



The Fatherhood Kit

Promoting the positive involvement of
fathers in their children's lives

The Fatherhood Initiative is a program of
The Massachusetts Children's Trust Fund

Children's Trust Fund



Preventing Child Abuse * Strengthening Families

Photo credits: Philip Porcella, of Shadow Catcher Inc., Boston. From the “They Have Your Eyes” advertising campaign for the Massachusetts Children’s Trust Fund. Advertising agency CGN developed the ads, *pro bono*, as part of 1998 public service campaign of The Ad Club of Boston.

Special thanks to Kyle Pruett, clinical professor of psychiatry at the Yale Child Study Center, for his review of the the Reseach & Evidence section.

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July 2004

Children's Trust Fund



Preventing Child Abuse * Strengthening Families

Dear Friends,

Being a dad takes more than simply being there – it requires energy, patience, and skills. Sometimes it's difficult to keep those attributes at hand; but the payoff is well worth it. Good parenting benefits both the child and the man. Research shows that children do better in school, are less prone to violence, and have better mental health when dad is involved. Engaged fathers have better health, self-esteem, and work satisfaction.

The Massachusetts Children's Trust Fund and its Board of Directors hope this new edition of the Fatherhood Kit results in better quality of life for fathers and their children. You'll find resources, activities, and ideas that will enhance both the lives of fathers and their families, and the professionals who work with them.

CTF leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families. We work with over 100 community agencies statewide to provide parents with access to skills, knowledge, and resources to become the best parents they can. As an important part of that effort, CTF sponsors many programs that benefit fathers and family support professionals. In 1996, CTF launched the Fathers & Family Network, which has grown to include over 1,500 professionals working with and learning from fathers throughout Massachusetts.

Remember, anyone can become a father. It takes time and commitment to be a good dad.

Sincerely,

Suzin Bartley
Executive Director

Edward Bailey, M.D.
Board Chair

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CTF's Fatherhood Initiative promotes dads' important role in their children's lives

Created in 1988 by the Massachusetts Legislature, the Children's Trust Fund is dedicated to helping parents raise healthy and happy children by providing funding, training, and program models to over 100 organizations that help families.

CTF recognizes the important role fathers play in their children's lives and is committed to providing dads with the resources they need to be the best parents they can.

In 1996, CTF launched its Fatherhood Initiative to advance activities that support fathers, their families and the family support professionals who work with them.

The Fatherhood Initiative has been recognized as a national model by groups such as The National Practitioners Network for Fathers and Families in Washington, D.C.

Developing and funding programs for fathers

Included in CTF's Fatherhood Initiative are the following programs and activities.

- **Parenting Education and Support**

Programs provide fathers a chance to meet with other dads, interact with their children, connect to resources in their communities and exchange parenting information.

- **Massachusetts Family Centers** offer a wide range of resources for fathers including activities, parenting education groups, and counseling.
- **MELD for Young Dads** brings together groups of young dads who have similar parenting needs and interests. The structured groups meet once a week for two years. Participants address the roles fathers play in children's lives and work to prevent barriers that can damage these relationships. This program is based on a national program and its curricula.
- **Healthy Families Massachusetts** is a statewide program that supports first-time parents age 20 and under by offering trained home visitors who can answer questions common to all new parents. also offered are new groups for young fathers to meet and discuss issues specific to their needs and interests.



‘CTF’s Fatherhood Initiative is leading the way in the growing national effort to recognize and support the important role that fathers play in child rearing and family preservation.’

Preston Garrison,

National Practitioners Network for Fathers and Families, Washington, D.C.

Over the years, the Fathers & Family Network (FFN) has expanded to include nearly 1,500 individuals and organizations working with and learning from fathers. The network provides training and best practice information to human service professionals who work with fathers. FFN holds regular meetings in five Massachusetts areas: Amherst, Boston, North Shore, Southeastern, and Worcester.

CTF influences public policy by working with national leaders including the State’s Initiative Committee of the National Practitioners Network for Fathers and Families.

Engaging the media to forward a positive images of fathers

CTF promotes the importance of dads’ participation in the lives of their families. This includes developing partnerships with the media and working to develop public service announcements that promote fatherhood involvement.

For a listing of CTF programs and contacts, please see page 10.

Children grow up happier, healthier with nurturing fathers involved

When boys and girls are raised by engaged fathers, they demonstrate “a greater ability to take initiative and evidence self-control,” according to Dr. Kyle Pruett, clinical professor of psychiatry at the Yale Child Study.

Pruett found that when a father plays a visible and nurturing role in his children’s lives, the situation leads to better outcomes for his children and himself.

Children are more likely to:

- have stronger coping and adaptation skills
- be better equipped to solve problem
- stay in school longer
- have longer lasting relationship
- have higher work productivity.

Fathers are more likely to:

- have better overall health
- have higher self-esteem and a more positive self image
- have more satisfaction with work.¹

Emotional well-being

Fathers who spend time with their kids are affectionate, and have a positive attitude about parenting are more likely to bond with their infants.²

When fathers are highly engaged with their children’s lives, children have better self-esteem and better control of their actions.³

A 26-year longitudinal study concluded that the most important childhood factor in developing empathy is paternal involvement.⁴

Girls’ positive relationships with residential fathers in childhood can buffer depressive outcomes in adulthood.⁵

Continued contact with non-residen-

1 Pruett, K.D. *The Nurturing Father*. New York: Warner Books, 1987.

2 Cox, M.J., et al. (1992). Prediction of infant-father and infant-mother attachment. *Developmental Psychology*, 28, 474-483.

3 Pleck, J.H. (1997). Paternal involvement: Levels, sources, and consequences. In M.E. Lamb (Ed.), *The role of the father in child development*. Hillsdale, NJ: Erlbaum; Radin, N. (1994). Primary caretaking fathers in intact families. In A.E. Gottfried & A.W. Gottfried (Eds.), *Redefining families: Implications for children’s development* (pp.11-51). New York: Plenum Press.

4 Koestner, R., Franz, C., & Weinberger, J. (1990). The family origins of empathic concern: A twenty-six year longitudinal study. *Journal of Personality and Social Psychology*, 58, 709-717.

5 Brook, J.S., Whiteman, M., Brook, S.W., & Gordon, S. (1983). Depressive mood in female college students: Father-daughter interactional patterns. *Journal of Genetic Psychology*, 149, 485-504.

tial fathers who are loving, supportive, and nurturing increases the emotional well-being and adjustment of female children.⁶

Availability, contact, and parental involvement with fathers reduce boys' aggression.⁷

More reading, more A's in school

When fathers are involved in kids' education, including attending school meetings and volunteering at school, kids are more likely to get A's, enjoy school, and participate in extracurricular activities. They are less likely to repeat a grade.⁸

A study of low-income families found that fathers who were satisfied with parenting, contributed financially to the family, and were nurturing during play had children with better cognitive and language competence at age three.⁹

The unique quality of father-child play boosts children's cognitive development¹⁰ and fosters social skills that are necessary for success in peer interactions.¹¹

Risks of father absence

Fathers offer unique and essential contributions to children's development. Yet, too many children are missing

6 Furstenberg, F.F., Jr., & Nord, C.W. (1985). Parenting apart: Patterns of child rearing after marital disruption. *Journal of Marriage and Family*, 47, 893-904; *Ibid.*

7 Mott, F.L. (1994). Sons, daughters, and fathers' absence: Differentials in father-leaving probabilities and in-home environments. *Journal of Family Issues*, 15(1), 97-128.

8 Federal Interagency Forum on Child and Family Statistics (1999). *America's children: Key national indicators of well-being, 1999.*

9 Black, M.M., Dubowitz, H., & Starr, R.H. (1999). African American fathers in low income, urban families: Development, behavior, and home environment of their three-year-old children. *Child Development*, 70(4), 967-978.

10 Yogman, M.W., Kindlon, D., & Earls, F. (1995). Father infant involvement and cognitive/behavioral outcomes of preterm infants. *Journal of the American Academy of Child and Adolescent Psychiatry*, 34, 58-66.

11 Parke, R.D., MacDonald, K.B., Burks, V.M., Bhanagri, N., Barth, J.M., & Beitel, A. (1989). Family and peer systems: In search of linkages. IN N.

DEFINITION OF A RESPONSIBLE FATHER:

- 1** He waits to make a baby until he is prepared emotionally and financially to support his child.
- 2** He establishes his legal paternity.
- 3** He actively shares the continuing emotional and physical care of their child, from pregnancy onwards.
- 4** He shares the continuing financial support of their child, from pregnancy onwards.¹²

their fathers.

According to 1998 U.S. Census Bureau figures, 24.7 million children (36.3 percent) in this country live in homes where fathers are absent.¹³

But even when fathers live with their children, they may not be fulfilling their responsibilities as a parent. For example, fathers can be “technically present but functionally absent.”¹⁴

A lack of father involvement may be transmitted from one generation to the next. The National Center on Fathers and Families examined research finding that the quality of men’s relationships with their own fathers is the single greatest predictor of their participation with their children.¹⁵

Compounded risk factors for children

Children are at greater risk for adverse consequences when born into a single-parent setting because the social, emotional, and financial resources available

to the family may be more limited.¹⁶

Increased risk of poverty

In 1996, young children living with unmarried mothers were five times as likely to be poor and 10 times as likely to be extremely poor.¹⁷

Almost half of U.S. children in female-headed households were poor in 1997. Only 34 percent received child support or alimony in 1996.¹⁸

Children living in families that are poor are more likely to have difficulty in school than children in other families, and to earn less and be unemployed more frequently as adults.¹⁹

Impacts on child development and emotional well-being

Children with one parent are substantially more likely to have difficulty performing everyday activities such as eating, dressing, walking, communicating, and understanding school work than in families where both parents are present.²⁰

Kreppner & R.M. Lerner (Eds.), *Family systems and life-span development* (pp.65-92). Hillsdale, NJ: Erlbaum.
12 Nurturing Fatherhood: Improving Data and Research on Male Fertility, Family Formation and Fatherhood, June 1998, . Washington, D.C.: U.S. Department of Health and Human Services.

