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## SUPPORTING PARENT-COUPLES THROUGH FATHER-INCLUSIVE PRACTICE

Advanced three-day training with portfolio

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This unique evidence-based training course provides participants with a solid understanding parent-couple relationships. It incorporates thinking about couple dynamics, including intergenerational influences, transition to parenthood, couple conflict and the impact on the child, with a strong focus on services' engagement with fathers and father-figures through inclusive practice.

Built on a strong evidence base and drawing on current guidance, the training is suitable for all those who work in family or children's services, including health visitors, managers, students on placements, family support and outreach, early years and maternity services. The training format reflects the national policy agenda, the latest research and evidence base and our extensive knowledge of 'what works' in practice and covers:

- The research on relationship distress and how to identify it
- Approaches to identifying and responding to relationship problems
- The evidence base linking children's functioning and relationship conflict
- An understanding of couple dynamics and co-parenting
- Engaging fathers and tackling "mother-centric" practice
- Understanding the specific needs of different fathers, including young fathers, separated fathers and BME fathers
- Understanding separation
- Becoming a Fatherhood Champion: explore and develop strategies to support others to engage with fathers, begin to develop the confidence, knowledge and skills to work effectively with fathers, identify barriers and seek solutions to promote a 'whole team' approach to engaging fathers.

The course is delivered over three days, with the second and third day being around 4 weeks apart. Participants are encouraged to complete a portfolio in this time, which supports their status as Fatherhood Champions.

## **Brief overview of content**

### **Day one:**

Understanding couple relationships, parental relationships and co-parenting.

Explore stereotypes, beliefs, assumptions and embedded practice

Understanding fatherhood

### **Day two:**

Creating father-inclusive practice

Supporting couples through systematic engagement

Becoming a Fatherhood Champion

Portfolio Q&A and planning

### **Day three:**

Portfolio presentations

Action planning

Cascading and supporting others, being a fatherhood champion

### **This course also includes:**

- access to our online course 'Dads Included'
- the latest research and evidence publications
- Fatherhood Champion resources
- online and telephone support
- ongoing portfolio support.

### **COSTS:**

Groups of up to 15 people (minimum) = £5400 + vat

Groups of over 15 trainees = £5400 +vat plus £360 for each additional person

Please contact Jeszemma Garratt [j.garratt@fatherhoodinstitute.org](mailto:j.garratt@fatherhoodinstitute.org) with any queries or booking requests.