

The “Fathers & Families” Project

Men’s Antenatal Session Options

Developed by:

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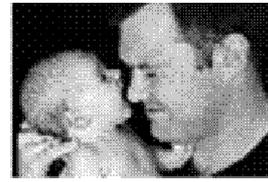
With the support of:
The Early Years Parenting Centre, Pt Augusta
and
Good Beginnings Australia





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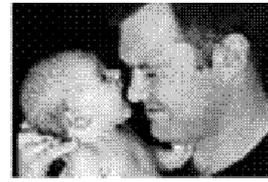
Contents

BACKGROUND	3
OPTION 1	5
Rationale	5
Session Plan.....	6
Session Outline.....	7
OPTION 2	8
Rationale	8
Session Plan.....	9
Session Outline.....	10
OPTION 3	14
Rationale	14
Session Plan.....	15
Session Outline.....	16
REFERENCES	26
APPENDIX 1	27
Letter to Father-to-be	27
List of Websites and Phone Numbers	28
APPENDIX 2	30
Good Beginnings Resources	30
Good Beginnings Resources cont	31
NAPCAN Resources	31
Parenting SA Resources	32
APPENDIX 3	33
Men's Antenatal Session Evaluation (Option 2 and 3).....	33
APPENDIX 4	34
Good Beginnings "Hello Dad" DVD	34
"Hello Dad" DVD order form.....	35
APPENDIX 5	36
Prompting Questions.....	36
APPENDIX 6	37
Invitation to Men's Antenatal Session.....	37



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Background

The "Fathers & Families" Project is a community development project developed and implemented by the Project Manager as part of the 4th year Occupational Therapy Program at the University of South Australia. The project aims to collaboratively develop a sustainable men's antenatal program for the North and Far Western region of South Australia. Due to experiences that suggest men are known to be accessible and interested during transitions in their life, such as becoming a father, (King 2001) it was identified that such a time would be an appropriate stage to bridge some of the barriers that exist in term of access to, and delivery of health services to men. (Hayes 2002; Wadham 1995)

The antenatal period is one of the earliest opportunities to provide parenting interventions for men. This is known to be a receptive time to provide support and advice to men, who at this stage have an increased willingness and motivation to adopt changed and productive behaviours (Hughes 2007; King 2001) Eighty percent of first time Australian parents attend antenatal education in both community and hospital settings, (Schmeid et al 2006) providing an ideal situation for the development of functional service relationships with both mothers and fathers. It should be acknowledged that these statistics may not apply to all regions and settings, but nonetheless, the antenatal period is a time where any opportunity to engage men, as fathers-to-be, should be taken in order to provide the best opportunity for men to become the fathers that they hope to be.

Although there is male attendance at antenatal education sessions, much of the content relates primarily to the needs of mothers, with men often attending out of "duty to their partners", and often leaving men with the feeling that their role in the birthing and parenting areas is secondary, rather than primary. (Schmeid et al 2006) The Project Manager proposes that these roles should be undertaken, and viewed, as a partnership, rather than isolating parental roles along gender lines. Although these roles are distinctly unique, the description of one as primary is problematic in that it insinuates that the other is secondary. The notion of equity between the perceived importance of motherhood and fatherhood roles is supported by the trend towards recognising men as having a "positive and unique contribution to make within the family", and is also evident in the increasing momentum of governments and health services in the direction their



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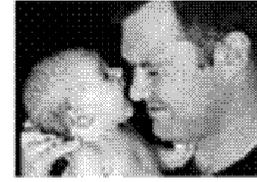


policy initiatives and practice frameworks are taking. (Friedewald et al 2005, p. 8) In 1999 the Federal Government (Russell et al 1999, p. vii) suggested in their comprehensive report that "[b]eing a father is challenging yet relatively unsupported in contemporary Australia" going on to suggest "that policy frameworks and programs are insufficient." This may indeed be an indication of trends in the last 7 plus years towards more adequately and appropriately addressing the needs of men as expectant fathers. Fletcher, Silberg and Galloway (2004), in their study of new fathers post birth views of antenatal classes, found that men reported the sessions prepared them well for the baby's birth, but aided little in terms of preparation for the changes associated with the early days of parenting. Barclay, Donovan and Genovese (1996), in their study of men's experience during their partner's first pregnancy, refer to the confusion that most first time fathers feel in terms of their changing relationship with their partner, as well as their role in relation to their new baby. Their study suggests that: "services focussed on their partners labour and the birth of the child and neglected their greatest concerns, that is their changing identity, their relationships and their future role as fathers." (Barclay, Donovan & Genovese 1996, p. 12) Evidence such as this, and that gathered during the project, has directed the focus of the "Fathers & Families" Project Men's Antenatal Sessions, on: early parenting; the fatherhood role; and the changes to lifestyle and relationships that occur during this period.



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Option 1

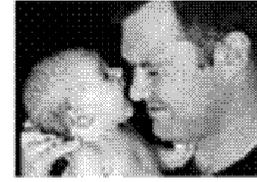
Rationale

This option is for implementation in a situation where there is no ability to provide a specialised service for men in the transition to fatherhood. This may be the case in remote areas where access to antenatal education programs is not possible due to geographical, family or work related issues. It may also be the case that there is no existing antenatal education program to be accessed. In such a situation, it may only be possible to allocate a short amount of time (maybe only 5 mins) during an existing antenatal appointment with a GP or other health professional, e.g. midwife, to discuss issues relating to the transition to fatherhood. In many instances it may not be possible for the father-to-be to attend or be present at an antenatal appointment. In such circumstances, the provision of information via the mother-to-be may be the only option. It is not ideal, but any opportunity to engage the man should be taken.



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Session Plan

As mentioned, this option requires few resources and is not time intensive, it is simply taking any opportunity to engage men, as fathers-to-be, and to provide information and service referral.

Who:

This option will be implemented by any health professional engaged in antenatal appointments or service delivery, e.g. GP, midwife or nurse. It is important that the person delivering the information has an understanding of the background rationale and intentions for offering this service and information to father-to-be (provided at the beginning of this document).

Duration:

The duration will depend on the amount of time available during the visit/appointment and need not take more than 5-10 minutes.

