

# THE **DAD** difference

FACILITATOR'S GUIDE



# THE DAD difference

## RAISING CHILDREN BIRTH TO FIVE

**W**HEN FATHERS WATCH A BIRTH OR PARENTING VIDEO, the program is often directed towards mothers, which may distance dads or make them feel less essential than moms.

But when fathers watch *The Dad Difference*, they see real men involved with their children right from the beginning. They come away with a sense that fathers matter and with a deeper understanding of the difference that every dad can make.

As a companion to *The Dad Difference*, this guide provides discussion questions for fathers, Dad Checklist handouts, and a list of resources for new dads.

### TABLE of CONTENTS

Intended Use, Suggested Facilitator Presentation .....	3
Program Overview .....	4
Volume 1: Discussion Questions .....	5
Volume 1: Dad Checklist Handout .....	6
Volume 2: Discussion Questions .....	7
Volume 2: Dad Checklist Handout .....	8
List of Resources .....	9



800-326-2082  
7107 La Vista Place  
Longmont, CO 80503  
[injoyvideos.com](http://injoyvideos.com)

Written by Vicki KURZBAN • Edited by Elisa MURRAY • Designed by Bob SCHRAM

© 2004 InJoy Productions, Inc. All rights reserved. 800-326-2082 [injoyvideos.com](http://injoyvideos.com)

# Suggested Facilitator Presentation

## Intended Audience

VOLUME 1: *Baby Basics* is intended for use in prenatal, birth and postpartum education classes given by hospitals, government agencies, community resource centers and high schools; lending libraries; and home visits. It is made especially for expectant and new dads.

VOLUME 2: *Involved From the Start* is intended for use in parenting education classes given by hospitals, health departments, government agencies, schools, family resource centers, and home visits. It is made for young dads with children ages birth to five.

## Suggested Use of Materials

- Review the video and facilitator's guide to decide which volume you would like to present.
- Set a time for a fatherhood class. If you are conducting a home visit, make sure the father will be there on the day you intend to show the video.
- If you intend to show both videos, it is recommended that you show Volume 1 first, followed by Volume 2.
- Make copies of the appropriate Dad Checklist and Resource List handouts for viewers to take home.
- Open discussion by asking the General Fatherhood questions on page 6 or 8.
- Show the video. Either pause at the end of each section and ask the corresponding questions or wait until the end of the program before discussing.
- Pass out the Dad Checklist and Resource List to assist with discussion or to refer to at home.
- If possible, check in with dads at a later date about their progress on the Dad Checklists.

# Program Overview

## **VOLUME 1: BABY BASICS**

1. The Uniqueness of Dads
2. The Pregnant Father
3. Labor and Birth
4. Emotions
5. Baby Care

## **VOLUME 2: INVOLVED FROM THE START**

1. Connect
2. Positive Discipline
3. Take Care of Yourself
4. Relating
5. Work and Family
6. Single Fatherhood

# Discussion Questions

## Volume 1: Baby Basics

*Baby Basics is designed especially for new and expecting fathers of all ages and backgrounds or for male students learning about parenting.*

### GENERAL FATHERHOOD QUESTIONS

*(Discuss before program)*

1. What are you looking forward to in becoming a dad? What are you nervous about?
2. How will you be different from your father? How will you be the same?

### PROGRAM QUESTIONS

*(Discuss after each section or after entire program)*

#### 1. THE PREGNANT FATHER

- a) How do you benefit from going to prenatal visits and attending birth classes?
- b) Why is it important for your wife/partner to not drink, smoke or take drugs?
- c) What are your concerns about money?
- d) What are your concerns about sex?

#### 2. LABOR AND BIRTH

- a) How will you benefit from being at the birth? How does your baby benefit?
- b) What are your plans about circumcision, breastfeeding and taking time off from work?
- c) How can you support your wife/partner during the birth? How will you need to be supported?

#### 3. EMOTIONS

- a) What are some emotions you might feel after the birth of your child?
- b) What are the signs of depression in men and women? Have you ever experienced any of them?
- c) What are ways to deal with depression?

