



**Dad Central
Papa Centrale**

ONTARIO

Just for New Dads!

What to Expect in the First Year

A parenting workshop from the My Dad Matters toolkit



Preamble

This workshop will take about 90 minutes to complete. A timer in the margin indicates approximately how much time should be spent at each section of the workshop.

If you choose to use the accompanying PowerPoint slides, follow the numbered boxes in the margin which indicate which slide should be displayed.

Part 1: Introduction to Workshop

Materials You Will Need

- PowerPoint (if you want to use it)
- Internet access if you wish to show video clips
- Refreshments
- Flipchart/markers
- Agenda on flipchart or PowerPoint
- Name tags
- Sticky notes
- Pens/pencils

Arrival

Display the first PowerPoint slide as participants are arriving.



Welcome/Housekeeping

Facilitator introduction

Review Workshop agenda

Locate Washrooms/ refreshments etc.

Show "performance" video from "24 Hour Cribside Assistance Manual" found on Dad Central website <http://www.newdadmanual.ca/manual-section.php?SectionID=1> (1:40 minutes)



Getting To Know Each Other: Icebreaker

Ask men to think of a couple of words or phrases that come to mind to describe what they are thinking/feeling about being a father.

- At their tables, have fathers introduce themselves and discuss one of their words/phrases.
- At the end of the activity, ask for a few words or phrases that came up. Write them down on the flipchart.



Part 2: Becoming a Family

Objectives

Participants will:

- Identify two behaviours that will support their partner during the adjustment to the parenting period.
- Name two symptoms of Postpartum mood disorder.

Materials You Will Need

- Case studies
- Flipchart/markers
- Post it Notes (if alternate delivery of case study is desired)
- Edinburgh Scale for each participant
- Life With a New Baby booklet (if desired)



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Facilitator discussion points

Introduction to topic: e.g. adjustment to becoming a parent is life changing, and filled with joy, surprises and learning and mistakes.

There has been much research about impact of involved fathering on children. Cite some of the information in research. Here are some examples from *The Effects of Father Involvement: An Updated Research Summary of Evidence* by Sarah Allen and Kerry Daly of University of Guelph, March, 2007, but feel free to use what speaks to you and/or your audience.

- Infants of highly involved fathers, as measured by amount of interaction including higher levels of play and caregiving activities are more cognitively competent at six months and score higher on the Bayley Scales of Infant Development (pg. 3).
- Children of involved fathers are more likely to have positive peer relations and be popular and well liked (pg. 6).
- Children of involved fathers are more likely to demonstrate a greater tolerance for stress and frustration (Mischel, Shoda, & Peake, 1988), have superior problem solving and adaptive skills (Biller, 1993), be more playful, resourceful, skilful, and attentive when presented with a problem (Mischel et al., 1988), and are better able to manage their emotions and impulses in an appropriate manner (pg. 5).
- Infants whose fathers are involved in their care are more likely to be securely attached to them (pg. 4).
- Infants of highly involved fathers, as measured by amount of interaction including higher levels of play and caregiving activities are more cognitively

competent at six months and score higher on the Bayley Scales of Infant Development (Pedersen, Rubinstein, & Yarrow, 1979; Pedersen, Anderson, & Kain, 1980; pg. 3).

- “Overall, father love appears to be as heavily implicated as mother love in offspring’s psychological well-being and health, as well as in an array of psychological and behavioural problems.” (Rohner & Veneziano, 2001; pg. 5)

Expectations before arrival of baby: What did you and your partner visualize this experience to be like? How close to that vision is the reality?

Bumps along the way can be caused by stress, hormones, sleep deprivation, lack of confidence

Show “Fine Tuning and Fun” video from “24 Hour Cribside Assistance Manual”
<http://www.newdadmanual.ca/manual.php?SectionID=7> (3 minutes)

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Activity: Taking Care of Each Other Case Studies

Print out the case studies (see the appendix at the end of this document). Read one case study to entire group and have men briefly discuss in small groups and bring back to larger group. Document and post their suggestions.

