



FATHERS READING
EVERY DAY



Become a 'Fathers Reading Every Day' centre

Turn your school, children's centre, nursery, library or other family service into a '**Fathers Reading Every Day (FRED)**' centre, with the Fatherhood Institute.

What is FRED?

In the FRED programme, fathers spend 15 minutes a day for two weeks, reading with their children – then 30 minutes a day for a second two weeks. Each father documents the amount of time spent reading to their children and the number of books read. At the end you hold an event to celebrate all the great work the dads and children have been doing.

FRED in the US has been shown to improve children's reading accuracy, comprehension and rate of reading; their writing; and their behaviour. It can also improve attainment in maths – and acts as a great 'way in' to establishing wider engagement with fathers. Although FRED is a four week programme we expect it to instil new reading habits that can last the child's primary school life.



**FATHERS READING
EVERY DAY**



What's involved?

Through our 'Dad Factor' training we will train you in how to engage systematically with fathers, as well as training you specifically in how to run the FRED programme. You'll receive resources to help you recruit dads, get them reading with their children over a 4-week period, track their progress and organise an event at the end of the month – a great opportunity to celebrate the importance of dads and children reading together, and build on your organisation's engagement with dads.

We offer ongoing support for the duration of the programme, via regular telephone and email contact; we also facilitate networking and sharing of experiences by all organisations taking part e.g. any good practice or useful techniques found to work particularly well, or things to avoid. We also manage an evaluation across all participating organisations.

And we provide you with the resources you need to make 'FRED' a success, including:

- Introduction to the programme for dads
- Information for dads about importance of father-involvement in children's lives
- Reading logs for dads to record what reading they've done
- Tips for dads on reading aloud, and on ways to support the child's reading
- Recommended book lists (including books with positive father figures)
- Exit surveys for dads to fill in at the end of the programme.

To give you a sustainable model for running FRED, we can train 2 volunteer dads – or 1 staff member and 1 volunteer dad – for just £299 including VAT. Training will be organised regionally.

Find out more – contact Charlie Rice by email at c.rice@fatherhoodinstitute.org or tel **07824 888439**.



FATHERS READING
EVERY DAY



Fundraising for FRED

Here are some ideas for how to raise the £299 you need to get FRED running in your setting:

- Bring your dad to school day – go one step further and invite dads to a special assembly too, where they can see the father-related work the children have done during Fathers' Story Week. You could use this as an opportunity to introduce FRED and ask for volunteers to run it. There are various ways you could fundraise on the day – including all the ideas below – and/or simply sell refreshments and ask for donations to help fund the programme.

- Non-uniform day – why not plan one to coincide with Fathers' Story Week? You could even make it 'Dress up as dad day'. Children love non-uniform day, and parents should be happy to donate if they know the school is going to benefit directly.

- Hold an art show – invite the children to make pictures of their dads, then charge an entry fee to a 'gallery viewing' where parents and grandparents come to view the portraits. And/or you could frame the portraits in a simple cardboard mount, and sell them to parents. A simple cardboard mount, with a backing card and plastic bag, should cost you no more than £1 – so if you sold each artwork for £5, you stand to make £4 profit on each one. That means you'd only need to sell 40 to fund one dad through the training.

- Quiz & curry night – everyone loves a good quiz... and especially if there's curry on offer too. Charge an entry fee, add in whatever profit you can make on the food and drinks, and you'll be surprised how much you can raise for FRED in one evening.

- Dads-and-kids sports day – why not organise a sports-themed event to help raise money for FRED (just to make it more interesting, you could try mums' and boys' football, and dads' and girls' netball)? You should be able to raise a decent amount if you charge an entry fee for each event, and make a profit on refreshments – even if you've spent a little bit on trophies or medals for the participants. You could even hold a cake sale where you sell off cakes baked by dads with their children!