Equipment:

Nil

Resources:

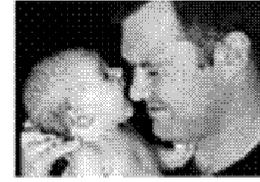
The resources required are minimal, and will depend on the availability of information in particular areas. The minimum resources required are as follows:

- Letter to father-to-be (see Appendix 1)
- List of websites and other information sources and services (see Appendix 1)
- Available information sheets and pamphlets (see appendix 2)



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Session Outline

Duration: up to 10 mins

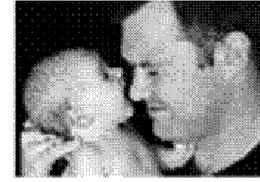
Facilitator: GP, midwife, nurse or other health professional

Time	Topic	Process	Resources
0 – 10 mins.	Fathers Unique Role	<p>Promotion of the unique role fathers play in their children’s lives in terms of their overall development, particularly in areas of:</p> <ul style="list-style-type: none"> • Self-esteem • Emotional wellbeing • Capacity to love and be loved • Ability to participate in society <p>Try to get the father-to-be to start thinking about the fatherhood role they would like to take, and how they will manage changes to:</p> <ul style="list-style-type: none"> • Their lifestyle • Their relationship with their partner (sexual and emotional) 	
	Taking an Active Role	<p>Encouraging men to take an active role in caring for, and developing a relationship with their new baby by:</p> <ul style="list-style-type: none"> • Utilising opportunities for engagement and relationship building through: <ul style="list-style-type: none"> • Viewing tasks such as bathing, nappy changes and settling as opportunities to develop bond with your new baby. • Making time to spend time one-on-one with your new baby. 	
	Referral to Services and Provision of Information	<p><i>In the case that the father-to-be is not present at the visit or appointment, there is still the opportunity to provide the letter, pamphlets and referral information through their partner.</i></p> <p>This should include referral to local agencies, as well as other services and parenting/fatherhood websites (see appendix 1). It is also a good opportunity to provide pamphlets and information sheets such as those described in appendix 2. Information is also provided about how to order information.</p>	<ul style="list-style-type: none"> • Letter • Pamphlets • Referral info



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Option 2

Rationale

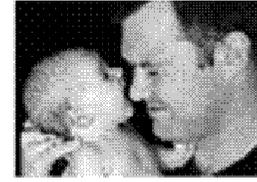
This is a one off session, run in conjunction with an existing antenatal service session, e.g. men and women are separated for this session, providing an opportunity for men and women to discuss and explore their unique situations among other men/women. It is vital that this service is implemented with the support and understanding of the existing service provider (e.g. community and hospital midwives/local hospital staff), and that this support and understanding is mutual. It would be detrimental to the outcomes of the program if the relationship formed with existing services was not a respectful and supportive one. This support comes from valuing the existing program, and its content, and simply utilising the existing structure of recruitment and organisation to engage men in a discussion about fatherhood and what they might be expecting in terms of changes to things such as lifestyle and relationships. This requires minimal resources, and provides men with an opportunity to briefly explore fatherhood and the fatherhood role, to receive information and education about what to expect as a new father and how to manage common situations and issues such as: supporting your partner with breastfeeding; and, referral to services re post natal depression. It is also an opportunity to provide information about other early parenting and support services.

(Sheehy 2006; Good Beginnings Australia 2007a; Good Beginnings 2007b; Hughes 2007)



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Session Plan

This is a one off session structured to take place as a part of an existing antenatal education program and requires a few simple resources as described below. Negotiation must be undertaken with the facilitators of the existing antenatal program to determine at which point it is best to implement this “men only” session.

Who:

The session is preferably facilitated by a male who is also a father. The dynamics and relaxed atmosphere of the session rely on the personal experiences as well as the knowledge of the facilitator in terms of group skills. The facilitator must have an understanding of the background and rationales for implementing such a session, as the content is deemed to be very important in helping men think about and manage the transition to fatherhood. It is suggested that training be provided to facilitators, such as that provided by Good Beginnings Australia.

Duration:

The session outline provided is for 1.5 hours but can be extended to 2 hours, allowing for more in depth discussion.

Equipment:

- A comfortable and private space/room located close to the space/room utilised for antenatal education sessions.
- Chairs for facilitator and participants.
- A whiteboard and markers
- A television and DVD player

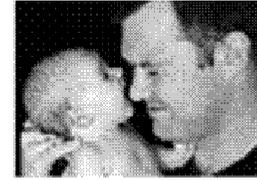
Resources:

- Available information sheets and pamphlets (see appendix 2)
- Letter and list of websites and other information sources and services (see appendix 1)
- Session evaluation forms (see appendix 3)
- “Hello Dad” DVD, Good Beginnings & the New South Wales Institute of Psychiatry (see appendix 4)



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Session Outline

Duration: 1.5 to 2 hours

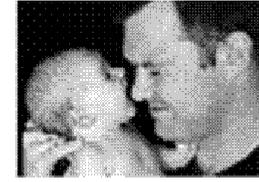
Facilitator: Preferably a male who is a father

Time	Topic	Process	Resources
10 mins	Introductions	<p><i>Facilitator Intro:</i> Name and the fact that he is also a dad and has enjoyed and experienced what they are all about to be – parents/fathers. He then invites the men to follow him to the space where the session is to be held.</p> <p><i>Session Intro:</i> The facilitator mentions the session length, outline and that the session is offered to provide an opportunity to explore fatherhood, and to provide some information about services: The session will include:</p> <ul style="list-style-type: none"> • Importance of father’s role in early parenting. • DVD • Benefits of positive parenting for children and men. • Becoming a father is a time of change where priorities and directions may be re-evaluated. <p>Ground rules: confidentiality (what is said in the group stays in the group), respect of others beliefs and feelings, etc.</p> <p><i>Group Intro:</i> The facilitator requests participants to introduce themselves, providing: their name, when their baby is due, what they are keen to learn and talk about during session.</p>	<ul style="list-style-type: none"> • Room/venue • Chairs