13 The Institute for Responsible Fatherhood and Family Revitalization: A Corporate Capability Report, (2000) Washington, D.C.

14 LaRossa, R., & LaRossa, M. (1989). Baby care: Fathers vs. mothers. In B. Risma & P. Schwartz (Eds.), *Gender in intimate relationships: A microstructural approach* (pp. 138-154). Belmont, CA: Wadsworth.

15 National Center on Fathers and Families. (1999). Literature Review Brief. Co-parenting: A review of the literature. <http://www.ncoff.gse.upenn.edu/litrev/cpbrief.htm>.

16 McLanahan, S. (1995). The consequences of nonmarital childbearing for women, children, and society. In National Center for Health Statistics, Report to Congress on out-of-wedlock childbearing. Hyattsville, MD: National Center for Health Statistics.

17 National Center for Children in Poverty. (1996). One in Four: America’s Youngest Poor.

18 U.S. Bureau of the Census. (1998). Poverty in the United States: 1997. Current Population Reports, Series P60-201, U.S. Government Printing Office, Washington, D.C. Table 2.

19 Duncan, G., & Brooks-Gunn, J., (Eds.) (1997). *Consequences of growing up poor*. New York: Russell Sage Press.

20 Federal Interagency Forum on Child and Family Statistics (1999). *America’s children: Key national indicators of well-being, 1999*.

Children from father-absent homes are more likely to experience emotional disorders and depression.²¹

Fatherless children are at a dramatically greater risk for suicide.²²

Fatherless children are at a dramatically greater risk of drug and alcohol abuse.²³

Poorer performance in school

Fatherless children are twice as likely to drop out of school.²⁴

In studies of more than 25,000 participants, children who lived with one parent had lower grade point averages, lower college aspirations, poorer attendance records, and higher drop-out rates than students who lived with both parents.²⁵

Higher rates of teen sexual activity

Adolescent females between the ages of 15 to 19 reared in homes without fathers are significantly more likely to

engage in premarital sex than adolescent females reared in homes with two parents.²⁶

Children in single-parent families are more likely to get pregnant as teenagers than their peers who grow up with two parents,²⁷ with girls being three times more likely to become unwed teen mothers.²⁸

More likely to land in jail

Youths raised in fatherless families were much more likely to be incarcerated even after controlling for other factors such as poverty.²⁹

Most of the time while growing up, 43 percent of inmates lived in single-parent households.³⁰

Relative to the general population, female inmates were nearly twice as likely to have grown up in a single-parent household.³¹

Some 72 percent of adolescent murderers grew up without their fathers.³²

21 Amato, P.R. (1991). Parental absence during childhood and depression in later life. *Sociological Quarterly*, 32(4), 543-556; Bayder, N. (1988). Effects of parental separation and re-entry into union on the emotional well-being of children. *Journal of Marriage and the Family*, 50, 967-982.

22 National Center for Health Statistics. (1993). *Survey on Child Health*. Washington, D.C.: U.S. Department of Health and Human Services.

23 U.S. Department of Health and Human Services. National Center for Health Statistics. (1993). *Survey on Child Health*. Washington, D.C.

24 U.S. Department of Health and Human Services, National Center for Health Statistics (1993). *Survey on Child Health*. Washington, D.C., GPO.

25 McLanahan, S., & Sandefur, G. (1994). *Growing up with a single parent: What hurts, what helps*. Cambridge: Harvard University Press.

26 Billy, J.O.G., Brewster, K.L., & Grady, W.R. (1994). Contextual effects on the sexual behavior of adolescent women. *Journal of Marriage and the Family*, 56, 381-404.

27 U.S. Department of Health and Human Services, National Center for Health Statistics. (1988). *National Health Interview Survey*. Hyattsville, MD.

28 Annie E. Casey Foundation. (1995). *Kids Count Data Book, State Profiles of Child Well-Being*.

29 Harper, C.C., & McLanahan, S.S. (August, 1998). *Father absence and youth incarceration*. Paper delivered at the Annual Meeting of the American Sociological Association. San Francisco.

30 U.S. Department of Justice, Bureau of Justice Statistics. (1991). *Survey of State Prison Inmates*.

31 U.S. Department of Justice, Bureau of Justice Statistics (1991). *Survey of State Prison Inmates: Women in Prison, Special Report*.

32 Cornell, D. et al. (1987). Characteristics of adolescents charged with homicide. *Behavioral Sciences and the Law*, 5, 11-23.

EVIDENCE THAT DADS MAKE A DIFFERENCE

Greater risk for welfare dependency

Children born to single mothers are more likely to drop out of school, to give birth out of wedlock, to divorce or separate, and to be dependent on welfare.³³

Challenges of teen fatherhood

It is estimated that 2 percent to 7 percent of male teenagers are fathers.³⁴ This may be a low estimate because young mothers are less likely to report paternity.

Delinquents are more than twice as likely than non-delinquents to become

teen dads.³⁵ The more risk behaviors young men engage in, such as delinquency or chronic drug use, the more likely they are to become teen fathers.

Fathering a child as a teen is associated with an increase in delinquent behavior. Teen dads are 7.5 times more likely than non-dads to commit serious delinquent acts within the first year of their child's birth.³⁶

Adolescent fathers, like mothers, are often ill-equipped for the responsibilities of parenthood; they are less likely to complete high school, to find desirable jobs, and they experience higher unemployment rates than their non-parenting peers.³⁷

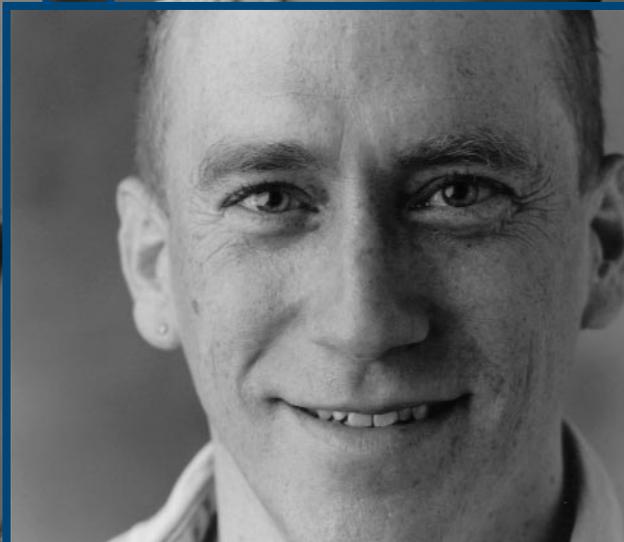
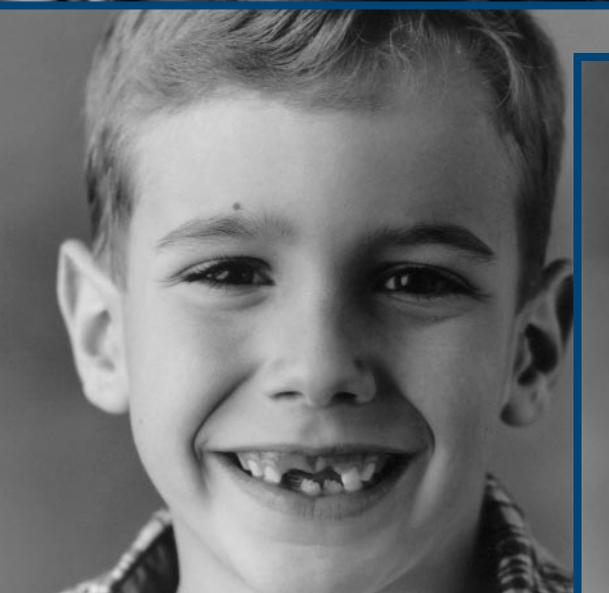
33 Garfinkel, I., & McLanahan, S.S. (1986). Single mothers and their children. The Urban Institute. Washington, D.C., pp. 1-2.

34 Sonenstein, F.L., Pleck, J.H., & Ku, L.C. (1993). Paternity risk among adolescent males. In R.I. Lerman & T.J. Ooms (Eds.), *Young unwed fathers: Changing roles and emerging policies* (pp. 97-116). Philadelphia, PA: Temple University Press.

35 Thornberry, T.P., Wei, E.H., Stouthamer-Loeber, M., & Van Dyke, J. (2000). Teenage fatherhood and delinquent behavior. U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention.

36 Ibid.

37 Marsiglio, W. (1986). Teenage fatherhood: High school completion and educational attainment. In A.B. Elster & M.E. Lamb (Eds.), *Adolescent fatherhood* (pp. 67-87). Hillsdale, NJ: Erlbaum; Robinson, B. (1988). Psychological adjustment of teenage fathers. In B. Robinson (Ed.), *Teenage fathers* (pp. 53-67); Maynard, R. (Ed.). (1996). *Kids having kids: A special report on the costs of adolescent childbearing*. Robin Hood Foundation.



RESOURCES & PROGRAMS

The Massachusetts Children's Trust Fund hopes this listing of programs and resources will fulfill several important roles. First, it will help fathers locate programs that meet their needs and interests. Second, it will bring together human service professionals to further their work for fathers.

CTF created this listing based on a survey of human service and other agencies that were requested to provide information about activities that address fatherhood issues.

Although CTF has made great attempts to verify this information, it cannot be held responsible for incorrect or inaccurate listings.