Alternative Delivery of Activity (if you have more time)

In groups formed for icebreaker activity, give each group a case study and ask fathers to brainstorm ways they might provide support to the new mom in the study.

After 10 minutes, ask for some suggestions from the groups.

Activity Extension

You can ask for ideas to be put on post it notes, gathered at the end of class, formatted and emailed to the participants in a day or two as a reminder of the discussions.

Summary

Show *Exhaust(ion) system* video from “24 Hour Cribside Assistance Manual”
<http://www.newdadmanual.ca/manual-article.php?SectionID=7&ArticleID=28> (3 minutes)

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Summarize the key points and ask for a couple of comments from participants. Focus on communication as key to supporting each other.

Optional

Show “The Baby Whisperer” video. A dad getting into baby’s crib in a desperate attempt to get baby to sleep. Very funny!
<http://youtu.be/MLErNXIYjMg>

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Postpartum Mood Disorder

Give participants a copy of Edinburgh postnatal screening tool, and handout about PMD (if you have one).

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Suggested resource: *Life With a New Baby Isn't Always What You Expected* by Best Start/Health Nexus, http://www.beststart.org/resources/ppmd/ppmd_bro_eng_lr.pdf

Provide statistics: 1 in 5 women and 1 in 10 dads will struggle with PMD.

Briefly review some of the signs/behaviours to give dads an idea of what to look for.

Have local community PMD resources available to give to dads.

Reinforce that they will often see the signs before mom does.

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"Honey Do" list: ways to help mom struggling with mood.

Optional

Look at *Troubleshooting: Crying Mom* section (written information, not a video) in "24 Hour Cribside Assistance Manual" <http://www.newdadmanual.ca/manual-article.php?SectionID=8&ArticleID=36>

Part 3: Growing and Learning in the First Year

Objectives

Participants will:

- Identify two reasons why it is important for parents to have knowledge of their child's development.
- List two sources of child development information.

Materials You Will Need

- Variety of child development resources for men to review
- Flipchart/markers
- Questions posted to guide activity if desired

Facilitator Discussion Points

Ask why it is important as a parent to know about child development.

- To detect any delays in child's development
- To have appropriate expectations for child
- To provide appropriate support to enhance development

Reinforce the need for parents to know about child development throughout all ages and stages.

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Activity: Exploring Child Development Resources

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Have three to four reliable child development resources available. Have dads rotate and explore each of them in small groups and encourage them to discuss what they think. You can guide them with the following questions if needed:

- Is the information clear and easy to understand?
- Is the information presented in an interesting/engaging format?
- Is the resource user friendly?
- What do you like best about this resource?
- What do you like least about this resource?

Here are some suggested resources you might use for the men to peruse. Please note that some of them require access online. Feel free to use your favourites!

Nipissing Developmental Screens (newborn to 12 months)

<http://www.ndds.ca/ontario/>

Zero to Three (they have info you can print, or the website has an amazing interactive brain map resource which would be great to show dads)

<http://www.zerotothree.org/child-development/brain-development/baby-brain-map.html>

Early Learning for Every Child Today (ELECT) Newborn to 12 months section

http://www.children.gov.on.ca/htdocs/English/documents/topics/earlychildhood/early_learning_for_every_child_today.pdf

Best Start/Health Nexus Healthy Baby Healthy Brain

<http://www.healthybabyhealthybrain.ca/>

Invest in Kids information landed here after they shut their doors

<http://parents2parents.ca/my-childs-development>

Child Development information from the Ontario Ministry of Education

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/index.aspx>

Optional Activity: Developmental Matching Game

If you have additional time, you may choose this optional activity. This takes at least 20 minutes.

Materials You Will Need

- Five pieces of chart paper with headings 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, posted around the room
- A variety of skills from each of the Nipissing screens on individual pieces of paper (see Developmental Skills in the appendix).
- Tape

Method

Have an envelope on each table with a variety of developmental skills from the Nipissing Screening Tool (not too many as there is limited time).

