PennState

father forward

Present. Engaged. Supportive.

Parent Workbook and Syllabus

Delivery Type 2: Supplemental Stand Alone

This encompasses the formation of a new group of families that consists of individuals who have participated in a Thrive Initiative core, universal parenting program.

This material is the result of partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

Summary of Training

Use this summary to keep track of your homework due dates and meeting dates, times, and location(s).

Thrive Initiative Account and Course Registration

Due Date	FACILITATOR: Enter due date

Intake and Introduction Meeting *(Meeting: 60 min/Homework)*

Date	FACILITATOR: Enter meeting date
Time	FACILITATOR: Enter meeting time
Homework	Complete the Module's Introduction, and Sessions 2, 3, and 4
Due Date	FACILITATOR: Enter due date

Supplemental Module Meeting 1: Discussion of the Module's Introduction, and Sessions 2, 3, and 4 *(Meeting: 60 minutes/Homework)*

Date	FACILITATOR: Enter meeting date
Time	FACILITATOR: Enter meeting time
Homework	Complete Sessions 5, 6, 7, 8, and the Wrap-Up
Due Date	FACILITATOR: Enter due date

Supplemental Module Meeting 2: Discussion of Sessions 5, 6, 7, 8, and the Module's Wrap-Up *(Meeting: 60 minutes/Homework: optional)*

Date	FACILITATOR: Enter meeting date
Time	FACILITATOR: Enter meeting time
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: https://thrive.psu.edu

Supplemental Module Registration

Complete these steps prior to the Intake and Introduction meeting.

Create a Thrive Initiative Account and Register for the Course

- Use this link to access the Thrive Initiative's website: https://thrive.psu.edu/.
- Navigate to and select "Modules."
- Select "Supplemental Modules" in the drop-down menu.
- Identify the module on Father Forward, and select the "Learn More" button.
- A new web page will open. Select the blue button that reads "Get this course."
- A pop-up box will ask you to login or sign up. If you do not have an existing account, select the "Sign up" button.
- In the pop-up box, enter your first name, last name, and an email address. Next, create a username and password. Select your military affiliation, and check that you are not a robot; then, click the blue "Create account" button.

Tip: To help you remember your username, you may want to use your email address as your username.

- You will now be able to login and access the Thrive parent-education programs. Click "Login" at the top of the web page. In the pop-up box, enter your username and your password; then, click on the blue "Login" button.
- After you login, you will be able to view the course catalog (upper right-hand corner) and select the supplemental module you would like to participate in.
- Select the blue "Go to Course" button to start the online ***Father Forward*** supplemental module.

If you have any difficulty registering for an account or accessing a Thrive Initiative parent-education program or supplemental module, we would be happy to assist you!

The Thrive Initiative Team can be emailed at thrive@psu.edu.

Phone inquiries can be directed to **1.877.382.9185**.

Intake and Introduction Meeting



Intake and Introduction Meeting *60 minutes*

Homework

Date	To be entered by facilitator
Time	To be entered by facilitator
Link/Location	To be entered by facilitator

Step 1: Attend Meeting

- Review the supplemental module welcome materials provided by your facilitator.
- At the first meeting, your facilitator will provide an Welcome and Introduction of the program and ensure you have access to the Thrive Initiative website and supplemental module.

Step 2: Complete Homework [For Supplemental Module Meeting 1]

Please complete the following activities in preparation for the next meeting:

☐ Complete the ***Father Forward: Present. Engaged. Supportive. s***upplemental module's Introduction.

☐ Complete Session 2: Fathers' Experiences as a Father

☐ Complete Session 3: Fathers' Impact on Child Outcomes

☐ Complete Session 4: Benefits of Father Involvement for Fathers

☐ Download and review the materials mentioned from the Parent Toolkit resources in the supplemental module.

☐ Prepare to discuss the topics addressed in the Introduction and Sessions 2, 3, and 4 during the next meeting by answering the questions in *Step 3: Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.

As you complete the questions and activities, recognize that understanding and implementing the information we are learning will not happen immediately. You will need to use the strategies and skills you have learned throughout ***Father Forward: Present. Engaged. Supportive.*** consistently and make them part of your everyday life in order to see desired changes in your child's or your reactions or behaviors. Keep practicing what you have learned!

Each time you meet with the other program participants as a group, share and celebrate the small, short-term, positive changes you see in your interactions with your child. Consider what the long-term benefits may be for your family as you continue to use the skills and strategies you have learned and are learning in the ***Father Forward: Present. Engaged. Supportive.*** module.

Supplemental Module Introduction (Father Forward): Interaction and Discussion Questions

In the supplemental module's introduction, you learned that over the past several decades, the role of fathers has evolved significantly and has shifted from primarily being providers to actively participating in all aspects of caregiving and child-rearing. Even as roles have altered, a wide variability in how father roles are defined remains.

A. What place do you occupy in the family system (e.g., married to or living with child's other parent, single parent, stepparent)?