- Statewide -

The Massachusetts Children's Trust Fund (CTF)

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Boston, MA 02108
Phone: (617) 727-8957 or
(888) 775-4KID (toll free in MA)
Fax: (617) 727-8997
Email: generalinfo@mctf.state.ma.us
Web: www.MCTF.org

Fatherhood Initiative

At the core of CTF's Fatherhood Initiative is the Fathers & Family Network (FFN), an information sharing and training group of nearly 1,500

professionals meeting in five locations. The purpose of these meetings is to share information across a wide range of programs that meet the diverse needs and interests of men and their families. The result is better coordination of services, new training opportunities for professionals, and greater public awareness of the important role that fathers have in child and family development. The following is a list of CTF Fathers & Family Network meeting leaders:

Massachusetts:

Jack Miller
Director of Programs
Children's Trust Fund
294 Washington St., Suite 640
Boston, MA 02108
Phone: (617) 727-8957 ext. 308 or
(888) 775-4KID (toll free in MA)
Email: jmiller@mctf.state.ma.org

Northeastern Massachusetts

Dick Muzzy
Catholic Charities North
55 Lynn Shore Dr.
Lynn, MA 01902
Phone: (781) 593-2312

Southeastern Massachusetts:

Bob Smith
Barnstable District Court
3195 Main St., Route 6A
Barnstable, MA 02630
Phone: (508) 362-2511

Central Massachusetts

Jack Bonina
Family Service of Central
Massachusetts
31 Harvard St.
Worcester, MA 01609
Phone: (508) 756-4646

Western Massachusetts

Allan Arnaboldi
Men's Resource Center of Western
Massachusetts
236 North Pleasant St.
Amherst, MA 01002
Phone: (413) 253-9887 ext. 10

Healthy Families Massachusetts

Contact: Sarita Rogers
Phone: (617) 727-8957 ext. 331
Email: srogers@mctf.state.ma.us
Healthy Families Massachusetts is a statewide home-visiting program that supports first-time parents age 20 and under. Through a network of local agencies, young parents meet with trained home visitors who can answer questions common to all new parents. Groups provide opportunities for teen fathers to meet and discuss issues specific to their situation. Healthy Families is funded and administered through CTF. See regional listings to contact a local Healthy Families agency.

Massachusetts Family Centers

Contact: Karole Rose
Phone (617) 727-8957 ext. 325
Email: krose@mctf.state.ma.us
CTF-funded family centers are open to all parents of young children newborn to age 6 years, offering a wide range of parent-child activities, parenting education programs, counseling referrals, special events, and other resources. CTF's work expands on the Department of Education's Massachusetts Family Network by providing additional funding for services to parents of children ages 3 to 6. See regional listing to contact a local family center.

MELD Parenting Programs

Contact: Kathy Kelley
Phone: (617) 727-8957 ext. 333
Email: kkelley@mctf.state.ma.us
MELD is an information and support program that offers long-term, group-based services to parents. This nationally recognized curriculum is a comprehensive, two-year program designed to be responsive to the needs of parents at each phase of their children's lives. Topics cover five subject areas: health, child guidance, child development, family management, and personal growth. CTF funds MELD Young Moms, for mothers under age 20; MELD Young Dads, for fathers under age 25; and MELD Growing Families, at sites in Massachusetts. See regional listing to contact a MELD program.

Parenting Education and Support Programs

Contact: Anitza Guadarrama

Phone: (617) 727-8957 ext. 309

Email: aguadarrama@mctf.state.ma.us

Parenting Education and Support Programs (PESP) bring together parents to share information and skills, and to create support networks in communities. Topics are selected to meet the needs and interest of local parents. Groups are easily accessible to encourage participation, with all offering transportation, child care, and refreshments. Massachusetts Children's Trust Fund provides two-year grants of up to \$5,000 to local human service agencies to conduct two, eight-week groups. See regional listing to contact a local PESP program.

Massachusetts Department of Education Early Learning Services

Massachusetts Family Network

350 Main St.

Malden, MA 02148

Phone: (781) 388-3300

Web: www.doe.mass.edu

Massachusetts Family Network works to develop and implement various models of parent outreach, education and support that are effective with families with children age 0 through 3 years. The initiative strives to create collaborative, comprehensive, high quality networks of family services that are culturally sensitive, welcoming, and accessible to families with young chil-

dren by providing direct services, information, and referrals.

Family Support Training Center

Phone: (617) 727-8957 ext. 317

The center offers family support professionals throughout Massachusetts with opportunities to enhance their skills and broaden their base of knowledge. One of the most effective ways to strengthen communities is to enrich, educate, and empower the individuals working each day to improve the lives of families and children.

Massachusetts Department of Revenue

Access and Visitation Project

Child Enforcement Division

PO Box 9492

Boston, MA 02205

Phone: (617) 626-4182

Fax: (617) 626-4169

The Department of Revenue is the state agency responsible for the collection and distribution of child support payments. Current initiatives include: Boston Healthy Start-Father Friendly Initiative, Responsible Fatherhood Legal Consultation, Partners for Fragile Families, Responsible Fatherhood Workforce Development Initiative, Parental Responsibility Employment Program, and the Offender Responsible Fatherhood Initiative.

Parents Helping Parents The Roundtable of Support

140 Clarendon St.
Boston, MA 02116
Phone: (800) 882-1250
Fax: (617) 266-9837
Email: php.ma@verizon.net
Web: www.parentshelpingparents.org
Parents Helping Parents is a statewide network of support groups for parents who want to improve relationships with their children. Weekly meetings are free, confidential, and open to parents or other caregivers who feel isolated, overwhelmed, or afraid of their anger toward their children. Meetings are led by a trained volunteer facilitator and, wherever possible, provide childcare. Fathers are welcome in most groups, and a group just for fathers meets in Arlington.

- EAST -

Action for Boston Community Development

Good Guys in Head Start
178 Tremont St., 4th Floor
Boston, MA 02111
Phone: (617) 357-6000
E-mail: delgado@bostonabcd.org
Web: www.bostonabcd.org
Brings Head Start and Early Head Start males and children together to share in educational, athletic, cultural and other activities. This helps males have a positive influence on their children and understand how important

involvement is.

Action for Boston Community Development

Good Fellas in Early Head Start
198 Geneva Ave
Boston MA 02121
Phone: (617) 288-5580 ext. 261
Fax: (617) 282-0994
Email: oliveira@bostonabcd.org
Helps men to emotionally and financially support their children and families. The initiative holds several meetings every month to provide peer support. Also, assists fathers in employment that leads to promising careers with financial growth; links fathers with health, education and employment services, and assists fathers in areas of mediation, legal assistance, access, and visitation.

Brookline Adult Education

16 Verndale St.
Brookline, MA 02446
Phone: (617) 731-8973
Offers the Fatherhood Workshop for married, single, divorced, or absent fathers to become more involved in parenting, connecting with their children, and learning more about developmental changes of children and teens.

Cambridge Head Start Child Care

432 Columbia St.

Cambridge, MA 01760

Phone: (617) 577-7880 ext. 13

Fax: (617) 577-8367

Email: shawnahegarty@yahoo.com

Provides services for parents that include trainings, workshops, classroom and advisory group activities.

Center for Development of Human Services

Healthy Families Framingham Dads Program

100 Concord St., 1st Floor

Framingham, MA 01702

Phone: (508) 620-6587

Fax: (508) 620-9312

Email: jshaw@cdhsgroup.org

Offers parent support and education to young families. Healthy Families provides new parents with information on child development, support, and a link to community resources. Healthy Families also provides developmental screenings every 4-6 months, groups for fathers and mothers, prenatal groups, parent-child groups, and monthly socials and field trips during the summer.

The Center for Families of North Cambridge

The Fitzgerald School

70 Rindge Avenue

Cambridge, MA 02140

Phone: (617) 349-6385

Fax: (617) 349-6386

Web: www.cicambridge.ma.us

Provides free information and referral, newborn home visits, parent and child activities, parent support groups in different languages, and parent workshops for all families living in North Cambridge or whose children attend the Fitzgerald School. The center also offers a weekly fathers group on Saturdays.

Children's Hospital YPP/PHA Hungng The Young Father's Program

300 Longwood Avenue,

Boston MA, 02115

Phone: (617) 355-7521

Fax: (617) 739-5458

Email: sherry@tch.harvard.edu

Offers both individual and group services in office or at home to young fathers aged 14-25 years. Individual services include educational and job referral, court advocacy, and health care. Group topics include self-sufficiency, fathering, and paternity acknowledgement, among others. Also offers bilingual/bicultural fathers' advocate and Spanish speaking social worker.

Community Care for Kids

1509 Hancock St.

Quincy, MA 02169

Phone: (617) 471-6473 ext. 138

Fax: (617) 773-5860

Email: cck@Qcap.org

Web: www.communitycareforkids.org

Assists families in finding quality and

affordable child care along with determining eligibility for state subsidies. We also act as a support system for both families and providers.

Comprehensive School-Age Parenting

PO Box 776

Boston, MA 02130

Phone: (617) 524-4951

Fax: (617) 524-7345

Provides counseling, case management, advocacy, outreach, information and referral around day care, educational programs, health care, employment, and benefits to teen fathers in English High School, West Roxbury High School, Charlestown High School, Grover Cleveland Middle School, Horace Mann School for the Deaf & Hard of Hearing and Edison Middle School.

Concord Public Schools

Center for Parents & Teachers

120 Meriam Rd

Concord, MA 01742

Phone: (978) 318-1510 ext. 145

Fax: (978) 318-1538

Email: pnelson@colonial.net

Offers programs for parents of children from birth through adolescence.