In their groups, ask dads to take the developmental skills from their tables and place each of them on the chart that they believe is the appropriate age for the question, i.e., “Does your baby study your face” belongs on the 2 months chart. Encourage discussion amongst the dads while they work together on this.

After a few minutes, provide the dads with copies of the Nipissing screens and have them correct what is posted on the charts.



Summary

Review why it is important to know about child development.

Ask dads where else they might go for reliable information on child development.

- Pediatrician
- Ontario Early Years Centre
- Public Health Department (in some regions)

Part 4: Dad and Baby - Together Forever

Objectives

Participants will:

- Name three ways that they can build a strong attachment with their baby.
- Name two benefits of a strong, secure attachment with their children.

Materials You Will Need

- Access to video clip from Healthy Baby Healthy Brain (available online or DVD)
- Paper and pens at tables



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Facilitator led discussion

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Show *Love Builds Brains* video clip

<http://www.healthybabyhealthybrain.ca/love-builds-brains.htm> (6 minutes)

Emphasize that you cannot spoil a baby with attention and responsive parenting.



Activity: Small group discussion

In small groups ask dads to discuss and list behaviours that will support the building of a secure, strong attached relationship with their children.

After five minutes, take up ideas with larger group. If desired, you can ask dads for their lists format and email them to the dads a few days or week after the class. This is a great way to keep the content of the workshop fresh in participant's minds, and check in with them.



Summary

Ask for a couple of comments and thoughts from dads.

Optional

Show *Crying Baby* video, troubleshooting section of the "24 Hour Cribside Assistance Manual"
<http://www.newdadmanual.ca/manual-article.php?SectionID=8&ArticleID=37> (4 minutes)

Part 5: Wrapping Up (15 minutes)

Materials You Will Need

- A recipe card or piece of paper for Call to Action activity

Call to Action

Ask dads to write down two or three things they are going to do as a result of this class.
Ask if there are a couple of men who would like to share their ideas.

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Closing

Show *Fatherhood, Best Job on the Planet* videos
<http://www.youtube.com/watch?v=SWNmZrRGHpE>
<http://www.youtube.com/watch?v=glfKhZSliz8>

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Questions and Evaluation

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Thank you

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Appendix

Taking Care of Each Other Case Studies, page 13

Nipissing Screening Tool: Developmental Skills, page 19

Taking Care of Each Other: Case Study 1

You and your wife have been home with the new baby for ten days. Things have been going well, although you are both feeling a little exhausted. It is Friday night, and you will be returning to work on Monday.

You have noticed that your wife is making small comments about you going back to work. Things like “I don’t know what I’m going to do when you go back to work”, and “how am I going to do this by myself”.

What do you do?

[illegible]

Taking Care of Each Other: Case Study 2

It has been two weeks since the baby came into your family. You and your wife seem to be coping well, although you are both exhausted. In the last couple of days you have noticed her becoming easily frustrated, sarcastic and crying once in a while. She says she is fine sometimes, and at other times is verbalizing that she doesn't know what is wrong with her.

What do you do?

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Taking Care of Each Other: Case Study 3

Your baby is six weeks old. Things have been going well, and you feel that the adjustment has been going well for you and your partner. Over the past couple of days, your baby seems to be awake more and crankier than usual and your wife seems to have to feed more often in the night. She is getting tired, the housework is slipping and everyone seems a little on edge.

What do you do?

[illegible]

Taking Care of Each Other: Case Study 4

Your baby is 2½ months old. He seems to be a child with high needs. He needs to be held a lot, feeds often, spits up and is gassy, and doesn't sleep very well.

Lately you have noticed your partner seems unhappy and angry a lot of the time. She picks fights, some days doesn't even get dressed, complains, and wants you or anyone else around to take care of your son.