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Time	Topic	Process	Resources
20 mins	Discussion about roles	<p>Facilitator: Open with discussion about the importance of the fatherhood role in parenting, describing how men need to have direct, unique relationship with children, and that they are not just 'circling mother-child relationship'.</p> <p>Discuss how becoming a father is a very significant time in a man's life where a number of changes will occur and where priorities, relationships and lifestyle will change. This means there is a need to utilise strategies such as communication with your partner, and to make use of support services to help through difficult times.</p> <p>Discuss the positives of active parenting for children and fathers in terms of developing an everlasting bond/attachment and relationship that is unique to the father and child.</p> <p>Questions: Questions are a good way of helping the group to think about and explore their own attitudes, aspirations, challenges and beliefs about fatherhood.(see appendix 5 for list of exploring questions)</p>	<ul style="list-style-type: none">• List of 'exploring' questions• Whiteboard• Markers



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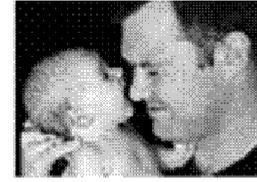


Time	Topic	Process	Resources
25 mins	Hello Dad	This DVD is an excellent platform to build on discussions about fatherhood and parenthood generally. Playing the DVD at this point in the session is a good way of getting participants to think about how the issues raised will impact on them, their partner and their new baby. The DVD is available through Good Beginnings Australia and the New South Wales Institute of Psychiatry (see appendix 4)	<ul style="list-style-type: none"> • TV • DVD player
30 mins	Father-child relationship	<p><i>Facilitator:</i> Discuss the importance of interaction with babies in terms of viewing the performance of tasks (changing, bathing, feeding, and settling) as an opportunity to develop unique relationship and attachment with baby. When performing these tasks there is a mutual attentiveness towards each other and this is important so as not to see these tasks as “doing it so my partner doesn’t have to”.</p> <p>Performance of these ‘tasks’ is an opportunity to spend one-on-one time with your baby and to develop your relationship and understanding of each other.</p> <p>It is also relevant at this point to describe how babies are very sensory ‘beings’. Although they may not talk back, they will listen and look attentively which is important in their vision, speech and hearing development, as well as general brain development.</p> <p>Your partner will more than likely be very supportive of your interaction with your baby, and will also feel supported by this which is positive for parent and family relationships generally.</p> <p>This also promotes the father adopting a primary role in the care-giving of their baby.</p> <p>(see appendix 5 for list of exploring questions)</p>	<ul style="list-style-type: none"> • List of ‘exploring’ questions • Whiteboard • Markers



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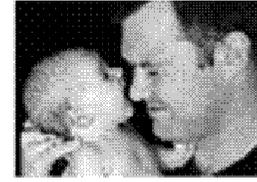


Time	Topic	Process	Resources
5 mins	Other services and referral	<p><i>Facilitator:</i> The facilitator can encourage the men in the group to maintain contact, and act as a support group for each other during both the ante and post natal period (may even suggest meeting for family BBQ's at some point in the future).</p> <p>Provide information about and contact information for: family and parenting services (Parenting SA, mensline Australia, CYH, Aboriginal Family Support Service); welfare services and other men's health services. (see appendix 1 and 2)</p>	<ul style="list-style-type: none">• Handouts and brochures from services.• Contact info and websites.



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Option 3

Rationale

This option consists of 3 sessions conducted in the antenatal period. Each session is 1.5 hours in length and is conducted separately to other antenatal education sessions. It is the intention that this program be viewed as equally important to existing antenatal education. The previous options rely on existing sessions to engage men, whereas this option is intended to be implemented once previous options have developed support from both services and the community.

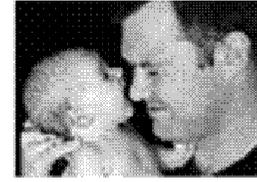
Recruitment occurs through existing antenatal processes, e.g. men are given an invitation (see appendix 6) to the program and information supplied by facilitating agency.

This program allows a far greater opportunity for extended discussion on a broader range of issues (as compared to options 1 & 2), greater potential to include more practically oriented activities, and greater opportunity to include fathers and their new babies who have previously been participants in the sessions. This provides a very real opportunity for men to see and experience what a real baby is like, and the opportunity to ask questions about the first few months of fatherhood.



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Session Plan

This option has been developed as a stand alone program to compliment existing antenatal education. This is seen as the ideal scenario, where men are provided with a program designed specifically to cater to their needs, while at the same time valuing existing education.

Who:

The session is preferably facilitated by a male who is also a father. The dynamics and relaxed atmosphere of the session rely on the personal experiences as well as the knowledge of the facilitator in terms of group skills. The facilitator must have an understanding of the background and rationales for implementing such a session, as the content is deemed to be very important in helping men think about and manage the transition to fatherhood. It is suggested that training be provided to facilitators, such as that provided by Good Beginnings Australia.

Duration:

The sessions are conducted over 3 consecutive weeks in the evening and are 1.5 hours in length.

Equipment:

- A comfortable and private venue/space (may be at a hospital, health centre or community centre).
- Chairs for facilitator and participants.
- A whiteboard and markers
- A television and DVD player
- Tea/coffee/beverage facilities

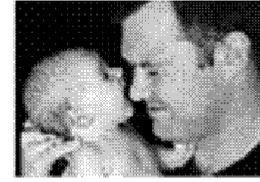
Resources:

- Available information sheets and pamphlets (see appendix 2)
- Letter and list of websites and other information sources and services (see appendix 1)
- Session evaluation form (see appendix 3)
- "Hello Dad" DVD, Good Beginnings & the New South Wales Institute of Psychiatry (see appendix 4)



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Session Outline

Duration: 3 x 1.5 hour sessions

Facilitator: Preferably a male who is a father

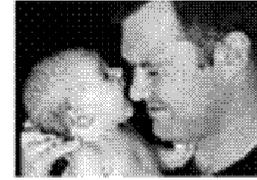
Session 1

Time	Topic	Process	Resources
20 mins	Introductions	<p><i>Facilitator Intro:</i> Name and the fact that he is also a dad and has enjoyed and experienced what they are all about to be – parents/fathers. He then invites the men to follow him to the space where the session is to be held.</p> <p><i>Session Intro:</i> The facilitator mentions the session length and that there are 3 in the series. The outline of this session is described. Participants are informed that the sessions are offered to provide an opportunity to explore fatherhood, and to provide some information about services as well as some practical tips and experiences: This session will include:</p> <ul style="list-style-type: none"> • Exploration of the father’s role in early parenting. • DVD • Wind up and chat <p>Ground rules: It is important to identify ground rules for the sessions such as: confidentiality (what is said in the group stays in the group), respect of others beliefs and feelings, etc. Also invite participants to identify other ground rules that they feel are appropriate.</p> <p><i>Group Intro:</i> The facilitator requests participants to introduce themselves, providing: their name, when their baby is due, what they are keen to learn and talk about during sessions.</p>	<ul style="list-style-type: none"> • Room/venue • Chairs



