

BECOMING DAD BRIEFING

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AGENDA

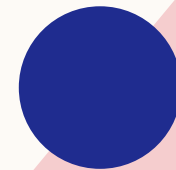
Becoming Dad

Delivery method

Referral process

Promotion

Questions



INTRODUCTION

The Becoming Dad workshop is a three-hour peer group intervention for expectant and new fathers, designed to provide them with tailored information and support as they make the transition to first-time fatherhood.

The dads progress through a wide-ranging curriculum designed to build their confidence around hands-on baby care, bonding and attachment, healthy relationships, supporting breastfeeding and mental health (their own and their partner's).



PRIMARY GOAL

There is a powerful formula having experienced dads and their babies in the same room with expectant dads, the questions which naturally come out is the foundation of every workshop.

The role as Facilitator is to facilitate the interaction between veterans and expectant dads to optimise the transfer of information and experience. Facilitators are also responsible for introducing topics that might not otherwise be discussed, balancing the input of the veterans, and keeping the workshop environment safe for the babies.

CURRICULUM

SECTION ONE	
Welcome & Personal Intro	Ground rules, background information about fatherhood and Becoming Dad
Introductions & Concerns	Group introductions and expectant dads' questions/concerns identified
Experiences of fatherhood	How do we learn to be a dad? Own experiences of being 'fathered', desires for own fathering
New mum challenges	How to form their own unique bonds Science of fatherhood Supporting new mothers
Teamwork	What is co-parenting? How do you decide who does what? Forming a "parenting team" Dad's Role as Champions



CURRICULUM

SECTION TWO

Interactive Segment - Baby Care and Dad's Bag of Tricks

Small groups (experienced dad with expectant fathers)
Ground rules, safety.
Interactive session on safe handling of babies, nappy changing, feeding, baby care, calming/soothing, sleep.

CURRICULUM

SECTION THREE	
Crying Babies	Calming strategies, the effects of, and how to prevent, shaken baby syndrome. Recognising feelings and stress
Postnatal Adjustments	Mental health – yours and your partners Combining work and care Where to find help
Identified Expectant Dads' Concerns	Check initial concerns have been covered Discussion
Safety	Basic home safety and 'baby-proofing'
Close	Parting advice Sources of support

WHAT THIS LOOKS LIKE

TRAINED STAFF

- Staff have completed a 2-day course
- Understand how to position the transition to fatherhood
- Benefits of father inclusive practice
- Hold training resources and manual
- Will hold sessions with expectant and new fathers to demonstrate practical skills
- A single group session which is between 2-3 hours

EXPERTS BY EXPERIENCE

- Fathers in the room are the experts
- Facilitators are there to guide discussion
- Sessions are informal and relaxed
- Safe space for fathers to speak openly
- A chance to experience first time hands-on care of a baby
- Facilitators do not work to a formal curriculum, rather suggested discussion topics initiated by the fathers

RECRUITMENT

When thinking about recruiting fathers, it is important to distinguish between those who are slipping through the net because of missing mechanisms to engage with them; and those who are “service resistant”. Self-referral will work for *some*, if fathers know about the offer.

Effective recruitment depends on identifying and thinking carefully about the specific barriers between service(s) and local fathers – and then ensuring determined efforts to overcome them. This will require working with maternity and health partners to aid effective recruitment.

REFERRALS

- It is important the Preparing for Parenthood (P4P) programme is promoted at the antenatal stage as this works alongside Becoming Dad.
- Parents can be signposted to their local Family Centre for both programmes, there is also the leaflet which contains both the QR code for booking and an email address in case of further questions.
- This leaflet will be included in the antenatal packs, but it can also be shared electronically with families.
- Promotion can be delivered by all services working with families at the pre and post birth stage, if a father misses the session before his child is born, they can attend following.
- The main aim is to clarify the value to the father, to encourage engagement.

PROMOTION

ANTENATAL / PREGNANCY

NEW

Becoming Dad

Peer support workshop for expectant and new fathers



 Hertfordshire Family Centre Service
 Hertfordshire Barnardo's
 Believe in children
 InspireAll
 YMCA
 fotherhood INSTITUTE

BECOMING DAD

Peer support workshop for expectant and new fathers



Becoming Dad is an inclusive workshop for new and expectant fathers to help them to connect with and understand their babies' needs.

Supported by trained facilitators from the Family Support Service, this workshop offers expectant and new fathers an informal and relaxed space to talk through any thoughts and challenges dad to dad as they transition into parenthood. This is a hands-on session where your baby aged 0 - 1 year can come too!

WHAT YOU CAN EXPECT:

- Meet other dads and learn from their experiences
- Value the important role of becoming a father
- Build confidence around hands-on baby care, bonding & attachment
- Learn about healthy relationships
- Maintain good mental health for yourself and your partner

For more information and to book, scan the QR code or email us.

Hertsmere, Watford, Three Rivers, St Albans and Dacorum
fathers@nhs.uk
 Baldock, Great Ashby, Hitchin, Letchworth, Royston, Stevenage and villages
fathers@nhs.uk
 Welwyn Garden City, Hatfield, Brookmans, Hemel Hempstead, Waltham Cross, Cheshunt, Hertford, Bishop's Stortford, Ware, Buntingford and villages Districts
fathers@nhs.uk



 Hertfordshire Family Centre Service
 Building Life Chances
 www.hertsfamilycentres.org
 Find us on Facebook & Instagram

Leaflet with QR code to booking information and further details.

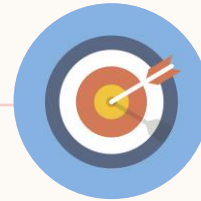


KEY MESSAGES



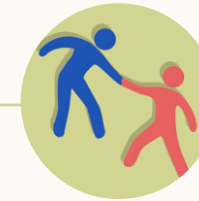
PROMOTION

- P4P
- Becoming Dad
- All antenatal contact points
- All early parenthood contact points
- QR code and Eventbrite booking links
- For anyone that sees themselves as father



AIMS

- What to expect in fatherhood
- Looking after yourself
- Supporting your partner
- Getting to know your baby
- Practical advice for work and at home
- What to do if you're struggling
- Gather feedback



FACILITATION

- Fathers peer group
- Open safe environment
- Discussion initiated by the fathers as experts of experience
- Facilitators maximise information sharing rather than lead

THANK YOU