What do you do?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Taking Care of Each Other: Case Study 5

Your baby arrived five weeks ago and life certainly hasn't been the same since. You are tired and crabby, and your partner isn't managing much better. You look forward to going to work and getting out of the house, but when you come home, your partner is usually upset and waiting at the door, expecting you to take the baby the minute you walk in the house. You would like just a few minutes to decompress, change your clothes and transition from work to home. You worry that if you communicate this to your partner, there will be a fight.

What do you do?

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Taking Care of Each Other: Case Study 6

Your partner seems to be adapting to motherhood quite well. You on the other hand are feeling disconnected from them and like an outsider looking in. You offer to walk the baby, and change her too. Your wife says no, she'll do it. You feel you are missing valuable attaching time with your baby, and yearn to feel part of this new family dynamic.

What do you do?

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Nipissing Screening Tool: Developmental Skills

Look at you?	Calm down when comforted?
Startle to loud or sudden noises?	Suck well on the nipple?
Follow movement with eyes?	Study your face?
Startle or wake to loud noises?	Stop crying when comforted by you?
Enjoy being touched and cuddled?	Recognize and calm down to a familiar gentle voice?

<p>Have different cries? (tired, hungry)</p>	<p>Have a variety of sounds? (coos, gurgles)</p>
<p>Feed every 2-4 hours during the day?</p>	<p>Lift head when on tummy?</p>
<p>Hold head up when held at your shoulder?</p>	<p>Move arms and legs?</p>
<p>Follow a moving toy or person with eyes?</p>	<p>Glance from one object to another?</p>
<p>Make some sounds when looking at toys or people?</p>	<p>Brighten to sound, especially to people's voices?</p>

Respond to you by making sounds and moving arms and legs?	Laugh and smile in response to your laughs and smiles?
Finish each feeding within 45 minutes?	Lift head and chest and support self on forearms when placed on tummy?
Bring both hands to chest and keep head in midline when lying on back?	Hold head steady when supported at the chest or waist in a sitting position?
Reach for an object when supported in a sitting position? (sitting in an infant chair or on your lap)	Hold an object briefly when placed in hand?
Swipe at and reach for objects within view?	Turn head and look in the direction of a new sound?

Respond to own name?	Smile and babble when given adult attention?
Vocalize pleasure and displeasure? (squeal with excitement or grunt in anger)	Seem to respond to some words? (daddy, bye-bye)
Make sounds while you are talking to him/her?	Roll from back to side?
Push up on hands when on tummy?	Sit with support?
Use hands to reach, grasp, bang and splash?	Bring hands or toy to mouth?

<p>Pat and pull at your hair, glasses, or face?</p>	<p>Sleep and feed at regular times?</p>
<p>Look for a hidden toy?</p>	<p>Imitate facial expressions?</p>
<p>Turn to look for a source of sound?</p>	<p>Understand short instructions? (wave bye-bye, no, don't touch)</p>
<p>Babble a series of different sounds? (bababa, duhduhduh)</p>	<p>Make sounds or gestures to get attention or help?</p>
<p>Sit without support for a few minutes?</p>	<p>Attempt to move by crawling, “bum” shuffling, or pivoting on tummy?</p>

<p>Stand with support when helped into standing position?</p>	<p>Pass an object from one hand to the other?</p>
<p>Pick up small items using thumb and first finger? (crumbs, cereal, rice)</p>	<p>Bang two objects together?</p>
<p>Play games with you? (nose touching, peek a boo)</p>	<p>Fuss or cry if familiar caregiver looks or behaves differently?</p>
<p>Reach to be picked up and held?</p>	<p>Look at the person saying the baby's name?</p>
<p>Understand simple requests and questions? (where is the ball? find your shoes)</p>	<p>Combine sounds together as though talking?</p>

<p>Take turns making sounds with you?</p>	<p>Consistently use three or more words? (words do not have to be clear)</p>
<p>Hold, bite and chew crackers?</p>	<p>Get up into a sitting position from lying down without help?</p>
<p>Crawl or “bum” shuffle easily?</p>	<p>Pull up to stand at furniture?</p>
<p>Walk holding onto your hands or furniture?</p>	<p>Pick up small items using tips of thumb and first finger?</p>
<p>Take things out of containers? (blocks)</p>	<p>Show many emotions such as affection, anger, joy or fear?</p>

Start games with you or show you toys? (peek-a-boo, pat-a-cake)	Seek comfort? (reach up to be held when upset)
Use facial expressions, actions, sounds, or words to make needs known or to protest?	