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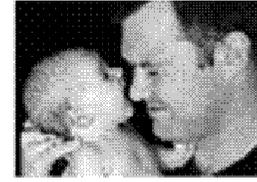


Time	Topic	Process	Resources
30 mins	Discussion about roles	<p><i>Facilitator:</i> Open with discussion about the importance of the fatherhood role in parenting, describing how men need to have direct, unique relationship with children, and that they are not just 'circling mother-child relationship'.</p> <p>Discuss how becoming a father is a very significant time in a man's life where a number of changes will occur and where priorities, relationships and lifestyle will change. This means there is a need to utilise strategies such as communication with your partner, and to make use of support services to help through difficult times.</p> <p>Discuss the positives of active parenting for children and fathers in terms of developing an everlasting bond/attachment and relationship that is unique to the father and child.</p> <p>Questions: Questions are a good way of helping the group to think about and explore their own attitudes, aspirations, challenges and beliefs about fatherhood.(see appendix 5 for list of exploring questions)</p>	<ul style="list-style-type: none"> • List of 'exploring' questions • Whiteboard • Markers



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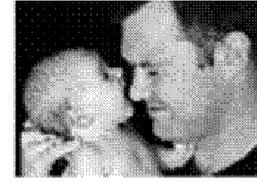
Time	Topic	Process	Resources
25 mins	"Hello Dad" DVD	<p>This DVD is an excellent platform to build on discussions about fatherhood and parenthood generally. Playing the DVD at this point in the session is a good way of getting participants to think about how the issues raised will impact on them, their partner and their new baby.</p> <p>The DVD is available through Good Beginnings Australia and the New South Wales Institute of Psychiatry (see appendix 4)</p>	<ul style="list-style-type: none">• "Hello Dad" DVD• TV• DVD player

Time	Topic	Process	Resources
15 mins	Wind up, coffee and chat	<p>This is an opportunity for the group to have an informal chat. It is hoped that over the 3 sessions relationships will be built between participants that will last into the fatherhood journey.</p> <p><i>Facilitator:</i> The facilitator thanks the men for coming, briefly describes the content of the next session and invites the participants to join him in having a drink and a chat.</p>	<ul style="list-style-type: none">• Tea/coffee/ beverage facilities



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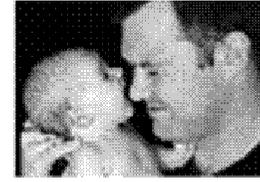
Session 2

Time	Topic	Process	Resources
10 mins	Intro	<p><i>Facilitator:</i> The facilitator welcomes the group back for session 2 and outlines the session content.</p> <ul style="list-style-type: none">• The father-child relationship• Babies needs and newborn characteristics <p>The facilitator then asks the group if there is anything from the previous session that they would like to touch on again. This is important as participants will often have thought about things over the period between sessions, so an opportunity to clarify or discuss these issues in the group is often helpful.</p>	<ul style="list-style-type: none">• Room/venue• Chairs



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Time	Topic	Process	Resources
30 mins	Father-child relationship	<p><i>Facilitator:</i> Discuss the importance of interaction with babies in terms of viewing the performance of tasks (changing, bathing, feeding, and settling) as an opportunity to develop unique relationship and attachment with baby. When performing these tasks there is a mutual attentiveness towards each other and this is important so as not to see these tasks as “doing it so my partner doesn’t have to”.</p> <p>Performance of these ‘tasks’ is an opportunity to spend one-on-one time with your baby and to develop your relationship and understanding of each other.</p> <p>It is also relevant at this point to describe how babies are very sensory ‘beings’. Although they may not talk back, they will listen and look attentively which is important in their vision, speech and hearing development, as well as general brain development.</p> <p>Your partner will more than likely be very supportive of your interaction with your baby, and will also feel supported by this which is positive for parent and family relationships generally. This also promotes the father adopting a primary role in the care-giving of their baby. (see appendix 5 for list of exploring questions)</p>	<ul style="list-style-type: none"> • List of ‘exploring’ questions • Whiteboard • Markers



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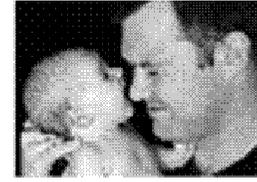


Time	Topic	Process	Resources
40 mins	Baby's Needs	<p><i>At this point a previous participant who has since become a father will arrive at the session, introduce himself and become involved in discussion.</i></p> <p><i>To have a new father with his baby present is of great benefit in making the session a very real experience for participants. It also provides an opportunity for group members to learn from the new father's experience, and to see what a newborn is like. If this is not possible, the use of a life size doll to demonstrate the following skills may also be appropriate.</i></p> <p><i>Facilitator:</i> Discuss the needs of babies in terms of:</p> <p>Physical: Newborn babies rely entirely on assistance from their parents. As their skills develop, so to does their ability to perform tasks for themselves, e.g. rolling over, sitting up, and eventually standing and walking. Babies also need to feel secure, so being held close to your body, hearing your voice and seeing your face, as well as being wrapped tightly, all aid in these feelings of security. (Wrapping can be demonstrated at this point by the visiting dad or by the facilitator using a doll)</p> <p>Cognitive: Babies cognitive abilities develop extremely quickly. Talking to your baby is important in the development of their brain, especially in terms of speech, hearing and language development. Providing opportunity for your baby to look at objects, especially your face, again helps in general brain development, but will also be important in physical development as they develop the capacity to reach for and handle objects.</p> <p>Emotional: Again babies need to feel secure. It is important that you are there for them when they need you. In the early days, this will be frequently, and as they grow, will become more secure in knowing that when they need you, you will be there. Fathers are very important in this area of development.</p>	<ul style="list-style-type: none"> • List of 'exploring' questions • Whiteboard • Markers • New dad and baby • Life size dolls • Swaddling cloths.