#### 4. BABY CARE

- a) When can your wife/partner become pregnant again? When do you want another child?
- b) What are the benefits of breastfeeding to baby, mother and father?
- c) How can you support breastfeeding?
- d) Why is it important to hold, talk to and play with your baby as much as possible?
- e) What are some reasons that babies cry? How can you soothe a crying baby?
- f) What are some safe ways to express anger or frustration?
- g) How can you decrease the chance of Sudden Infant Death Syndrome?
- h) How do you know if your car seat is right for your baby?
- i) What are the signs of illness in your baby?

# The New Dad Checklist: A Handout

## **PREGNANCY** .....

- Go to prenatal checkups
- Listen to baby's heartbeat
- Talk and sing to baby
- Go to dad and birth class
- Quit smoking
- Eat well and exercise with your wife/girlfriend
- Give partner massage
- Take on an extra house chore
- Make a baby budget
- Take time off work
- Talk to other dads

## **LABOR AND BIRTH** .....

- Help with labor preparation exercises
- Know the way to the hospital
- Go to the birth
- Ask mom what she needs
- Be positive and focused
- Watch baby being born
- Cut the cord
- Stay close to baby
- Sign birth certificate
- Talk to doctor about baby care

## **POSTPARTUM EMOTIONS**.....

- Be patient
- Help take care of baby (change diapers, feed, hold, dress, put to sleep)
- Talk with your partner about your feelings
- Eat well and exercise
- Find a new baby group through the hospital
- Get out for walks
- Get out with buddies
- Sleep or rest when baby sleeps
- Wait 6 weeks to make love
- Avoid alcohol and drugs
- Find professional help if you or your partner is depressed

## **BABY CARE** .....

- Know baby hunger cues: chewing on fingers, smacking lips, rooting for breast, crying
- Talk, sing and play with baby
- Keep cord/circumcision clean and dry
- Call lactation consultant with breastfeeding problems
- Take infant CPR/First Aid class
- Bottle feed after nursing is well-established (3-4 weeks)
- Have a frustration-action plan
- Never shake your baby
- Go to well-baby checkups

## **CAR SEAT CHECK** .....

- Confirm car seat's safety at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)
- Install car seat according to instructions
- Find a car seat inspection site through police department or [www.seatcheck.org](http://www.seatcheck.org)

## **SIDS** .....

- Put baby to sleep on back in a crib with a tight-fitting mattress
- Keep toys, bumper pads and other puffy items, like comforters, out of crib
- Never smoke around your baby
- Do not let your baby become overheated when sleeping
- Keep room between 68-70 degrees
- Dress baby in what you would wear plus one additional light layer



# Discussion Questions

## Volume 2: Involved from the Start

*Young dads need support in raising their children, especially as they make the transition to fatherhood.  
Use this video to help them get a handle on important life issues.*

### GENERAL FATHERHOOD QUESTIONS

*(Discuss before video)*

1. Who has been a father figure to you? How did you benefit from their involvement?
2. How do you feel about your own father? What did you like and not like about his parenting?

### PROGRAM QUESTIONS

*(Discuss after each section or after entire program)*

1. CONNECT
  - a) What are some quiet time activities, other than television, you and your child can enjoy together?
  - b) What are some stories, songs, books and activities that your child enjoys?
  - c) How can you keep your child safe and healthy?
2. POSITIVE DISCIPLINE
  - a) What limits can your child understand and respect? How do you enforce those limits?
  - b) What limits are unreasonable and difficult for your child to understand? How can you change them?
  - c) How can you redirect your child's behavior?
3. TAKE CARE OF YOURSELF
  - a) How do you take care of yourself? What areas need improvement (body, relationships, job)?
  - b) What are some immediate goals that you have? What are your long-term goals?
4. RELATING
  - a) When is usually a good time to talk with your wife/girlfriend about a problem?
  - b) When discussing a problem, what approach usually works? What approach doesn't?
  - c) What example can you give for an "I" message?
5. WORK AND FAMILY
  - a) How can you shift your work schedule or location to make it more family-friendly?
  - b) How can you shift your family's schedule so you can spend more time with them?
6. SINGLE FATHERHOOD
  - a) Who or what makes it difficult for you to see your child?
  - b) How can you set a regular time to see your child?
  - c) How can a shared parenting plan help you and your child?
  - d) What are some good ways to stay in contact with your child?