Several programs each year are designed specifically for fathers, including "Dad and Me: A Saturday Morning Playgroup." Other programs include Raising Your Challenging Child, How to Talk so Kids Will Listen & Listen so Kids will Talk.

Families First Parenting Programs

99 Bishop Richard Allen Dr.

Cambridge, MA 02139

Phone: (617) 868-7687

Fax: (617) 354-2902

Email: edinerman@families-first.org

Provides parenting education and support through seminars, workshops, and consultations to help parents build positive, rewarding and satisfying relationships with their children. Fathers may attend any host site programs. Family First also trains professionals from diverse disciplines to enhance their capacity to support families.

Family Day Care Program

29 Harvard St.

Brookline, MA 02445

Phone: (617) 738-0703

Fax: (617) 734-8361

Offers subsidized child care for parents with employment, school, and training commitments; voucher child care for families receiving transitional assistance; supportive child care and case management services for families referred by the Department of Social Services; and a range of specialized child care, outreach, and counseling services for teenage parents and their children. State-licensed family child care providers are supervised and supported by a team of early childhood specialists that monitor the development of children in these programs.

The Family Nurturing Center The Nurturing Father's Program

200 Bowdoin St.

Dorchester, MA 02122

Phone: (617) 474-1143 ext. 251

Fax: (617) 474-1261

Email: hshearer@familynurturing.org

Offers a structured group that dads can participate in to get a better understanding of themselves and their roles in the family. Each group explores family patterns in fathering, families as a team sport, problem-solving with co-parent, fathering sons and daughters, work and fathering, and many other issues. Each session allows ample time for participants to share their experiences. The groups are facilitated by nurturing fathers once a week for 13 weeks and meet in various locations around Boston.

Family Service of Greater Boston Young Fathers Program

31 Heath St.

Jamaica Plain, MA 02130

Phone: (617) 523-6408

Fax: (617) 523-3034

E-mail: mjackson@fsgb.org

Meets the needs of young fathers of children residing in Teen Living Program. The program seeks to increase the responsible involvement of fathers in lives of children and to improve their employment opportunities.

Federation for Children with Special Needs

1135 Tremont St., Suite 420

Boston, MA 02120

Phone: (617) 236-7210

Fax: (617) 572-2094

Emails: fcsninfo@fcsn.org

Web: www.fcsn.org

Provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities.

First Connections

Community Agencies Bldg

Emerson Hospital

Concord, MA 01742

Phone: (978) 287-0221

Fax: (978) 371-14631

Email: matthews@cafes.org

Focus is on parenting pre-school children. The group is led by a male facilitator who is a LICSW and father. Topics are decided by the group and can include issues such as balancing work, life, and family life, defining roles and responsibilities of spouses, reconciling child rearing differences, discipline, and communication, infant massage for dads, Dad and Me Science Program and toddler playgroup for dads.

Gertrude E. Townsend Head Start Good Guys in Head Start

198 Geneva Avenue

Dorchester, MA 02121

Phone: (617) 288-9150

Fax: (617) 282-1023

Web: www.bostonabcd.org

Provides services to males involved in their children's lives. Focused activities and monthly meetings held in locations throughout the city. End-of-year event may include a sporting competition.

Good Start MSPCC Metro Region

63 Fountain St.

Framingham, MA 01702

Phone: (508) 872-8827

Fax: (508) 820-3121

Email: gina_Battaglia@mspcc.org

Web: www.mspcc.org

Offers small group and conference-type trainings for providers who want to learn more about working with men. Program has the capacity to offer support groups, workshops, and one-on-one support for fathers with children birth through age four.

Healthy Families Massachusetts*

See page 11 for program description.

Boston Neighborhoods Healthy Families

Crittenton Hastings House

10 Perthshire Road

Brighton, MA 02135

Phone: (617) 782-7600

Fax: (617) 254-7966

Harbor Area Healthy Families ROCA, Inc.

101 Park Street

Chelsea, MA 02150

Phone: (617) 889-5210 ext. 219

Fax: (617) 889-2145

Healthy Families of Cambridge and Somerville

The Guidance Center, Inc.

Infant-Toddler Services

61 Medford Street

Somerville, MA 02143

Phone: (617) 629-3919

Fax: (617) 629-4644

Healthy Families Dorchester / South Boston

Catholic Charities

35 Bird St.

Dorchester, MA 02125

Phone: (617) 287-1150

Fax: (617) 282-3483

Healthy Families Jamaica Plain/Roxbury

Catholic Charities

35 Bird St.

Dorchester, MA 02125

Phone: (617) 287-1150

Fax: (617) 282-3483

Healthy Families West Suburban Jewish Family & Children's Service

1340 Centre Street

Newton, MA 02459

Phone: (617) 558-1278

Fax: (617) 558-5250

**Healthy Families
Melrose/Wakefield
Hallmark Health**

585 Lebanon Street
Melrose, MA 02176
Phone: (781) 979-6550
Fax: (781) 979-6551

**Roslindale/Mattapan/Hyde Park
Healthy Families
Crittenton Hastings House**

10 Perthshire Road
Boston, MA 02135
Phone: (617) 782-7600
Fax: (617) 254-7966

**Jewish Family & Children's Service
New Fathers Support Groups***

1340 Centre St.
Newton, MA 02459
Phone: (617) 558-1278
Fax: (617) 558-5250
Email: pkaufman@jfcsboston.org
Web: www.jfcsboston.org

Provides fathers the opportunity to share the excitement and concerns about being a new father. They can exchange information and begin to build a network of support. Fathers and their babies enjoy a warm and nurturing environment. Bi-weekly groups led by an experienced dad.

**Massachusetts Alliance on Teen
Pregnancy**

105 Chauncy St. 8th Floor
Boston, MA 02111
Phone: (800) 645-3750

Fax: (617) 482-9129
Email: info@massteenpregnancy.org
Web: www.massteenpregnancy.org
Offers a free hotline for teen parents who have questions about public benefits i.e. TANF, food stamps, and day care, housing, and other services. Also provides statewide leadership to prevent adolescent pregnancy and to promote quality services for pregnant and parenting teens and their children.

**Medford Public Schools
Medford Family Network***

Medford High School
489 Winthrop St.
Medford, MA 02155
Phone: (781) 393-2106
Fax: (781) 393-2123
Email: cassim@medford.k12.ma.us
Web: www.medford.k12.ma.us
Serves all Medford families with children birth through age five. Offers parenting enrichment workshops, parent-child home visitation program, information and referral, parent-to-parent discussion group, special family events, groups for dads (playgroups, specialized workshops, and field trips), lending libraries, leadership development, newsletter; resource centers, child care, transportation.

**Middlesex Probate & Family Court
Cambridge Fatherhood Program**

874 Main St.
Cambridge, MA 02142
Phone: (781) 963-3863

Seeks to improve fathers' understanding of responsibility by improving fathers' self-esteem, increasing their understanding of their importance in lives of their children, and by improving their parenting skills. Each night there is an interactive discussion on various topics facilitated by a professional from the community. Group sessions run twice a year for 13 weeks.

The Medical Foundation For Fathering Project

95 Berkley St.

Boston, MA 02116

Phone: (617) 451-0049 ext. 285

Fax: (617) 451-0062

Email: tpalomba@tmfnet.org

Web: www.tmfnet.org

Supports and celebrates fathering by raising public awareness about the value of responsible fathering and building institutional support for increased programming, institutional change and father-friendly public policy. In addition to sponsoring and collaborating on educational programs, FFP sponsors an annual "Dads Make A Difference: A Celebration of Fathering and Families" on Father's Day.

Network of Dads

79 Amory St.

Cambridge, MA 02139

Phone: (617) 354-6471

Provide referrals and counseling by a licensed social worker.

Newton Community Service Centers The Parents Program

492 Waltham St.

West Newton, MA 02465

Phone: (617) 969-5906 ext. 133

Fax: (617) 964-3975

Email: njohnson@ncscueb.org

Supports all dads in playing a visible and nurturing role in the lives of their children. Services include individual counseling, couples counseling, and advocacy.

Parents Forum

99 Bishop Allen Dr.

Cambridge, MA 02139-3425

Phone: (617) 864-3801

Email: info@parentsforum.org

Web: www.parentsforum.org

Offers groups or one-on-one practice in effective ways to manage conflicts in family life. Parent groups also organize book and toy exchanges and participate in other events that support family life.

Quincy Community Action Programs Quincy Family Network Inc.

South West Community Center

388 Granite St.

Quincy, MA 02169

Phone: (617) 471-0796 ext. 111

Fax: (617) 471-4239

Email: mcampbel@qcap.org

Provides parent-child activities and parenting workshops open to fathers. Also offers a Dad & Tot group on

Saturday mornings and occasional special events for fathers.

Somerville Early Head Start

474 Brd.way St.

Somerville, MA 02145

Phone: (617) 629-6652

Fax: (617) 629-6644

Provides home visits and center-based activities at no cost to 120 low-income families in Somerville. Each family includes a pregnant woman and/or an infant or toddler under age three. Services are provided by nine multi-lingual family support workers and professional specialists/supervisors from the fields of social work, mental health, early intervention and nursing.

South Boston Neighborhood House

521 East Seventh St.

South Boston, MA 02127

Phone: (617) 268-1619

Fax: (617) 268-4059

Web: www.sbnh.org

Offers an on going parent education consultation service. Provides opportunities throughout the year for parents to participate in parent education and support groups, as well as topic focused workshops.

South Shore Hospital Boot Camp for New Dads

South Shore Hospital

Weymouth, MA 02189

Phone: (781) 340-8332

Web: www.newdads.com

Hosts meetings between recent dads, their babies, and first time expectant dads to help prepare them for the huge transition. Classes are lead by two male facilitators and are offered one time per month.

