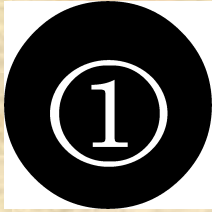




FOCUS ON FATHERS

- Is a four-to-eight session educational program which increases the parenting skills of fathers of children from birth to six years of age so they may enhance their children's intellectual, physical and emotional development



Development of Focus
On Fathers programs

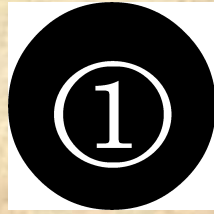


Findings



Resources

1994



Development of Focus on Fathers

- series of 8 focus groups across Toronto
- led by Dr. Ed Osborne and Prof. Ed Bader of U of T's Dept. of Family and Community Medicine
- all eight groups suggested a “dads only” program
- Rosalie Hall ran fathers programs but invited mothers to some of the later sessions.

1999

- Partnership develops between:
 - **Catholic Community Services of York Region**
 - **Early Intervention Services of York Region**
 - **Family Transitions Consultants**
- developed and delivered two 6 week programs for fathers of children from birth to six years in Fall 1999



Fall 1999 program

- **Enrollment exceeded expectations (25 fathers enrolled only expected 10!)**
- **6 mothers attended some sessions by invitation**
- **3 sessions led by family physicians**

2000-2001

- Ten programs were held in partnership with the Family Resource Centres in Markham, Richmond Hill, Keswick, Woodbridge and Newmarket, with a combined enrolment of 115 fathers.





Three fathers and their children at
the final session in Keswick
Spring 2000

March 2001

- The entire program was presented in Cantonese by four family physicians, a family therapist, a dietitian and a Family Resource Centre staff member. Thirteen Chinese men attended the program and recommended that it be repeated.

February & March 2002

2 special programs are held

- **Fathers from the Caribbean Community**
- **Fathers from the First Nations Community**

Combined enrollment was 26 fathers

Caribbean program

- **program for fathers of Caribbean background in partnership with Markham African-Caribbean Association and the York Region District School Board**
- **Held at Milliken Mills High School**
- **Fathers were served a “Caribbean” breakfast**
- **Program led by members of the Caribbean community**



First Nations Program

- **Program for fathers of First Nations background in partnership with the Georgina Island Health Centre**
- **Held on Georgina Island**
- **Program led by members of the First Nations community**



Petroglyph Provincial Park



Findings

- **Fathers respond to “dads only” programs**
- **Starting with a meal a good “ice breaker”**
- **Child development main concern not “self-help”**
- **Fathers respond to leaders from their own culture**
- **Physicians excellent as session leaders and source for referrals**
- **Best to reach fathers during “Transition to Parenthood” stage in Family Life Cycle**



Guilherme Dantas, M.D. presented an evaluation of our 2000 programs at the College of Family Physicians of Canada Annual Conference in Vancouver, October 22, 2001

Dr. Dantas' Results

a) Satisfaction Levels

Scale used	Site	# of respondents	# of participants	Average Score
Likert (Strongly agree = 1 to strongly disagree = 5)	W	5	9	96%
	K	3	7	92%
	M	5	11	86%
	NM	4	12	70%
	R	10	14	68%
Total	5 sites	27	53	82%

b) How were the participants recruited for the program?

- Wife
- “Early Intervention Services”
- Church
- Public Health Nurse
- Program Coordinator
- Local Paper
- Family Physician



c) Why Did They Participate?