# Involved Dad Checklist: A Handout

## CONNECT EVERY DAY .....

- Give your child what he/she needs, quickly
- Read, talk, tell stories to your child
- Limit TV
- Take your child on errands
- Show them how things work, then let them try

## HEALTH AND SAFETY .....

- Take your child to the doctor and dentist
- Have fun, safe places to play
- Keep your child in sight and earshot
- Borrow a book or video on childproofing from the library
- Avoid risky people and behavior

## POSITIVE DISCIPLINE .....

- Give your child simple choices
- Stick to meal, snack and sleep routines
- State reasonable limits in a positive way
- Use logical consequences consistently
- Use calm-down time
- Be gentle and loving

## TAKE CARE OF YOURSELF .....

- Get a physical every year
- Get regular alone time with your partner
- Set goals and share them
- Ask for and accept help
- Reconnect with your father

## RELATING .....

- Find time when you both are free to talk
- Speak for yourself, then listen
- Leave if you feel you are losing control
- Find a counselor to help you deal with difficult problems
- Try "I" messages

## WORK AND FAMILY .....

- Shift your hours so they are more child-friendly
- Call home during the day or leave a note
- When you get home, spend time with your family
- Bring your child to work
- Get job help from a career counselor

## SINGLE FATHERHOOD .....

- Make spending time together a part of your routine
- Establish paternity
- Use calm, clear communication with mom and others
- Create a shared parenting plan with mom
- Stay in touch: write, email or call your child regularly





# List of Resources

## FATHERING INFORMATION

National Fatherhood Initiative: [www.fatherhood.org](http://www.fatherhood.org)

National Center on Fathering: [www.fathers.com](http://www.fathers.com)

Fathering articles, bookstore, stories, interviews: [www.menweb.org](http://www.menweb.org)

Information on being a single dad: [www.singleparents.about.com](http://www.singleparents.about.com)

Information for fathers on shared custody and parenting: [www.acfc.org](http://www.acfc.org)

## BABY AND BREASTFEEDING SUPPORT

General baby resource: [www.babycenter.com](http://www.babycenter.com)

General breastfeeding resource: [www.breastfeeding.com](http://www.breastfeeding.com)

Locate a local breastfeeding support group: [www.la lecheleague.org](http://www.la lecheleague.org)

## PARENTING AND CHILD DEVELOPMENT

Child development and parenting for birth – 3 years: [www.zerotothree.org](http://www.zerotothree.org)

General parenting information: [www.parentcenter.com](http://www.parentcenter.com) and [www.parenting.org](http://www.parenting.org)

Child development book: Touchpoints by T. Berry Brazelton, MD.

Toys, games, books, etc. approved by The National Parenting Center: [www.tnpc.com](http://www.tnpc.com)

Meld parent education programs and support groups: [www.meld.org](http://www.meld.org)

## HEALTH AND SAFETY

Toy and equipment safety and recalls: 1-800-311-3435 or [www.cpsc.gov](http://www.cpsc.gov)

Information on preventing disease: [www.cdc.gov](http://www.cdc.gov)

Sudden Infant Death Syndrome (SIDS) info: 1-800-221-7437 or [www.sids.org](http://www.sids.org)

Child health: [www.kidshealth.org](http://www.kidshealth.org)

Child abuse and parental depression: [www.parentsanonymous.org](http://www.parentsanonymous.org)

## HOT LINES

Child abuse hotline – Child Help USA: 1-800-422-4453

Any parenting question, anytime – Girls and Boys Town: 1-800-448-3000

## LOCAL RESOURCES

*Look for the following listings in the local section of the blue pages in your phone book:*

Child and family services: Social Services, Head Start, Early Head Start

Birth certificates, establishment of paternity: Health Department

Job assistance: Human Resources, Health Department, Social Services

Housing assistance: Housing, Social Services

Breastfeeding and nutrition: WIC (Women, Infant and Children), Health Department