Stepfamily Associates

1368 Beacon St. #108

Brookline, MA 02446

Phone: (617) 731-5767

Web: www.stepfamilyboston.com

Provides a roadmap to becoming a new couple after separation/divorce - and taking care of kids' needs, too. Individual and couple consultation by appointment. Workshop for couples also available monthly.

- CENTRAL -

Family Services of Central Massachusetts

The Parenting for Father: Connecting with Your Kids Program

31 Harvard St.

Worcester, MA 01609

Phone: (508) 756-4646

Fax: (508) 791-4755

Email: fscm@ma.ultranet.com

Supports the role of fathers living in the Worcester area, through group and individual counseling services. Focus is to build on existing skills of fathers, help them develop a vision of the father they want to be, and understand their needs and children's needs. The

program also incorporates a social / recreational component, where fathers can attend events with their children. It also convenes the Fathers & Family Network in conjunction with Children's Trust Fund.

The Family Partnership Center Family Ties Page

Hilltop School
115 Washington St.
Ayer, MA 01432
Phone: (978) 772-8600 ext. 409
Fax: (978) 772-1863
Offers dad and child playgroups.

Healthy Families Massachusetts*

See page 11 for program description.

Healthy Families Framingham/Milford Criterion Child Enrichment

150 Main Street
Milford, MA 01757
Phone: (508) 482-5939
(800) 482-5620
Fax: (508) 482-5940

Healthy Families of Greater Worcester Massachusetts Society for the Prevention of Cruelty to Children

286 Lincoln St.
Worcester, MA 01605
Phone: (508) 753-2967
or (800) 422-3035
Main Fax: (508) 753-5540
Confidential Fax: (508) 767-3095

Healthy Families of Southern Worcester County Worcester Community Action Council

670 Main St.
North Oxford, MA 01537

Northern Worcester County Healthy Families HealthAlliance Diversified VNA Healthy Directions The Cottage

375 Nichols Road
Fitchburg, MA 01420
Phone: (978) 348-1702
Fax: (978) 345-6473

School Linked Services

C/O Eagle House
25 Memorial Dr.
Lunenburg, MA 01462
Phone: (978) 582-4129
Offers weekly parent and child playgroup sessions. Special events and programs for dads. Parenting Network workshops offered both mornings and evenings on topics of concern to parents with young children e.g., discipline, self esteem, communicating with children, sibling rivalry and others as requested. Childcare is provided for morning workshops. All programs are free.

Worcester Public Schools Title 1 Program

20 Irving St.

Worcester, MA 01609

Phone: (508) 799-3110

Fax: (508) 799-3621

Family Centers are open for activities and workshops in 17 of 40 elementary schools. The Parent Child Home Program helps families prepare their two-year-old children for pre-school.

- NORTHEAST -

Beverly Hospital

Boot Camp for New Dads

85 Herrick St.

Beverly, MA 01915

Phone: (978) 927-9103

Web: www.nhshealth.org

Helps boost a new father's confidence and knowledge. Under the guidance of veteran dads, new dad learn to feed, diaper and comfort a newborn. Our Boot Camp coach facilitates lively discussions on forming a 'new' family and providing safety and caring for the new baby and its mom.

Cape Ann Families of Wellspring House

28 Emerson Avenue

Gloucester, MA 01930

Phone: (978) 281-7856

Fax: (978) 281-8800

Email: cafam@wellspringhouse.org

Web: www.wellspringhouse.org

Offers a variety of free programs for

fathers. Eight-week spring father's group is for fathers only, but all other offerings are open to both genders.

The programs are: Parent Connection a support and education group, Nurturing Program, Father's Group, and Parent Aide.

Community Teamwork Inc.

126 Phoenix Avenue

Lowell, MA 01852

Phone: (978) 454-5100 ext. 188

Fax: (978) 970-1965

Email: familyfoundation@comteam.org

Provides parenting education, groups, and support and referral service to any parent or caregiver with a child 0-3 years of age. Our Fathers' Program is designed to meet the different needs of dads and father figures as they seek to take an active role in their children's lives.

Catholic Charities

Fathers' Support Services

55 Lynn Shore Dr.

Lynn, MA 01902

Phone: (781) 593-2312

Fax: (781) 581-3270

Provides comprehensive social services without regard for religion, race, sex, ethnicity, or age. The Fathers Support Services help men identify their strengths as fathers through a variety of services including: 12-week cycles of Fatherhood Groups in Lynn and Beverly, the Cooperative Parenting Outreach Program linking non-custo-

dial fathers and the mothers of their children, and the Incarcerated Fathers Program at the Essex County House of Correction. Fathers receive individual outreach in employment, education, or legal concerns. Program provides leadership to the Fathers and Family Network in the Northeast region.

Child Care Circuit

Lawrence/Methuen Family Network

190 Hampshire St.

Lawrence, MA 01840

Phone: (888) 525-6500

Fax: (978) 691-5902

Email: mzammuto@childcarecircuit.org

Web: www.childcarecircuit.org

Provides services at no cost to families with children under age four living in Lawrence or Methuen. Services including parent-child playgroups, integrated playgroups, parent support groups, workshops and access to children's clothing and equipment. All programs are offered in English and Spanish.

Community Action

Haverhill Family Network

346 Brd.way

Haverhill, MA 01830

Phone: (978) 374-2198

Fax: (978) 374-3205

Email: hfn@communityactioninc.org

Web: www.family-network.org

Provides universal family support programs for Haverhill families with children age birth through three. Services include: parent education and support

programs, integrated toddler groups with early intervention, father's groups, Grandparents as Parents, Parents Helping Parents, story times, children's groups, family events, and special education advocacy.

Head Start

Lynn Economic Opportunity

156 Brd. St.

Lynn, MA 01902

Phone: (978) 532-3458

Provides information to fathers on ESL, college prep, GED, family counseling, parenting classes, WIC, etc.

Healthy Families Massachusetts*

See page 11 for program description.

Healthy Families Haverhill

VNA Care Network, Inc.

25D Washington Square

Haverhill, MA 01830

Phone: (978) 372-1285 ext. 6104

or (888) 663-3688 ext. 6104

Fax: (978) 372-4586

Healthy Families North Shore

Catholic Charities

55 Lynn Shore Drive

Lynn, MA 01902

Phone: (781) 586-8350

Fax: (781) 586-8364

Healthy Families Lowell

Massachusetts Society for the Prevention of Cruelty to Children

175 Cabot St., B-10

Lowell, MA 01854

Phone: (978) 937-3087
Fax: (978) 937-8695

**Healthy Families Lawrence
Massachusetts Society for the
Prevention of Cruelty to Children**

439 South Union Street
Lawrence, MA 01843
Phone: (978) 681-9504
Fax: (978) 681-9508

**Holy Family Hospital
Responsible Fatherhood Program**

70 East St.
Methuen, MA 01844
Phone: (978) 687-0156 x4233
Fax: (978) 974-9050
Email: doug_gaudette@cchcs.org
Web: www.holyfamilyhosp.org
Offers a 12-week program for custodial and non-custodial fathers who have been abusive to their intimate partners. Groups are open and ongoing and are facilitated by a clinician trained in the area of responsible parenting and domestic violence. Services are provided without cost.

**Lynn Economic Opportunity, Inc.
Head Start Programs**

Good Guys in Head Start
113 Munroe St.
Lynn, MA 01901
Phone: (781) 581-7220 ext. 218
Fax: (781) 595-2077
Email: leohdstrt@aol.com
Increases father involvement in Head Start. Activities include special events

throughout the year. The project includes a standing committee of fathers and other significant males, who work alongside staff to plan Good Guys in Head Start activities throughout the year.

North Shore Head Start

39 Cross St.
Peabody, MA 01960
Phone: (978) 532-1179
Fax: (978) 532-1923
Email: headstrt@concentic.net

Offers monthly activities for children and dads such as supper, breakfast, story night, cooking class, woodworking class, and discipline workshops for fathers only. Weekend family events are also offered such as field trips.

Pathways for Children

29 Emerson Ave.
Gloucester, MA 01930
Phone: (978) 281-2400
Fax: (978) 283-7485

Arranges support groups for parents in Head Start, school-age care and family childcare. It also provides opportunities for father/child activities. Training is provided on issues important to males. A monthly planning meeting on developing activities also happens.

Successful Parents

17 Peacock Farm Rd.
Lexington, MA 02421
Phone: (781) 863-1023
Fax: (781) 863-1023
Email: jeff@successfulparents.com

Web: www.successfulparents.com
Offers a five-session workshop that gives participants experience working with and applying the four keys to successful parenting. Fathers who have learned to use the four keys feel clearer and more effective, more confident and relaxed, happier in their family life, and closer to their children.

- SOUTHEAST -

Attleboro School Department Project Connect Family Network

908 Oak Hill Ave.
Attleboro, MA 02703
Phone: (508) 226-2883
Fax: (508) 223-4974
Email: ksullivan@attleboroschools.com
Offers an eight-session series teaches practical positive discipline techniques and describes typical development in toddlers and preschoolers.

Barnstable Fatherhood Program

Barnstable District Court
Barnstable, MA 02630
Phone: (508) 375-6807
Fax: (508) 362-1130
Educates court-involved dads on principles of fatherhood, and utilizes educational materials, videos, and weekly guest speakers from a number of different professions and community agencies. Weekly topics include: child support enforcement, probate and probation, spirituality, substance abuse, job training and employment, commu-

nication without violence, domestic abuse, marriage encounter, parenting skills, financial planning, and attitude.