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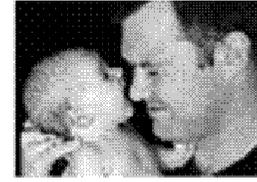
		<p>Cont. following page</p> <p>Advise the participants that for the following session a child health professional will be coming to discuss newborn characteristics including:</p> <ul style="list-style-type: none"> • Reflexes • Developmental cues to look for both physically and cognitively. • Visual field (what babies can see) 	
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Time	Topic	Process	Resources
10 mins	Wind up, coffee and chat	<p>This is an opportunity for the group to have an informal chat. It is hoped that over the 3 sessions relationships will be built between participants that will last into the fatherhood journey.</p> <p><i>Facilitator:</i> The facilitator thanks the men for coming, briefly describes the content of the next session and invites the participants to join him in having a drink and a chat.</p>	<ul style="list-style-type: none"> • Tea/coffee/ beverage facilities



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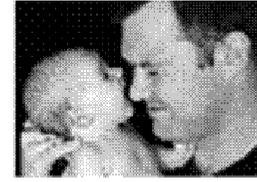
Session 3

Time	Topic	Process	Resources
10 mins	Intro	<p><i>Facilitator:</i> The facilitator welcomes the group back for session 3 and outlines the session content.</p> <ul style="list-style-type: none"> • Newborn characteristics • Discussion of relationship and other issues • Farewell, good luck and “goodie bags” <p>The facilitator then asks the group if there is anything from the previous session that they would like to touch on again. This is important as participants will often have thought about things over the period between sessions, so an opportunity to clarify or discuss these issues in the group is often helpful.</p>	
30 mins	Newborn Characteristics	<p><i>Facilitator:</i> At this point the facilitator will introduce the visiting child health professional who will provide information about newborn characteristics and answer questions that the group might have.</p> <p><i>The visiting health professional could be: a paediatric occupational therapist; child health nurse; paediatrician; or, any other health professional who can provide relevant information.</i></p>	<ul style="list-style-type: none"> • Visiting child health professional



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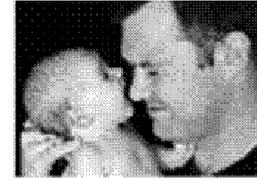


Time	Topic	Process	Resources
30 mins	Relationship and other issues	<p><i>Facilitator:</i> Discussion of issues including:</p> <ul style="list-style-type: none">• Post natal depression• Changes to relationship with partner• Sex• New identities as parents• Financial pressures• Balancing work and family <p><i>As the facilitator, it is not always appropriate to provide answers or solutions to the issues raised. It is important to remember that the sessions are an opportunity to explore these issues and to recognise that the concerns the participants have are not uncommon. In many cases, it is only appropriate to provide referral information to other specialised services and sources of information.</i></p> <p><i>One of the key issues is communication. Men should be encouraged to engage in discussion with their partners, family, friends and other trusted people in their lives about these and any other issues they are facing, rather than keeping them inside and hoping that they will not have to face or deal with the issues.</i></p>	<ul style="list-style-type: none">• List of 'exploring' questions• Whiteboard• Markers



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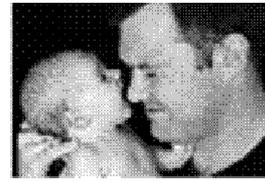


Time	Topic	Process	Resources
20 mins	Final wind up, coffee and chat	<p>This is an opportunity for the group to have an informal chat. It is hoped that over the 3 sessions relationships will be built between participants that will last into the fatherhood journey.</p> <p><i>Facilitator:</i> The facilitator thanks the men for coming, asks participants to fill out evaluation forms and invites the participants to join him in having a drink, some nibbles and a chat. Being that this is the final session it is also appropriate that nibbles are provided.</p> <p>This is also an opportunity to provide the participants with a “goodie bag” containing information (see appendices 1 and 2) and a small gift. The program coordinator should see that information from local, state-wide and national services are provided in the “goodie bags”. This is at their discretion.</p> <p>The small gift need not be at a cost to the agency. There are various services and local businesses that may be willing to donate small items to the program. Again, this is at the coordinators discretion.</p>	<ul style="list-style-type: none">• Tea/coffee/ beverage facilities• Nibbles• “Goodie bags”• Evaluation forms



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Appendix 1

Letter to Father-to-be

To Father-to-be,

CONGRATULATIONS!! You are about to set off on one of the most rewarding, unique and important journeys of your life.....being a dad. It is a journey filled with both fantastic experiences and challenges, much of which is determined by how you feel about becoming and being a dad, and how you plan to manage the challenges that do arise.

Dads play a unique role in their children's lives. They are vital in the development of self-esteem, their capacity to love and be loved, and their ability to participate in society. This is equally important for sons and daughters.

The relationship you develop with your new baby in the first few months will be everlasting. Taking an active role in caring for your new baby will help this relationship develop. Bathing, nappy changes and settling are all good opportunities to spend one on one time with you baby. Try to view performing these tasks as an opportunity, not just another chore.

Your new baby is like a little sponge. Although they don't talk back, they will intently listen to your voice; stare lovingly at your face; and, enjoy feeling your touch, all of which will help their little brains develop, while at the same time letting them know that **you love them**, and that **they are important to you**. I guarantee they feel the same.

If things are getting tough, or you just feel a bit overwhelmed, there are people out there to help. Nearly every dad feels like this at one point or another, it is not just you. Talk to your partner, mates, doctor, or whoever you feel comfortable with. On the following page there are a couple of phone numbers and some websites. Anything that helps you feel better as a dad will be good for you kids too.

Once again, **congratulations**, and **good luck!**

Cheers



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List of Websites and Phone Numbers

General Services

Good Beginnings Australia

Good Beginnings provides information and a number of resources related to fatherhood and parenting.

www.goodbeginnings.net.au/

The Fatherhood Foundation

The Fatherhood Foundation website is dedicated to fathers, providing information and links to other fatherhood sites and services.

www.fathersonline.org/

Fatherhood

This website also provides information, links and resources for fathers.

www.fatherhood.com.au/

Parenting SA

Parenting SA is an initiative of the South Australian Government and provides information, resources and links to other helpful sites and agencies for parents and families.

www.parenting.sa.gov.au/

Child and Youth Health

This website provides information on parenting and child health, as well as resources and links to other sites and sources of information.

www.cyh.com/Default.aspx?p=1

The Raising Children Network

The Raising Children Network is an Australian website that provides information for parents, including fathers!

