

# One-day courses

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Topic focused courses providing a grounding in key research evidence about fathers' roles and impact

- Offer an opportunity to explore best practice through case studies, individual and group exercises, and action planning
- Participants learn key approaches to successful father engagement; build their confidence, knowledge, and skills in father-work; and discover 'whole team' solutions to the challenges of including fathers in mainstream services
- All courses can be delivered online or face-to-face in your venue, and typically accommodate up to 20 participants.

## Topics include:

### **Working with fathers in the transition to parenthood**

Suitable for anyone working with families in the perinatal period, this course explores the multi-directional influence between parents at this transformative time for couple relationships, including how fathers impact on infant and maternal health; what fathers want to know about becoming a dad; supporting the co-parenting relationship; and long-term impacts of fathers' early involvement on children, fathers and mothers. We even cover strategies to support fathers to support breastfeeding.

### **Supporting fathers' perinatal mental health**

This course draws on the best, up-to-the-minute, international evidence about what happens to men during the transition to fatherhood, including the prevalence of, and risk factors for, paternal mental health problems and how best to support them. We also consider fathers' roles in supporting maternal mental health and the multidirectional influence within parental relationships; the impact of fathers' mental health and adverse childhood experiences on their own and their children's lives; and how gendered beliefs and attitudes can impact fathers' help-seeking and support.

### **Engaging fathers in health visiting and family services**

Health visitors and other family services are an important resource for families, and this course helps practitioners within such services to gain the confidence, knowledge, and skills they need, to work effectively with fathers. Participants explore the latest research and evidence base, and

develop strategies to engage with fathers in their day- to-day work, including in 1:1 appointments, groups and home visiting. Follow-on resources are included.

### **Working with fathers to safeguard children**

What can we learn about our work with fathers from available evidence? In this course we present key findings from serious case reviews and our research on non-accidental injuries (The Myth of Invisible Men: fathers who kill or injure their babies, published in May 2021 DfE) to explore commonalities, opportunities and develop a deeper understanding of what work with fathers may 'look like' in safeguarding practice.

### **Working with fathers to support children's development in the early years**

What fathers do (or don't do), matters to children: fathers have a huge impact on their cognitive and emotional development, attainment and education (whether or not they realise it). In this course we consider fathers' roles; and how to help them to optimise their paternal involvement by supporting their child – both in the home learning environment and within services.

### **Working with resistant fathers**

Fathers are often described as 'hard to reach' or resistant. In this course we explore the myths and realities of fathers' resistance to engagement with services, and discuss strategies to overcome the challenge of low engagement – including ways to reduce barriers (real and perceived), and the use of motivational interviewing techniques to lower resistance.

### **Working with parent-couple dynamics**

Working with parent-couple dynamics, including conflict or alienation, can feel overwhelming and difficult at times. In this course we explore the impact couple communication has on even very small children, and consider interventions that help couples to parent better together, and reduce parental conflict whether they are together or not.

### **What we think about fathers (and why we might think that)**

The role of the father, and what we believe they are and do, sits within complex, and often competing, frameworks and discourse around gender equality, public policy, masculinity and social and cultural norms. While the role of the father in families – and our understanding of his impacts – has changed over time, public policy and the 'offer' to families has failed to 'catch up' or represent the realities of family life. This course helps participants unpick their beliefs and assumptions about fatherhood, and reframe their practice through a fresh, evidence-based lens.

## **Managers' roundtable: supporting father-inclusion through supportive systems**

The systems we work in should support our efforts to include and engage fathers. In this roundtable for managers and leaders we examine how systems can best support staff, and how the use of father-inclusion audits, line management and quality assurance can help ensure services optimise fathers' outcomes and positive impacts.

- **Example costs:** One day workshop for up to 20 participants, delivered online, including follow-on resources = £2,000 +VAT.

Please contact our Head of Training, Jeszemma Howl, [j.howl@fatherhoodinstitute.org](mailto:j.howl@fatherhoodinstitute.org) with any queries or booking requests.