Resources

Online Links

Dad Central: Cribside manual, fathering booklets, father involvement research and more.
<http://www.dadcentral.ca>

Zero to Three
<http://www.zerotothree.org>

How the Brain, Body and Mind Grow from Birth to 3
<http://www.zerotothree.org/child-development/early-development/magic-of-everyday-moments.html>

Healthy Baby, Healthy Brain
<http://www.healthybabyhealthybrain.ca/index.htm>

Nipissing Developmental Screens
<http://www.ndds.ca/ontario>

Parent resources from Family Resource Programs Canada (FRP)
<http://www.parentsmatter.ca/>

My Daddy Matters Because (PSA's are here)
<http://www.mydad.ca/>

ELECT document (child development)
http://www.children.gov.on.ca/htdocs/English/documents/topics/earlychildhood/early_learning_for_every_child_today.pdf

Life With New Baby booklet
http://www.beststart.org/resources/ppmd/ppmd_bro_eng_lr.pdf

Kids Count: Infant Development
<http://video.valleypbs.org/video/2330365315/>

Edinburgh Scale for PMD
http://www.lifewithnewbaby.ca/resources/EPDS_checklist_eng.pdf

Child Development information from the Ontario Ministry of Education
<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/index.aspx>

Building Blocks and Talking Tools for Dads with Children 0-8 years (Australian)
<http://www.families.nsw.gov.au/assets/dads-toolkit.pdf>

Best Start by Health Nexus
http://www.beststart.org/resources/hlthy_chld_dev/pdf/parent_attachment_eng.pdf

Breastfeeding resource for families
http://www.beststart.org/resources/breastfeeding/pdf/BreastfeedingMatters_2013_low_rez_reference.pdf

Fathers Matter to Children article
<http://parenting.uwex.edu/parenting-the-preschooler/documents/Fathers%20Matter%20to%20Children.pdf>

Community Resources

Ontario Early Years Centres
www.ontarioearlyyears.ca

Please add your own local resources here:

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Suggested Books/Authors

The Secure Child, Stanley Greenspan

The Whole Brain Child, Dr. Dan Siegel

Hold On to Your Kids, Dr. Gordon Neufeld

Is This a Phase?, Helen F. Neville

No Cry Sleep Solution, Elizabeth Pantley

The Male Brain/The Female Brain, Louann Brizendine, M.D.

Please add your favorites here:

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Resources for Facilitators

Fathering research and resources (be sure to check out the booklets) available at
<http://dadcentral.ca/>

Book: *Fathering and Child Outcomes* by Eirini Flouri

Book: *Supporting Fathers*, Canadian Association of Family Resource Programs (FRP Canada)

Also available for download at

<http://www.frp.ca/document/docWindow.cfm?fuseaction=document.viewDocument&documentid=1284&documentFormatId=2508>

Step by Step: Engaging Fathers in Programs for Families

http://www.beststart.org/resources/howto/pdf/BSRC_Engaging_Fathers.pdf

How Men and Children affect each other's Development

http://main.zerotothree.org/site/PageServer?pagename=ter_key_childdevt_fathers

Fathers and Father Figures-Their Important Role in Children's Social and Emotional Development

<http://csefel.vanderbilt.edu/briefs/wwb16.pdf>

The Father Toolkit

http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/pdf/nfp_toolkit_eng.pdf

Just for New Dads! What to Expect in the First Year
is a parenting workshop from the My Dad Matters toolkit and a publication of:



Engaging Men Raising the Next Generation

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