Brockton District Court Brockton Area Fatherhood Program

215 Main St.
Brockton, MA 02301
Phone: (508) 587-8000 ext. 2716
Email: doherty_s@jud.state.ma.us
Provides program based on five key principals of fatherhood. This program is free to all participants.

Health Care of Southeastern MA Young Parents Initiative

185 Lincon St. 310-C
Hingham, MA 02043
Phone: (781) 749-2882
Fax: (781) 749-9776
Email: hfbblue1@1x.netcom.com
Offers father and family need assessment, counseling, advocacy, information referral, support services, outreach and education.

Healthy Families Massachusetts*

See page 11 for program description.

Blue Hills Healthy Families Health Care of Southeastern Mass.

185 Lincoln St., No. 310-C
Hingham, MA 02043
Phone: (781) 749-2882
Fax: (781) 749-9776

**Cape Cod Healthy Families Early
Childbearing Program**

Health Care of Southeastern Mass.

155 Katherine Lee Bates Road

Falmouth, MA 02540

Phone: (508) 540-2968

Fax: (508) 457-6525

**Greater Brockton Healthy Families
Health Care of Southeastern Mass.**

130 Liberty Street, Unit #8

Brockton, MA 02301

Phone: (508) 894-8543

Fax: (508) 580-2015

Healthy Families New Bedford

Kennedy-Donovan Center

389 County Street

New Bedford MA 02740

Phone: (508) 997-1570

Fax: (508) 997-5370

**Greater Fall River Healthy
Families Collaborative**

People Inc.

636 Rock St.

Fall River, MA 02720

Phone: (508) 679-3078

Fax: (508) 672-6024

**Healthy Families of Taunton
Community Care Services**

70 Main St.

Taunton, MA 02780

**Healthy Families Plymouth
Kennedy-Donovan Center**

64 Industrial Park Road

Plymouth, MA 02360

Phone: (508) 747-2012

Fax: (508) 747-4898

Jordan Hospital, Inc

Boot Camp for New Dads

275 Sandwich St.

Plymouth, MA 02360

Phone: (800) 750-5343

Fax: (508) 830-2511

Brings together veteran dads and new dads to share their experiences. The groups, facilitated by a licensed CPR instructor, meet once per month in night or weekend sessions.

**Martha's Vineyard Community
Services, Inc.**

The Family Network/ Family Center

111 Edgartown Rd.

Vineyard Haven, MA 02568

Phone: (508) 693-7900 x 285

Fax: (503) 696-0597

Email: mvcsecp@vineyard.net

Web: www.familynetworker.org

Hosts a variety of activities where dads are always welcome. Dads' Playgroup, Fathers' Group, Saturday Playgroup, Potluck Suppers, Family Hikes, and Adoptive Family activities. The activities are free and open to all fathers with a child age 0-6 years. Childcare and transportation are provided as needed.

New Hope, Inc.

140 Park St.

Attleboro, MA 02703

Phone: (508) 226-4015
 Fax: (508) 226-6917
 Email: new-hope@new-hope.org
 Provides supervised family visitation.

Norfolk Probate and Family Court Dedham Fatherhood Program

35 Shawmut Rd.
 Canton, MA 02021
 Phone: 781-830-1249 x413
 Offers a 12-week program for fathers who wish to increase their responsible behavior toward their children and the mothers of their children. Topics to be covered include affection, guidance, financial support, respect, and a drug-free lifestyle. Groups meet once a week for two hours. Fathers who complete the course may receive a reduction in their court costs, fines, probation fees, or the length of their probation.

North River Collaborative Family Network

Buddy Night

34 James St.
 Rockland, MA 02370
 Phone: (781) 681-9736
 Fax: (781) 681-9813
 Email: familynetwork@nrcollab.org
 Offers a chance for a child and their special adult male (dad, grandpa, uncle or friend) to have a special evening of fun together. Each month is a different theme and includes stories, activities and snacks. Space is limited, registration is required.

Parents & Provider Network Association

P.O. Box 1721
 848 Main St.
 Brockton, MA 02301
 Phone: (508) 583-3004
 Fax: (508) 583-2940
 Offers support to dads of all ages, with a focus on bringing about an understanding of the job that dads must perform. Offers round-table discussion in a non-judgmental atmosphere.

Plymouth Family Network

91 Carver Rd.
 Plymouth, MA 02360
 Phone: (508) 732-0166
 Fax: (508) 732-0299
 Email: pfnp@rcn.net
 Provides programs where you can meet families with young children and share parenting information. Dad's play-groups offered on Saturdays and Dad's Night Out monthly. Funded by a grant from the Mass. Dept of Education to the Plymouth Public Schools.

Self Help, Inc.

Head Start The Dad's Program / Brockton

311 Quincy St.
 Brockton, MA 02302
 Phone: (508) 588-5190
 Fax: (508) 580-6409
 Offers a confidential group that meets monthly, joining with other men for sharing of new ideas and activities to

enrich their bond with their children and other people in their lives.

**Self Help, Inc.,
Head Start Whitman**

168 Whitman Avenue
Whitman, MA 02382
Phone: (781) 447-7110

Offers open groups, confidentiality, and monthly scheduled meeting dates. Participants can join other men and peers in talking out concerns and learning creative ideas and activities to enrich your bond with the children and people in your lives.

South Norfolk ARC Father's Support Group

789 Clapboardtree
Westwood, MA 02090
Phone: (781) 762-4001 x239
Fax: (781) 461-5950

Email: jo'brien@snarc.org
Hosts a professionally facilitated monthly support group for fathers of children and teens with autism. The group identifies areas of interest and resources are provided. Jerry S. Jacobs, LICSW, father of a child with special needs, is the facilitator.

- WEST -

**The Association for Community Living
Family Empowerment Program**

243 King St. Suite 248
Northampton, MA 01060

Phone: (413) 586-8196

Fax: (413) 582-9098

Web: www.theassn.org

Serves families of individuals with developmental disabilities. The program provides a variety of services including information and referral, financial support, and case management in the Franklin and Hampshire counties service area of the Department of Mental Retardation.

**Baystate Medical Center
Boot Camp for New Dads**

759 Chestnut St.
Springfield, MA 01199
Phone: (413) 794-BABY (2229)

Fax: (413) 794-8166

Email: convy.stahl@bhs.org

Uses a man-to-man training approach in which veteran fathers orient new dads in a three-hour workshop. Under the direction of an experienced dad, Boot Camp prepares men to be dads, beginning with holding and comforting a real baby. Veteran dads demonstrate burping, changing & swaddling babies while telling about their experiences and giving advice to first time dads.

Community Education Project

317 Main St.
HolyokeMA01040

Phone: (413) 538-5770

Email: ceproj@massed.net

Offers Spanish language literacy and ESL classes for Latino parents. Themes

covered in courses include several topics relevant for fathers: employment preparation, working with our children's teachers/schools, Latino and Anglo family's cultural dynamics.

Cooley Dickinson Hospital Parent Education Program

30 Locust St.
PO Box 5001
Northampton, MA 01061-5001
Phone: (413) 582-2736
Fax: (413) 582-2950

Offers classes for parents with babies up to 4 months of age. Weekly support meeting combining information with friendship with the goal of strengthening the parent's self confidence and encouraging relationships to grow amongst parents.

Criterion-Heritage Early Intervention Program

5 Ferry St.
South Hadley, MA 01075
Phone: (413) 533-7140
Fax: (413) 538-9757
Email: hcdc@ultranet.com

Serves children birth to three and their families. We also serve developmentally delayed children or at risk of being delayed. Towns Served: S. Hadley, Holyoke, Chicopee, Granby, Southampton, Palmer, Manson, Ware, Three Rivers, Belchertown, Ludlow.

Diversified Visiting Nurses Association

Healthy Directions North Worcester

375 Nichols Rd.
Fitchburg, MA 01420
Phone: (978) 348-1702
Fax: (978) 345-6473

Provides a comprehensive newborn home-visiting program that offers parenting support and information to all first-time parents age 20 and under.

Environments For Children

14 Mountain Laurel Path
Florence, MA 01062
Phone: (413)584-1323
Email: farkas@umassk12.net

Provides training for parents, parent educators and teachers on raising and working with boys. We look at the psychology of boys, and brainstorm ways to meet their needs and guide them forward toward positive behaviors.

Family Network of Community Health Program, Inc.

P.O. Box 30
940 S. Main St.
Great Barrington, MA 01230
Phone: (413) 528-0721
Fax: (413) 528-6027
Email: familysu@berkshire.net

Provides Parent Education workshops and the program's library contains books and videos especially for fathers.

Greenfield Public School & Greenfield Preschool Program

141 Davis St.

Greenfield, MA 01301

Phone: (413) 772-1327

Fax: (413) 774-7940

Email: ssutton@greenfield.mass.edu

Offers parenting workshops focused on early learning for all children including family literacy activities and parenting developmentally delayed children and children with special education needs. Family fun night events occur one to two times per year. Educational entertainment for the entire family with refreshments after the CPC event to allow time for parents to talk with one another.

Hampshire Community Action Commission, Inc.

557 Easthampton Rd.

NorthhamptonMA01060

Phone: (413) 582-4200

Fax: (413) 582-4202

Email: admin@hcac.org

Web: www.hcac.org

Provides Head Start and childcare programs to actively involve fathers in early education and family support activities. Family Partnerships Program and Hilltown Social Services use an empowerment approach to work with fathers and other family members to help address basic needs and increase economic stability. First Call for Help is available to anyone needing supports and services.

Healthy Families Massachusetts*

See page 11 for program description.

