

# Mindful Fathering

from a **Home Visiting** perspective

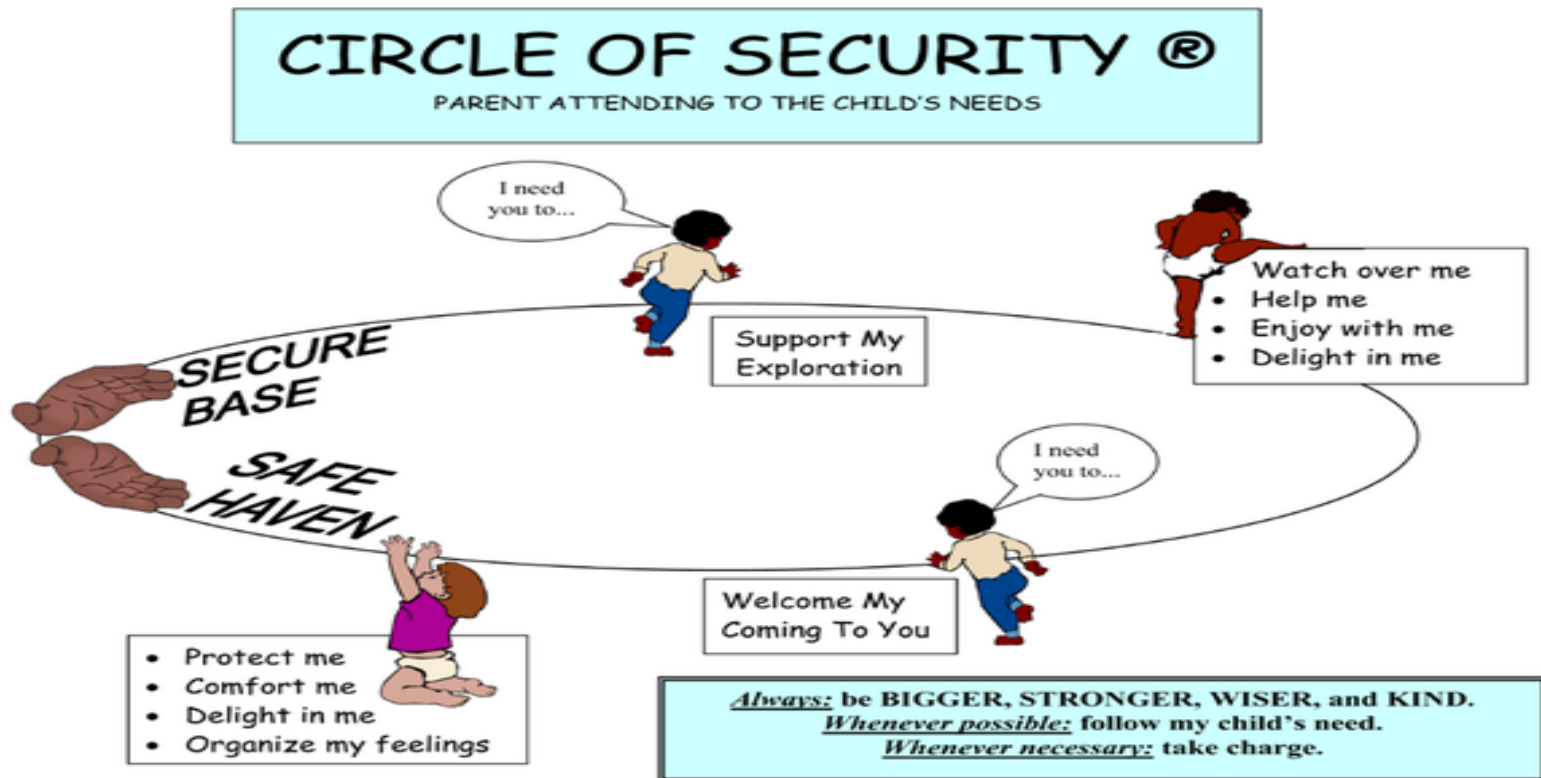
**Recruitment** – understanding good approaches

**Supporting** – awareness of self and others

**The Basics** – needs for him, her, and child or children

Recruitment: understand father's situation, flexible with hours...late hours??, lunch-time, days off, identify his specific interests of the program (what will he gain), etc.

COS is a valuable recruitment tool that can be utilized not just with parent child relationship, but parent to parent relationship. Some examples:



Supporting – hear him out and explore perspectives, develop an awareness of resources in house or community, history, support system...with dad present talking directly to him

- Involving fathers or asking mom to share with dad more. Father's are not always aware of the many things that mom is experiencing through pregnancy or after
- Ask dad his thoughts and ways that he can be involved or ideas to feel more involved
- His frustrations, her frustrations, and understanding each others frustrations together
- His and her needs (COS)
- Supportive resources within the community.

# Basics – how to change, feed, entertain, quality time, discipline views and examples, COS techniques

- Basics on what to expect and overall parenting.
- Confidence in taking care of a child.
- Daily routines and schedules
- Hobbies and self-care
- Emotional connection, skin to skin, understanding of differences in discipline, food, interactive activities, responsibilities, loving different ways

Video

# Ask mom; How can we get dad more involved in the visits?