- *“To learn to be a good father”*
- **To improve as a father:** *“I was raising my voice at my kids”*
- **Learn/gather information from a father’s point of view**
- *“Learn more about my role as a father and husband.”* (To get) skills and knowledge to be a competent father (lack of role model)
- (For) my son

**Resources
for
Fathers' Programs**

Two Excellent Sources for recent research

***Fatherneed** Why Father Care is as Essential as
Mother Care for Your Child*

by **Kyle Pruett, M.D. (The Free Press, 2000)**

***The Effects of Father Involvement:
A Summary of the Research Evidence***

by **Sarah Allen MSc and Kerry Daly PhD**
<**fiion@connectionsprogram.ca**>

I AM YOUR

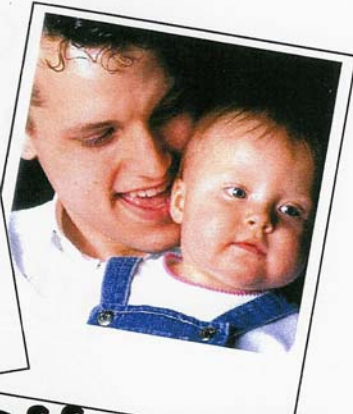


C H I L D

TO BE
A FATHER

Hosted by
Ray Romano

- From a set of videos produced by Rob Reiner
- Available from iamyourchild.org



What a Difference a Dad Makes!

**Being a Dad
is a Marvellous Opportunity**



A Management Skills Program for fathers
of children from birth to six years of age

The FOCUS ON FATHERS Workbook

Ahmadiyya Muslim Community Canada

10610 Jane Street (North of Major Mackenzie Drive W), Maple, ON

and
Catholic Community Services of York Region's

Free
registration



Free
meal

**PRESENT A 6-WEEK PROGRAM FOR
NEW (Birth to 2 years of age) AND EXPECTANT FATHERS**
Starting from Monday March 31st to May 5th, 2008

- 1) Importance of fathers in child development**
Monday March 31st, 08 from 7:30 to 9:00 p.m.
- 2) Time Management and Stress Management**
Monday April 7th, 08 from 7:30 to 9:00 p.m.
- 3) Anger Management and Conflict Resolution**
Monday April 14th, 08 from 7:30 to 9:00 p.m.
- 4) Illness Management, Postpartum Depression and Nutrition**
Monday April 21st, 08 from 7:30 to 9:00 p.m.
- 5) The importance of fathers playing and reading with their children**
Monday April 28th, 08 from 7:30 to 9:00 p.m.
- 6) The Cultural and Spiritual Aspects of Having a Child**
Monday May 5th, 08 from 7:30 to 9:00 p.m.

To register for this free program, call the Focus on Fathers office at
Catholic Community Services of York Region 905-770-7040 ext 237
Or 1-800-263-2075 E-mail: jgharavi@ccsyrr.org

This program is sponsored by:



Catholic Charities
Archdiocese of Toronto



Ontario
Early Years



United Way
of York Region



St. Lukes Catholic Church

39 Green Lane (Green Lane and Bayview Ave), Thornhill, ON

and
Catholic Community Services of York Region's

Free
registration



Free
meal

**PRESENT A 6-WEEK PROGRAM FOR
NEW (Birth to 2 years of age) AND EXPECTANT FATHERS**
Starting from Tuesday May 6th to June 10th, 2008

- 1) Importance of fathers in child development**
Tuesday May 6th, 2008 from 7:00 to 9:00 P.M.
- 2) Time Management and Stress Management**
Tuesday May 13th, 2008 from 7:00 to 9:00 P.M.
- 3) Anger Management and Conflict Resolution**
Tuesday May 20th, 2008 from 7:00 to 9:00 P.M.
- 4) Illness Management, Postpartum Depression and Nutrition**
Tuesday May 27th, 2008 from 7:00 to 9:00 P.M.
- 5) The importance of fathers playing and reading with their children**
Tuesday June 3rd, 2008 from 7:00 to 9:00 P.M.
- 6) The Cultural and Spiritual Aspects of Having a Child**
Tuesday June 10th, 2008 from 7:00 to 9:00 P.M.

To register for this free program, call the Focus on Fathers office at
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Ontario
Early Years



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of York Region



Muslim & Catholic Sites