Berkshire County Healthy Families - Pittsfield Child Care of the Berkshires

152 North Street, Suite 135

Pittsfield, MA 01201

Phone: (413) 445-4324

Fax: (413) 443-7442

Berkshire County Healthy Families - North Adams Child Care of the Berkshires

210 State Street.

P.O. Box 172

North Adams, MA 01247

Phone: (413) 664-6104

Fax: (413) 664-6253

Healthy Families Franklin County Franklin Community Action Corp.

393 Main Street

Greenfield, MA 01301

Phone: (413) 376-1119 x 127 for

Franklin County residents

(978) 544-5423 x 127 for

North Quabbin residents

Fax: (413) 773-3834

Healthy Families Holyoke Massachusetts Society for the Prevention of Cruelty to Children

113 Hampden Street

Holyoke, MA 01040

Phone: (413) 532-9446

Fax: (413) 533-1598

**Healthy Families Hampshire
County**

Children's Aid & Family Service

8 Trumbull Road
Northampton, MA 01060
Phone: (413) 584-5690
Fax: (413) 586-9436

**Holyoke Family Network /
Enlace de Familias
Nurturing Fathers Program**

299 Main St.
Holyoke, MA 01040
Phone: (413) 532-9300
Fax: (413) 552-3991
Email: roy@hfn.org
Provides a 13 week program that focuses on strengthening attitudes needed for creating nurturing relationships within families. Also offers childcare, a dinner, and transportation. Graduation ceremony upon completion.

**Head Start, Inc
Dads Make a Difference/ MILK -
Men Involved in the Lives of Kids**

30 Madison Avenue
Springfield, MA 01105
Phone: (413) 788-6522
Fax: (413) 788-6679
Offers interactive, educational, and recreational activities that promote healthy, happy relationships between men and children. The MILK initiative is for families currently enrolled in Head Start to get more men involved in the lives of their children. It does not need to be the child's biological

father - uncles, boyfriends, grandfathers, and any significant male figure involved in the child's life is invited to participate.

**Men's Resource Center Fathers and
Family Network - Western Region**

236 N. Pleasant St.
Amherst, MA 01002
Phone: (413) 253-9887 x10
Fax: (413) 253-4801
Web: www.mensresourcecenter.org
Offers a range of services for men, including support groups, resource and referral information, and short-term support programs (e.g. a series for Men and Divorce) which are relevant for fathers. The MRC is also the coordinator of the Children's Trust Fund's Fathers and Family Network meetings in western Massachusetts, providing four programs a year on fathering issues for service providers in the region. In its magazine, Voice Male, the center regularly runs "Fathering" columns, as well as book reviews and resource listings relating to fathers and fathering. Presentations and workshops on various men's issues including fathering concerns are available upon request.

**Montague Catholic Social Ministries
Gill/Montague Family Center,
Turners Falls Afterschool Playgroup**

41 Third St.

Turners Falls, MA 01376

Phone: (413) 863-4805

Fax: (413) 863-85930

Email: mcsm@shaysnet.com

Sponsors the Turners Falls playgroup for children 0-4 years and the Kids Place after-school program for children in grades K-5. All programs are free. Also offers information and resource services, parent support groups, a parent resource library, computer lab, and a free children's clothing, Kids Place exchange. Parent workshops are also available through the community living room project. Office hours are Monday-Friday 9:00-5:00pm.

**Massachusetts Society for the
Prevention of Cruelty to Children of
Greenfield**

The Children's Visitation Program

479 Main St.

Greenfield, MA 01301

Phone: (413) 773-3608

Fax: (413) 773-9459

Offers a safe child-friendly space for non-custodial parents to visit their children. Professional staff supervise visits at multiple sites, primarily in Franklin County. Saturday visits occur at a day care site where security is available. Supervised visitation on-and off-site is available as well as therapeutic visitation.

Northampton Parents Center

297 Main St.

Northampton, MA 01060

Phone: (413) 582-2636

Provides opportunities for parents to find support for the demanding and important work of raising a family, and for young children to connect with each other. The Parents Center provides a site and services to facilitate parent-to-parent exchange, to strengthen families' connection to the community, and to be source of information, enjoyment, and encouragement. Drop-in Center for parents and children to socialize and play.

Springfield Family Support Programs

PO Box 1489

Springfield, MA 01101

Phone: (413) 733-7699

Fax: (413) 737-2321

Email: spfldfsc@aol.com

Activities and playtime are held twice a month with father and child. Home visits and follow up to ensure consistent participation by the young fathers. Also field trips twice per year. Referral services are provided to fathers and their families. Both use the same curriculum and supportive staff from Baystate Medical Center.

Springfield Rescue Mission

19 Bliss St.

Springfield, MA 01105

Phone: (413) 732-0808

Fax: (413) 732-5512

Email: srm@spfldrescuemission.org
 Web: www.spfldrescuemission.org
 Provides food, shelter, clothing, medical attention, counseling, advocacy and literacy training. Free of charge. Our Men's New Life Program is a one-year program for men seeking victory over their addiction. Serves Greater Springfield and Hampden County.

Tapestry Health Systems Wise Guys

100 Wendell Ave.
 Pittsfield, MA 01201
 Phone: (413) 443-2844
 Fax: (413) 499-3467
 Email: emonyahan@tapestryhealth.org
 Web: www.tapestryhealth.org
 Promotes male responsibility as it relates to attitudes, behaviors, and decision-making that surround human sexuality and relationships. This program takes place in and outside of school. One of its goals is to reduce the rate of sexually transmitted infectious diseases, including HIV.

Valuing Our Children

217 Walnut St.
 Athol, MA 01331
 Phone: (978) 249-8467
 Fax: (978) 249-8228
 Email: khardiel@aol.com
 Provides support and education for families in the North Quabbin Region. Programs are open to all families in the North Quabbin region at no charge. Transportation and childcare are avail-

able. Valuing Our Children offers: parenting classes, volunteer opportunities, information and referral, family support, lending library, leadership development, community and family events, playgroups, and Jumping Beans newsletter.

Western Massachusetts Center for Healthy Families

489 Whitney Ave., 2nd Fl.
 Holyoke, MA 01040
 Phone: (800) 850-3880
 Fax: (413) 540-0340
 Email: info@westernmasshealthy-communities.org
 Web: www.westernmasshealthy-communities.org
 Offers a public health resource library with videos, books, curricula, and visual aids on a variety of health topics, including parenting. Hosts the Children's Trust Fund Western Massachusetts satellite library. Provides training and consulting services on a variety of health topics and organizational development topics.

YMCA of Greater Springfield

275 Chestnut St.
 Springfield, MA 01104
 Phone: (413) 739-6951
 Fax: (413) 736-4861
 Web: www.springfieldY.org
 Offers parent/child exercise classes, swim lessons youth & preschool sports, parent workshops with childcare for children 4 weeks - 13 years.

Scholarships available for all programs.

YWCA of Western Massachusetts Father's Outreach Program

120 Maple St.

Springfield, MA 01103

Phone: (413) 732-3121

Fax: (413) 747-0542

Email: jsmith@yorks.org

Web: www.ywworks.org

Provides case management and outreach services to fathers of children living in statewide network of teen living programs - can also serve limited number of fathers not associated with teen living program.

- NATIONAL -

All Men Are Sons

John Badalament, Ed. M

E-mail: john@allmenaresons.com

Web site: www.allmenaresons.com

Presents workshops and keynote addresses on father-child relationships to school faculties and students, parent groups, mental health professionals, non-profits, and colleges. A Harvard-trained human development specialist, Badalament also works with both genders to improve skills and capacities for healthy relationships. Badalament is the director of the PBS film, "All Men Are Sons."

Bexar County Adult Detention Center

Match/Patch Program

200 N. Comal

San Antonio, TX 78207

Phone: (210) 335-6330

Fax: (210) 335-6118

E-mail: matchpatch@bexar.org

Provides parents in jail with parenting and knowledge of life skills.

Participants earn a weekly contact visit with their children by attending classes throughout the week and maintaining good behavior in the facility.

Boot Camp for Dads

230 Commerce Suite 210

Irvine, CA 92602

Phone: (714) 838-9392 Ext. 108

Fax: (714) 838-9675

E-mail: debbie@newdads.com

Web site: www.newdads.com

Brings out the best in new dads and help them feel confident when their first baby arrives. Boot Camp for New Dads is a non-profit organization.

Center For Successful Fathering, Inc.

13740 Research Blvd G4

Austin, TX 78750

Phone: (512) 335-0761

Fax: (512) 336-5861

E-mail: info@fathering.org

Web site: www.fathering.org

Seeks to reconnect fathers with their children and with traditions of responsible fatherhood. Using its curriculum "Accepting the Challenges of

Fatherhood", the CSF has trained parent educators and has worked with thousands of dads, moms, children and professionals. CSF also released "Bonding Through Play", a video and curriculum set for use with fathers of children ages 0-5.

Center on Fathering

325 North El Paso St.
Colorado Springs, CO 80903
Phone: (719) 634-7797, 800-mydad34
Fax: (719) 634-7852
E-mail: ctrfthring@aol.com

Provides programs and services that strengthen, encourage and support fathers in the care and development of their children. The center provides ongoing weekly father support groups with discussions, current events, guest speakers. A resource library is also available.

Early Education Services Fatherhood Involvement

130 Birge St.
Brattleboro, VT 05301
Phone: (802) 254-3742
Fax: (802) 254-3750
Works with Early Headstart and Headstart families in Windham County, VT., providing males an opportunity to participate in programs that aid them in becoming well-rounded, educated, and experienced parents. It also serves the whole community with support and referral services.

Father Friendly Initiative National Fatherhood Initiative

101 Lake Forest Blvd Suite 360
Gaithersburg, MD 20877
Phone: (301) 948-0599
Fax: (301) 948-4325
E-mail: info@fatherhood.org
Web site: www.fatherhood.org
Works to confront the growing problem of father absence by increasing the number of children growing up with involved, committed, and responsible fathers.