B. What challenges or successes are you currently experiencing while you are raising your child(ren)?

C. What is one goal you hope to achieve by completing this supplemental module?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 2: Fathers' Experiences as a Father
Factors that Influence Fathers' Experiences: Interaction and Discussion Questions

Session 2 looked at factors that can impact a father's experience as a parent. You were also introduced to five fictitious fathers and their stories to help you understand the concepts, principles, and strategies discussed in the module.

A. What factors seem to have the most significant impact on your experience as a father?

B. Which factors help you be the kind of father you want to be to your child(ren)? Which factors make it difficult for you to realize your desired fatherhood experience?

C. Thinking about the scenario families in the module, which module father do most identify with? Why?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 3: Fathers' Impact on Child Outcomes
Fathers' Impact on Child Outcomes Interaction and Discussion Questions

This session discussed how positive father involvement (e.g., engagement, responsiveness, sensitivity, autonomy support) in children's lives can have a positive impact on many child outcomes.

A. What are some of the ways you have seen your own fathering involvement positively impact your child(ren)?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 3: Fathers' Impact on Child Outcomes
Father's Support of Child's Mother Interaction and Discussion Questions

Fathers can be a positive influence in their child's life by being present and by supporting the mother, or coparent, of their child. Consider how you currently provide support to your child(ren)'s mother.

A. How do you think this support helps your child(ren)?

B. What is one way in which you can offer additional support to your child(ren)'s mother/ coparent this week?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 4: Benefits of Father Involvement for Fathers
Types of Father Involvement (Cognitive): Interaction and Discussion Questions

Fathers can support their children's development by actively engaging in the cognitive aspects of child-rearing, such as worrying, monitoring, planning (e.g., birthdays, vacations, appointments), problem-solving, and hoping.

A. How are you cognitively involved with your child(ren)?

B. In what ways could you be more involved in the cognitive aspects of parenting?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 4: Benefits of Father Involvement for Fathers
Types of Father Involvement (Affective): Interaction and Discussion Questions

Fathers can help their children feel loved and accepted by displaying warmth, demonstrating responsiveness, showing patience, giving emotional support, offering praise, showing affection, and providing encouragement.

A. How do you show love and affection to your child(ren)?

B. In what new or different ways could you show love and affection to your children?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 4: Benefits of Father Involvement for Fathers
Types of Father Involvement (Behavioral): Interaction and Discussion Questions

By being actively involved in everyday interactions and nurturing care, fathers can serve as positive role models, encourage healthy risk-taking, and help children learn to manage their emotions.

A. In what ways do you interact with and provide nurturing care to your child(ren)?

B. Since participating in the module, have you identified any additional ways you could provide nurturing care to your children?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 4: Benefits of Father Involvement for Fathers
Spending Time With My Child: Interaction and Discussion Questions

When fathers spend time with their children, this interaction provides opportunities for fathers to get to know their children, strengthen bonds, and enjoy shared experiences.

A. What new activities could participate in with your child(ren)?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Step 4: Prepare Additional Questions for Supplemental Module Meeting 1

Note any additional questions you may have for the group or the facilitator.

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Supplemental Module Meeting 1



Discussion of Welcome and Introduction and Session 1 *60 minutes*

Homework

Date	To be entered by facilitator
Time	To be entered by facilitator
Link/Location	To be entered by facilitator

Step 1: Attend Meeting

Return to Introduction Meeting, Step 3: Prepare Community-Building Activities/Discussion Questions to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



To engage in discussion, go back to the homework you completed after the Intake and Introduction Meeting.

Step 2: Complete Homework [For Supplemental Module Meeting 2]

Please complete the following activities in preparation for the next meeting:

____ Complete Session 5: Divorced and Unmarried Fathers

____ Complete Session 6: Parental Absence

____ Complete Session 7: Challenges Fathers May Face

____ Complete Session 8: Self-care for Fathers

____ Complete the Wrap-Up

____ Download and review materials mentioned from the Parent Toolkit resources in the supplemental module.

____ Prepare to discuss the topics addressed in Sessions 5, 6, 7, 8, and the Wrap-Up during the next meeting by answering the questions in *Step 3: Prepare Community- Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.

Session 5: Divorced and Unmarried Fathers
Divorced and Unmarried Fathers: Interaction and Discussion Questions

This session described why fathers may not live with their children and reported that shared custody is common. For non-resident fathers, participating in leisure or play activities can be important for fostering bonds and maintaining relationships with their child(ren).

A. If you are a non-resident father, how do you remain involved in your child(ren)'s life when they are not with you?

B. If you are a stepfather, what are some ways that you are involved with your stepchild(ren)?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 6: Parental Absence
Parental Absence Interaction and Discussion Questions

Session 6 described circumstances when parents may be absent from their children for a period of time and discussed ways that parents can remain supportive and involved.

A. If you have experienced a military deployment as a father, how did you remain involved with your child?

B. What strategies have you used to help you remain involved in your child(ren)'s life during a period of parental absence?

