

Parenting programmes

Introduction

We are delighted to offer some of the world's most father-inclusive parenting programmes for you to deliver direct to families in your service.

All training includes everything you need to deliver the courses well: resources, additional material, and licence to deliver. We also ensure everyone is up to date on the latest research evidence and has a good grounding and confidence in working directly with fathers. All our courses are delivered by experienced Fatherhood Institute trainers and managed by the Head of Training. We also work with associate consultants with a range of experience and specialties.

Contact

For any questions on the following courses, or to book a training course, get in touch via training@fatherhoodinstitute.org and we'll be happy to help.

Can't see a course that suits your requirements? Book a call to discuss bespoke training options.

Quick overview

Fathers Reading Every Day

An exciting and transformative reading for pleasure programme for dads and their child (any age).

Suitable for: early years, health visiting, family support and early help, nurseries, childcare, Family Hubs, and schools.

Becoming Dad

Ground-breaking antenatal peer-support programme for expectant and new fathers.

Suitable for: maternity and health services, early years, health visiting, family support, Family Hubs and early help, teen / young parents services.

Family Foundations

Highly evidenced-based parenting programme for expectant couples, focusing on preparing and supporting the couple relationship and co-parenting quality.

Suitable for: maternity and health services, early years, health visiting, family support, Family Hubs and early help, teen / young parents services.

Staying Connected

Short programme for fathers who don't live with their children full-time, helping them navigate the challenges of staying involved in hands-on fathering after separation or divorce.

Suitable for: early years, health visiting, family support and early help, nurseries, childcare, Family Hubs, and schools.

Fathers Reading Every Day: reading programme for fathers and their children



FRED is a reading for pleasure programme for fathers and their child of any age.

It works by encouraging men to read to their child, understand the importance of listening to their child's reading, and share in literacy- benefiting activities for a fixed number of minutes per day for four weeks. They record their progress in a logbook (provided, along with activity ideas and reading tips) and receive brief support sessions from

staff during the month of the programme.

FRED can be transformative for parents, and parent-school relationships. Many fathers say FRED has enhanced their relationship with their child and brought them closer to settings (suggesting longer-term impact on child outcomes). Mothers say that FRED prompts dads to contribute more substantively to the home learning environment, and that this leads to more effective co-parenting.

Children benefit from their fathers' focused attention on their reading and language development, and a month's worth of warm interaction, which may lead to a lifetime of improved relationship. An independent evaluation of the impact of the Fathers Reading Every Day found that for children who participated in FRED there was marked improvement at above expected levels in reading, writing and numeracy, when compared to peers who did not take part.

FRED is often delivered through early years, family support, nurseries, and primary schools. It can also be delivered through libraries and family learning programmes.

Training	One day
Group size	Up to 16 participants
Resources	Facilitator manuals, printable resources for parents, licence
Approx. cost	£2,000 +VAT (equal to £250/participant)

Becoming Dad: peer support sessions for expectant and new fathers



Becoming Dad offers groups of expectant fathers the opportunity to learn caregiving skills and navigate the practical and emotional challenges of early fatherhood.

Alongside recent new fathers and trained facilitators, the men work through a wide-ranging curriculum designed to build their confidence around:

- Hands-on baby care (e.g. nappy-changing, bathing and baby-handling)
- Health and safety (e.g. danger signs to look out for, safe sleeping and shaken baby syndrome)
- Bonding and attachment
- Mental health (their own and their partners')

Based on the well evidenced *Hit the Ground Crawling* course, this updated version draws upon the latest evidence on perinatal mental health, our work with mental health organisations and our Nuffield funded reports on contemporary fatherhood.

Becoming Dad works because it is a one-stop shop for expectant fathers; delivered over three hours (either one block or two sessions), fathers can get crucial and timely information and support without signing up to a long commitment.

This course requires two facilitators who will be trained to recruit and promote directly to fathers and deliver the course as a peer-led group.

Becoming Dad can be delivered through a range of services, including maternity and health services, early years, and voluntary sectors.

Training	Two days
Group size	Up to 16 participants
Resources	Facilitator manuals, licence
Approx. cost	£4,000 +VAT (equal to £250/participant)

Family Foundations: transition to parenthood programme for dads and mums



Family Foundations is a highly evidenced, seven-week ante- and post-natal course for expectant mothers and fathers, aimed at enhancing parent and child well-

being. The goal of Family Foundations is to promote positive co-parenting (the way that parents support each other).

Research indicates that this has a strong influence on parenting and on child outcomes – and can even contribute towards improved births.

Family Foundations is a highly evidence-based parenting programme, originally developed in the US and adapted for a UK context by the Fatherhood Institute. It is featured in the [Early Intervention Foundation Guidebook](#), with a strength of evidence rating of 4 and is an 'exemplar' programme in a recent Yale University systematic review of parenting interventions. Let us know if you would like more information on the [evidence](#).

Families who have taken part in Family Foundations have seen significant impacts on: postnatal depression, improving parenting sensitivity and warmth, decreasing harsh parenting, fostering positive couple relations, establishing positive child self regulation, and reducing child behaviour problems.

We will train and support you to deliver Family Foundations direct to couples. The approach is based on decades of research indicating that couple relationship and coparenting quality, including the ways in which couples manage difference and disagreement, strongly predict child development and adjustment. Other topics covered in FF include emotion regulation (via mindful awareness and cognitive retraining), sleep, breastfeeding, infant temperament, attachment, and positive parenting.

Price on application.

Learn more [here](#)

Staying Connected: raising happy children for separated fathers

Staying Connected is a strengths-based single-session group workshop designed to support separated and separating fathers through the major life transition of relationship breakdown and its aftermath.

Its approach is simple, practical, and achievable and designed to give these dads the opportunity to share their experiences, hear from other fathers and develop a support network.

Separation is one of the most stressful life events and living apart from them presents enormous challenges. Support in managing this can promote personal resilience and family well-being in the longer term.

The half-day workshop covers three integrated elements:

- **Taking Care of Me:** aims to encourage fathers to take care of themselves and seek help where appropriate
- **Working With My Child's Mother:** aims to encourage the fathers to seek a business-like relationship with their child's mother for their children's benefit
- **Tools for Raising Happy Children:** provides practical tips and hints to help fathers build and maintain good relationships with their children both when living with them, and apart

The strong underlying philosophy of Raising Happy Children for Separated Fathers ('Staying Connected') is the promotion of the welfare and best interests of children through positive interaction between their mother and father and reduced parental conflict. This is in recognition of the negative impact of parental conflict on children and the benefits to them of strong, positive, enduring relationships with both parents.

Training	Two days
Group size	Up to 16 participants
Resources	Facilitator manuals, printable resources for parents, licence
Approx. cost	£4,000 +VAT (equal to £250/participant)