complete exercises during the program to enhance their learning and emphasize key points, and that they can refer to after the program ends as a reminder.



To Order: [www.fathersource.org](http://www.fathersource.org) | call 301-948-0599 | fax 301-948-6776

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