



father forward

Present. Engaged. Supportive.

This supplemental parent-education module is designed to provide support for fathers or father figures who have childrearing responsibilities and for coparents and caregivers who parent alongside them.

Fathers can be nurturant, effective caregivers to their children from infancy through adulthood. Engaged fathers can serve as positive role models, encourage healthy risk-taking, and help children learn to manage their emotions. Supporting and encouraging the involvement of a father in their child's life can make the father a better parent, and it can improve his outcomes for child.

This module can help fathers, coparents, and caregivers gain a better understanding of the value fathers can bring to a child's life. It offers insights into the challenges fathers may face as they parent their children, strategies coparents can use to support their child's father and foster the parent-child relationship, and suggestions fathers can consider as they strive to be involved in their child's life. In addition, key takeaways are highlighted throughout the module to demonstrate how fathers and coparents can apply these concepts in real-life situations to support their children and family.



This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs – *Take Root, Sprout, Grow, Branch Out* – so it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.



In this module, you will learn how to do the following:



Understand factors that can influence fathers' experiences.



Examine fathers' impact on their children's cognitive and social-emotional outcomes.



Explore the benefits of father involvement for fathers.



Identify ways that fathers are, or can be, involved with their children.



Understand the unique experiences of divorced and unmarried fathers, and discover ways to foster and support their involvement.



Explore strategies for fathering around parental absences, such as work-related commitments or military-service obligations.



Examine challenges that fathers may face while parenting their children and strategies to help fathers navigate challenges.



Identify self-care activities fathers can use to incorporate healthy practices into their daily routines.

For more information about the Father Forward supplemental module, visit:

<https://thrive.psu.edu/modules/supplemental>



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