<http://raisingchildren.net.au>

Australian Breastfeeding Association

This website provides information specifically for fathers about breastfeeding.

www.breastfeeding.asn.au/bfinfo/father.html

Mensline Australia

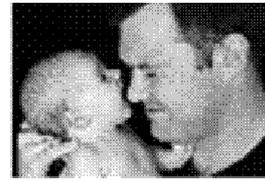
Mensline Australia is a national service offering support to men with family and relationship issues. This is an anonymous service that is available 24 hours a day, 7 days a week.

Ph: 1300 78 99 78



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Parents Helpline

The Parents Helpline is a service provided by Child, Youth & Women's Health Service to parents in South Australia. Don't be fooled by the name, it is for dads too and is available 24 hours a day, 7 days a week.

Ph: 1300 364 100

Indigenous Services

Aboriginal Family Support Service (AFSS)

AFSS provides a number of services and resources aimed at providing support to Aboriginal families.

Adelaide Office: 08 8212 1112

Pt Augusta Office: 08 8641 0907

<http://www.afss.com.au/Index2.html>

Secretariat of National Aboriginal and Islander Childcare (SNAICC)

SNAICC provides a number of resources and links to health and support services Australia wide.

<http://www.snaicc.asn.au/index.shtml>

Pika Wiya Health Service

The Pika Wiya Health Service provides health information and services to Aboriginal and Torres Straight Islander people in four locations in South Australia, including: Pt Augusta; Davenport; Copley; and, Nepabunna.

Pt Augusta: Clinic 08 8642 9999

Admin 08 8642 9904

Davenport: 08 8642 2556

Copley: 08 8675 2866

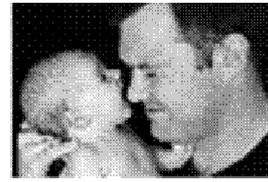
Nepabunna: 08 8648 3726

<http://www.pikawiya.com.au/index.html>



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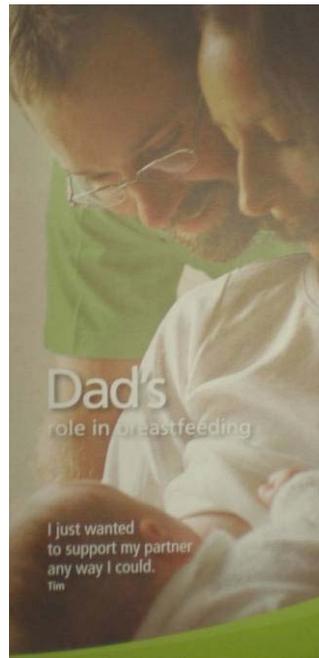


Appendix 2

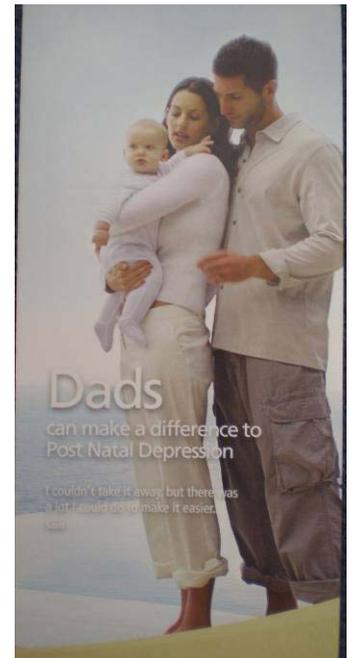
Good Beginnings Resources

The following brochures are available from the Good Beginnings Australia and provide valuable, clear and concise information specifically for dads. The order form is on the following page.

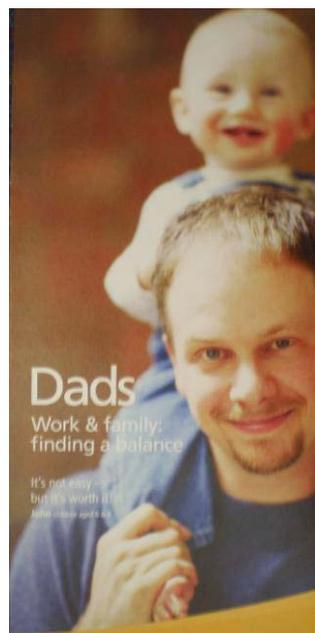
Dad's role in breastfeeding



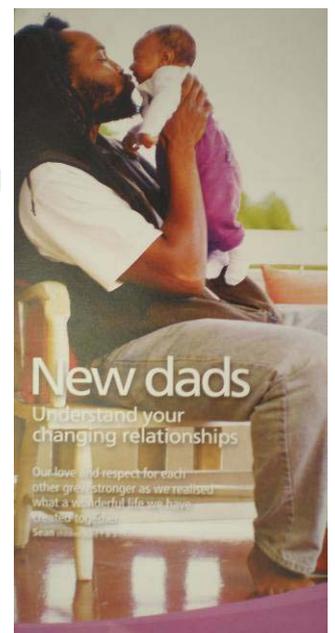
Dads can make a difference to Postnatal Depression



Dads Work & Family: finding a balance



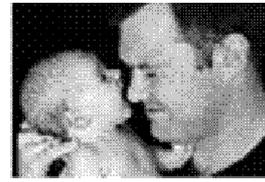
New dads Understand your changing relationships





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Good Beginnings Resources cont.