C. What new strategies might you use during a future period of parental absence?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 6: Parental Absence
Fathering Around Military Deployment (Returning from Deployment): Interaction and Discussion Questions

This module discussed how fathers adjust to family life upon returning home from a deployment. Fathers who are away from their children for extended periods due to other circumstances may have similar experiences, such as adjusting to routines, renegotiating roles within the family, and learning about their child(ren)'s newly developed skills or interests.

A. When returning from a period of parental absence, such as a military deployment or another circumstance, how have you reintegrated into your child's daily life?

B. What challenges did you experience when you returned from a period of parental absence?

C. What strategies or supports have helped you overcome those challenges?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 6: Parental Absence From a Military Father's Perspective: Interaction and Discussion Questions

In the module, you learned about how Ronald, Karissa, and their family navigated a 9-month military deployment. They shared their thoughts leading up to the deployment, worries and concerns about their children, and some strategies they used to maintain their children's connection to Ronald during this period of parental absence.

A. How did the pre-deployment activities help prepare each member of the family for the pending parental separation?

B. A military deployment is a unique type of parental absence; however, some of the thoughts and feelings experienced by fathers, at-home parents, and children can be similar for families who are experiencing a different kind of parental absence. What aspects of Ronald and Karissa's situation did you identify most with?

C. Are there any strategies used by Ronald or Karissa that you could use during a future deployment or other type of parental absence?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 7: Challenges Fathers May Face Traditional Roles: Interaction and Discussion Questions

Fathers can be involved in and engaged with many aspects of child-rearing; however, fathers often face many sex-based expectations related to their role as a father that may suggest otherwise..

A. What, if any, sex-based expectation challenges have you faced?

B. The module included an activity in which you could respond to sex-based comments. Have you been in a situation in which you were not sure how to respond to a specific comment? Did this activity help you think through possible responses?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 7: Challenges Fathers May Face
Parental Leave and Representation: Interaction and Discussion Questions

This session described how, after the birth or adoption of a child, fathers may not have access to parental leave or may face social pressure to not use the parental leave for which they are eligible. The session also examined the lack of representation of fathers and their parental role in information related to child development or parenting programs and how this lack of representation may make fathers feel unwelcome or as if the material is not intended for them.

A. Were you eligible for parental leave upon the birth or adoption of your child, and, if so, did you use it? Why or why not?

B. Has there been a situation in which you were interested in an event or program, but you felt it was meant for mothers and not fathers? If so, what changes in the advertisement or event/program itself could have been made to help you feel included as a father?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 7: Challenges Fathers May Face
Maternal Gatekeeping: Interaction and Discussion Questions

Maternal gatekeeping, intentional or unintentional, can affect fathers' levels of confidence and how they engage with their children.

A. Have you experienced maternal gatekeeping behaviors? If so, how have these behaviors impacted your confidence in your parenting ability?

B. Have you experienced maternal gate-opening behaviors? If so, how have these behaviors impacted your parenting confidence?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 7: Challenges Fathers May Face
Mental Health: Interaction and Discussion Questions

A father's mental health is important for his well-being, his children's well-being, and his family's well-being. Advocating for himself and for suitable treatment may impact a father's and his children's and family's outcomes.

A. How long has it been since your last health/wellness check-up? If your last check-up was over a year ago, or you have health concerns, you may want to make a note to schedule a check-up.

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Session 8: Self-care for Fathers
Self-care for Fathers: Interaction and Discussion Questions

The module described several healthy practices and social and emotional practices. It also provided guided practice for two self-care exercises.

A. What kinds of activities do you participate in for self-care?

B. Practice the breathing and visualization exercises. How did they make you feel?

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Wrap-Up: Module Discussion Summary Questions

A. Which topic discussed in the supplemental module was the most beneficial to you as a father/caregiver? Why?

B. What strategies or skills did you learn about in the supplemental module that you will use to help you achieve the goals you have for your child or your family?

C. What has changed in your interactions with your child since you began to complete the supplemental module?

D. Have you noticed a difference in the way your child is responding to your parenting since participating in this module?

Reflection:

Enter your response here

Supplemental Module Meeting 1

Group discussion notes:

Enter your group discussion notes here

Step 4: Prepare Additional Questions for Supplemental Module Meeting 2

Note any additional questions you may have for the group or the facilitator.

Reflection:

Enter your response here

Group discussion notes:

Enter your group discussion notes here

Supplemental Module Meeting 2



Discussion of Sessions 2 and 3 the Wrap-Up and Resource Sharing *60 minutes*

Homework *(optional)*

Date	To be entered by facilitator
Time	To be entered by facilitator
Link/Location	To be entered by facilitator

Step 1: Attend Meeting

Return to *Supplemental Meeting 1, Step 3: Prepare Community-Building Activities/ Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.

To engage in discussion, go back to the homework you completed after Meeting 1.

Step 2: Complete Homework [optional]

Consider registering for additional Thrive Initiative universal parenting programs or supplemental modules.

- Information about the Thrive Initiative universal parenting programs can be accessed at https://thrive.psu.edu/.
- Supplemental modules can be accessed at https://thrive.psu.edu/modules/supplemental/.

Visit the Thrive Initiative website at https://thrive.psu.edu to access additional resources and materials.