ORDER FORM FATHERING LITERATURE



Children grow from good beginnings

Send Order To:

Calvary Health Care Tasmania
Maternity and Women's Health Unit
49 Augusta Road
NEW TOWN TAS 7008
Ph (03) 6278 5328 or Fax (03)6278 5541

Order From: (Delivery and invoice address)

Name _____
Position _____
Organisation _____
Address _____
Telephone _____

Date: ____/____/____

I wish to order the following brochures:



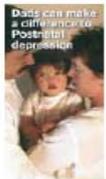
Dads - Work and Family: finding a balance

Quantity Required: _____ @ \$0.22c per copy Sub Total \$ _____



New Dads - Understand your changing relationships

Quantity Required: _____ @ \$0.22c per copy Sub Total \$ _____



Dads can make a difference to Postnatal depression

Quantity Required: _____ @ \$0.22c per copy Sub Total \$ _____



Dad's role in Breastfeeding

Quantity Required: _____ @ \$0.22c per copy Sub Total \$ _____

Plus 10% GST Sub Total \$ _____

Plus Postage and Handling (up to 3kg) \$8.80

***Total cost \$ _____**

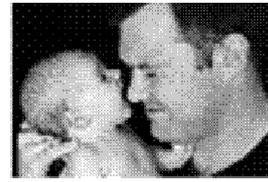
*Calvary Accounts Department will forward an invoice for the total cost to the above address.

A Service of the Sisters of the Little Company of Mary with values
Of Hospitality, Healing, Stewardship & Respect



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Parenting SA Resources

Parenting SA provides a series of handouts for Indigenous and non-Indigenous parents called "Parent Easy Guides" including titles such as: Being a Dad; Living with babies; and, Milestones to name a few. They are available for free in South Australia and can be ordered through the Parenting SA website.

<http://www.parenting.sa.gov.au/shop.asp>

Being a Dad

Parenting SA
Parent Easy Guide 26

There are lots of different kinds of dads. Whether you are in a two-parent nuclear family, in a stepfamily, have the fulltime care as a single parent, or have your children with you for some of the time, being a dad is your most important job. In the past, fathers were often the ones who were responsible for discipline and setting rules and mothers did most of the caring, but more recently there's much more flexibility in what either parent does and more sharing of the parenting role. While parenting can be done by either parent, children still have different experiences with their fathers than with their mothers.

Children are lucky if they have a dad who is really involved in their lives, who knows their friends and is interested in how they spend their day. It really helps if they know that they are loved and cared for by both parents.

*This PEG uses 'he' and 'she' in turn.
Change to suit your child's sex.*

What does it mean to be a dad?

Sometimes fathers feel unsure about what is expected of them. This is partly because there is no clear difference between 'men's work' and 'women's work' any more. Many fathers know what they don't want to do from memories of their own childhoods, but they aren't sure what they should do. There is no one right way and no recipe for being a dad. What is important is to think about what is going to work for you and that will depend on:

- what you expect to do as a dad
- what your children's mother expects
- what your partner expects if she is not your children's mother
- whether you are living with your children all of the time or some of the time, or whether they live with their mother and visit you
- the way you and your partner balance work and family responsibilities
- the good things that you want to do for your own children
- what your father did with you
- the things that you see other fathers do
- what your own children want and need.

The most important gift that you can give to your children is your love. This means getting to know them and being involved in their lives so they also get to know you. It means spending time with your children and making the most of the time you spend with them.

Some things that all dads can do

What children say they want from fathers:

*"Do things together."
"Sit and talk."
"Don't work so much."*

- Talk about your feelings so that your children learn that it is okay for men to talk about feelings. Talk about when you feel sad and happy.
- Spend time with your daughters. You are the first man that your daughters really know. It will help them to feel good about being female if they see that you enjoy your time with them and you respect women. You are helping them to learn how to expect men to treat them when they grow up.
- Show your sons how you would like them to be when they are men. To learn this boys need to spend time with you and with other men. They will learn much more from what you do than from what you say.
- Enjoy your children's company - get involved, read, play, have fun, do things together.
- Take your children to work with you sometimes if you can. Let them get to know how you spend your days when they are not with you.
- Being out of work and having money worries can make problems for parents, but it may also mean that you have time to give to your children. Make this time special so they will remember it all their lives.

Parenting SA "helping parents be their best"



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Appendix 3

Men's Antenatal Session Evaluation (Option 2 and 3)

Questions (please tick)	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
1. Overall I have found this session useful.					
2. I have enjoyed the discussions about fatherhood.					
3. The session has been useful in addressing some of the concerns I had about becoming a father.					
4. I have a better understanding about the needs of babies.					
5. The facilitator helped the group to feel good about taking part in the group.					
6. I think it is important to include sessions like this for fathers to be in the future.					

7. The things I liked most about the session were:

.....

8. The things I did not like about the session were:

.....

9. I found working with the group facilitator was:

.....

10. Would you be interested in attending a "New Dads" session after your baby is born?

YES **NO**

11. Any other comments:

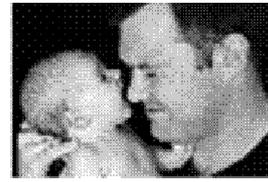
.....

Thank you for taking the time to fill out this evaluation. The information you provide will be helpful in planning future sessions.



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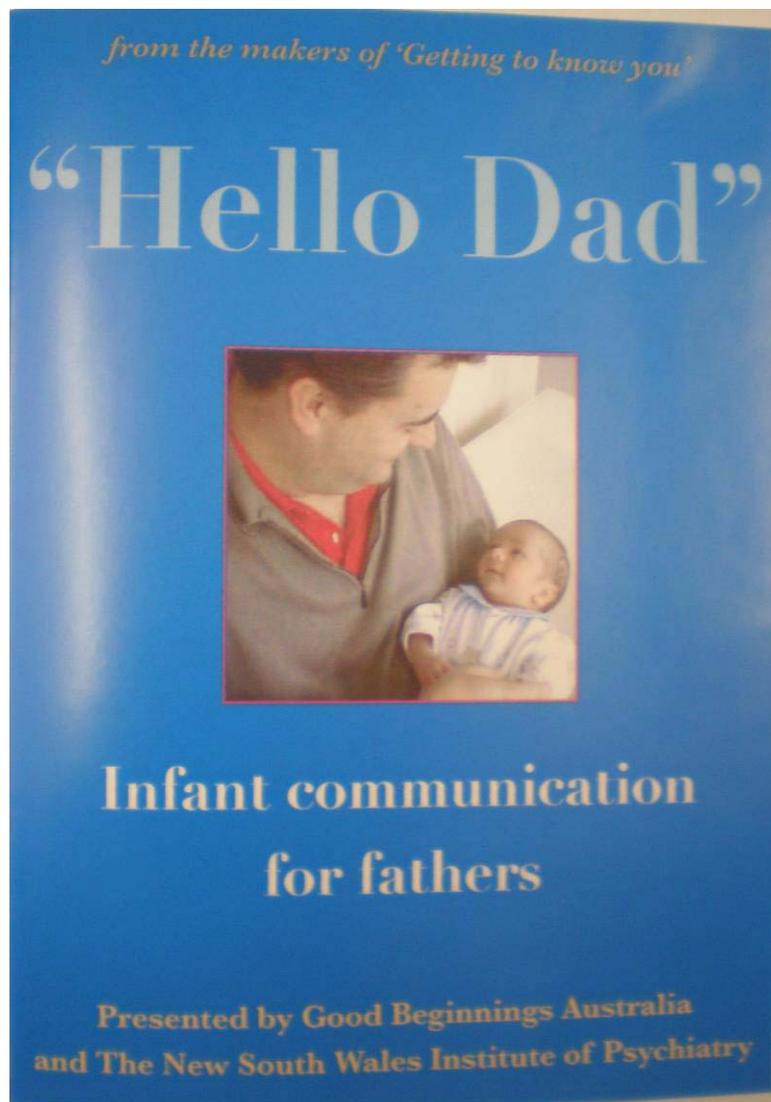
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Appendix 4

Good Beginnings "Hello Dad" DVD

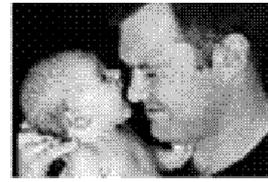
This is the suggested DVD to be used in the Men's Antenatal Session (option 2). The DVD is professionally produced and highlights many of the essential aspects discussed in the session. It also provides a great basis for the group conversation. The DVD is available through the New South Wales Institute of Psychiatry. The order form is included on the following page.





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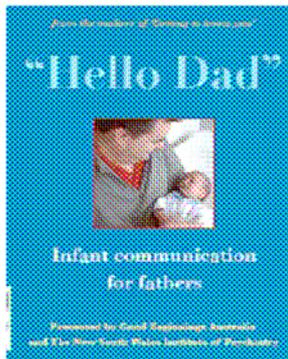


"Hello Dad" DVD order form



DVD ORDER FORM

"INFANT COMMUNICATION FOR FATHERS"



Good Beginnings Australia and The New South Wales Institute of Psychiatry present "Hello Dad" Infant Communication for Fathers.

Sometimes, despite the amazing emotions of fatherhood, men can feel little more than bystanders. However babies know their fathers too and from the moment of birth, they are eager to interact with them.

Dads, as well as Mums, are crucial in helping their baby build relationships. Science tells us these relationships are crucial for the healthy development of babies' brains.

DELIVERY DETAILS	Name:					
	Address:					
	Suburb		State:		Postcode:	
	Country		Email:			
	Contact Number:				Fax No:	

DVD ORDER DETAILS		Cost (Australia)	Cost Overseas	No. required	Total \$
	Families	\$40.00*	-		
Professionals and Government and non-government Agencies	\$60.00*	AUD\$75.00*			

* Cost inclusive of GST (if applicable) and Postage

PAYMENT DETAILS	<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cheque <input type="checkbox"/> Other: (please specify)					
	Name on Card:					
	Card No:		CCV No: (last 3 digits on signature panel of card)		Expiry Date:	
	Signature:				Amount:	AUD\$

Please note that goods can only be sent when full payment has been received.

PLEASE RETURN COMPLETED FORM/ TAX INVOICE TO
 The NSW Institute of Psychiatry (ABN 80 751 069 784)
 Locked Bag 7118, Parramatta BC NSW 2150
 Tel: 02 9840 3833 Fax: 02 9840 3838 – Mark to the attention of Ms Victoria Brown



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Appendix 5

Prompting Questions

Fatherhood Roles

- *What is the father's role?*
- *Are there differences between mother's and father's roles?*
- *Have parenting roles changed? How?*
- *How have you been preparing for fatherhood?*
- *What will influence the way you parent? How is this different from the way you were parented?*
- *What role does dad have with a newborn? (List practical things dad can do with baby. Importance of dad-baby interaction in forming relationship)*

The Father-Child Relationship

- *What sorts of opportunities do you see for yourself in forming this special relationship?*
- *If working, what opportunities will you take/make to be with and interact with your baby?*
- *If working, what opportunities will you take/make to be with your partner? Is this something that you have spoken about?*
- *Babies enjoy and need stimulation. How do you play with a baby?*

Baby's Needs and Newborn Characteristics (option 3)

- *How will you be actively involved in helping your baby to develop their physical, cognitive and emotional skills? What other ways can you think of?*
- *Where do you think you might be able to access information about these issues?*

Relationships and other issues

- *What do you think your partner's needs might be after baby arrives? Is this something that you have spoken about?*
- *In what ways do you think your relationship with your partner might change after baby arrives? Is this something you have talked with your partner about?*
- *In what ways do you think your lifestyle might change after baby arrives?*
- *What early parenting and family support services and agencies are you aware of in your community?*
- *Have you considered changes to financial issues after the baby has arrived? Is this something you have talked with your partner about?*
- *Have you considered how you will balance work and family demands after the baby arrives? What about spending quality time with your partner? What about spending quality time with your new baby?*



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Appendix 6

Invitation to Men's Antenatal Session

[Insert Agency Name] would like to invite you to be part of a program for fathers-to-be. It is provided specifically for men who are about to become fathers, with the aim of exploring issues that men face during this exciting time of their life.

The program is conducted over 3 sessions that last for an hour and a half, and provides an opportunity for men to have an informal chat about fatherhood and becoming a dad. The sessions are conducted by a trained facilitator who is also a dad, and will cover topics such as:

- The fatherhood role
- Father-child relationships
- Newborn needs and characteristics
- Relationship and lifestyle changes

And, other topics identified by the group. There will also be an opportunity to meet with a new dad and to see what a newborn is really like.

Fathers have an important and unique role to play in their children's development, and their lives generally. These sessions will hopefully be useful in ensuring that this important transition in life is all that you hope it can be.

Cheers,

[Insert program contact details]