Great Dads

PO Box 7537
Fairfax Station, VA 22039-7537
Phone: (703) 830-7500
Fax: (703) 968-2811
E-mail: grtdads@aol.com
Web site: www.greatdads.org
Provides seminars to dads on "The 6 Basics of Being a Great Dad" that are hosted by companies, churches, and other organizations across America.

Manchester Memorial Hospital Family Development Center

71 Haynes St.
Manchester, CT 06040
Phone: (860) 644-2065
Fax: (860) 644-2012
E-mail: kodell@rghosp.chime.org
Encourages parent-child interaction via social /recreational activities such as job training and "Dad and Me Fun Nights," as well as referrals to on-going support groups.

National Parenting Association

1841 Broadway, Room 808
New York, NY 10113
Phone: (212) 315-2333
Fax: (212) 315-2336
E-mail: info@parentsunite.org
Web site: www.parentsunite.org
Works to make parenting a higher priority in Americans' lives and on the public agenda through research, communications and non-partisan advocacy. Web site provides information and resources.

National Center for Fathering

10200 W. 75th St. Suite 267
Shawnee Mission, KS 66204
Phone: (913) 384-4661
Fax: (913) 384-4665
E-mail: ncf@fathers.com
Web site: www.fathers.com
Inspires and equips men to be better fathers, the center maintains one of the nation's largest archives of research on fathers and fathering. It offers a range of practical training programs for fathers in precarious situations. Additionally, instructors are trained through the center's train-the-trainer program.

National Practitioners Network For Fathers and Families, Inc.

1003 K St., NW Suite 565
Washington, DC 20001
Phone: (800) 346-7633

Fax: (202) 737-6683

E-mail: info@npnff.org

Web site: www.npnff.org

Strengthens supports to children in fragile families by enhancing the involvement of fathers and to foster communication, program development, education, and collaboration among service providers. NPNFF's goal is to build the profession of practitioners working to increase the responsible involvement of fathers in the lives of their children. Through publications, conferences, advocacy, training and technical assistance, collaboration with other fathers and families organizations, and the creation of networking opportunities for practitioners.

Rhode Island Children's Friend & Service

153 Summer St.
Providence, RI 02903
Phone: 401-276-4300
Fax: 401-331-3285
Email: nhebert@cfsri.org
Web: www.childrensfriendservice.org
Offers home visiting and drop-in services for parents. Services include: assistance with parenting and child development, counseling, ESL and family literacy, resource linkage and drop-in services, emergency assistance, and parent groups. There are specific

groups just for fathers. All services are in English and Spanish. Cities served are: Central Falls, Pawtucket, and Providence.

Visiting Nurse Alliance of Vermont and New Hampshire

Upper Valley Fatherhood Network
325 Mt. Support Rd.

Lebanon, NH 03766

Phone: (603) 443-5154

E-mail: richard.k.wesson@hitchcock.org

Offers individual and group services including 1) Fatherhood Discussion Group: An open, solutions-focused discussion group for fathers about enhanced parenting skills, healthy relationships, blended families, separation/divorce, and custody issues; and 2) Adventures in Fatherhood: Guided discussion group for expecting fathers.

INTERNET RESOURCES

www.aafc.org

American Coalition for Fathers and Children publishes studies and reports, membership information, legal resources and surveys for all fathers concerned with their rights.

www.newdads.com

Boot Camp for New Dads provides programs teaching men to be dads.

www.fathering.org

The Center for Successful Fathering promotes the benefits of involved fathers. Info available on seminars, research and other materials.

www.dadscan.org

Dads Can looks to build father involvement through fathering tools, chat rooms, an information network directory, and related links.

www.adopt.org

The Dave Thomas Foundation for Adoption features news, a photo listing, and information on the adoption quest.

www.fatherhoodproject.org

Families & Work Institute examines the future of fatherhood. Website offers insights into fatherhood and links to other support services.

www.famres.org

The Family Resource Coalition of America and the National Center on Child Abuse and Neglect team up to provide resource info, education, technical assistance, and a virtual resource center.

www.parentsplace.com

The Fathers Page offers resources, essays, books, excerpts, and articles. Also provides links to other organizations. The Fathers Forum provides programs for new and expectant fathers.

www.domani.net/richard/gaydads.html

Gay Dads is a guide for gay fathers and their family, including books, support groups, personal accounts and related links.

www.greatdads.org

Great Dads provides seminars to dads on "The Six Basics of Being a Great Dad" that are hosted by companies, churches, and other organizations across the United States.

www.maddadsnational.com

MAD DADS is Men Against Destruction- Defending Against Drugs and Social-Disorder. Site has info on the organization, state chapters, and their program providing positive adult male role models on urban streets.

www.meld.org

MELD for Young Dads is a parenting information and support program which offers long-term group based services to fathers.

www.ctfalliance.org

National Alliance of Children's Trust and Prevention Funds provides links to state Children's Trust Funds.

www.fathers.com

National Center for Fathering offers practical tips for dads, humor, and info on services.

www.ncoff.gse.upenn.edu

The National Center on Fathers and Families (NCOFF) is dedicated to research and practice that expands the knowledge base on father involvement and family development. Website offers a search engine on fathering literature.

www.nlffi.org

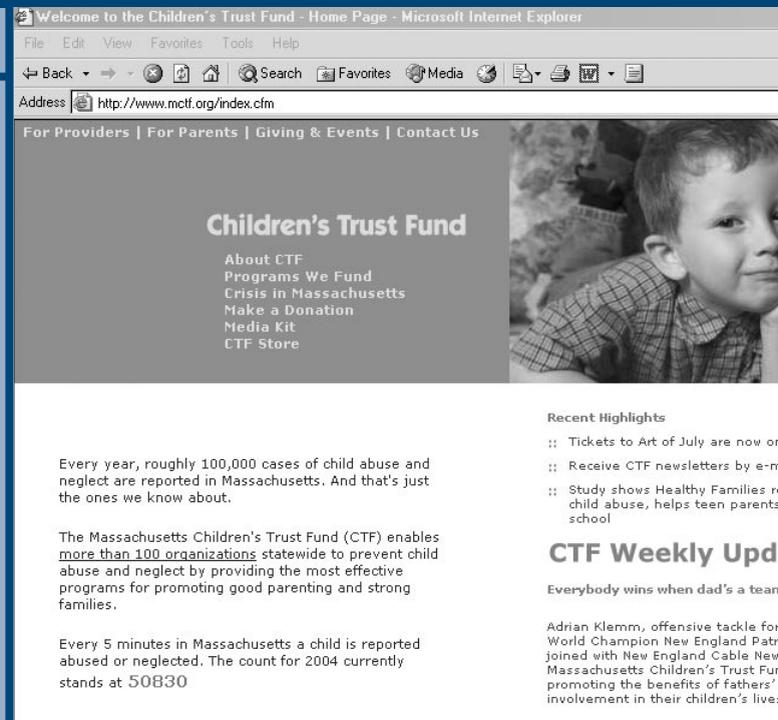
National Latino Fatherhood and Family Institute works to promote the involvement of Latino men in the lives of their children.

DOWNLOAD THE FATHERHOOD KIT

Help yourself!

The Fatherhood Kit is available on our website in PDF format .

Print out as many copies as you like!



visit us online

@ www.mctf.org

www.fatherhood.org

National Fatherhood Initiative is a non-profit organization that promotes responsible fatherhood through resources for dads, such as Dad's Columns, fatherly advice, tips, and links.

www.fathersnetwork.org

National Fathers' Network provides support and resources for fathers and families of children with special needs. Includes articles by men, disability links, and a providers' section.

www.parentsunite.org

National Parenting Association is spearheading a parents' movement to give mothers and fathers a greater voice in the public arena.

www.npnff.org

National Practitioners Network For Fathers and Families' mission is to strengthen supports to children in fragile families by enhancing the involvement of fathers and to foster communication, program development, education, and collaboration among service providers.

www.scfn.org

Single & Custodial Father's Network, Inc. is an international nonprofit network that provides support through research, publications, and interactive communications.

www.cffpp.org

The Center on Fathers, Families, and Public Policy (CFFPP) is a nationally-focused public policy organization conducting policy research, technical assistance, training, litigation and public education in order to focus attention on the barriers faced by never-married, low-income fathers and their families.

www.brandnewdad.com

Brand New Dad is an online community, resource center and search engine for new and expectant Fathers.

www.fathersunited.com

United Fathers of America is a nonprofit organization dedicated to educating divorced or custodial fathers about their rights. Offers court assistance, legal advice, and related links.

www.responsiblefatherhood.com

The Institute for Responsible Fatherhood & Family Revitalization is dedicated to promoting fathers to become involved in the lives of their children in a loving, compassionate, and nurturing way.

INTERNET RESOURCES

www.nlffi.org

National Latino Fatherhood and Family Institute highlights programs for serving Latino fathers and families. "Each issue of this quarterly newsletter will focus on issues affecting Latino and other communities, and hopefully, will offer ideas and approaches that will make a difference in your community." It contains updated info on male responsibility, mentoring, fatherhood and more.

www.fathersresourcecenter.org/articles.htm

Fathers Resource Center provides info, education and support focused on positive parenting. Includes info on studies about fathers' positive impact on daughters, custody/visitation issues, the importance of fathers and more.

<http://fatherwork.byu.edu>

Father Work provides stories, ideas, and activities to encourage generative fathering. Over 300 pages of info, including stories, metaphors for fathering in many contexts and hundreds of activities that fathers can do with children of various ages. Also includes a fathering survey.

www.dadsanddaughters.org

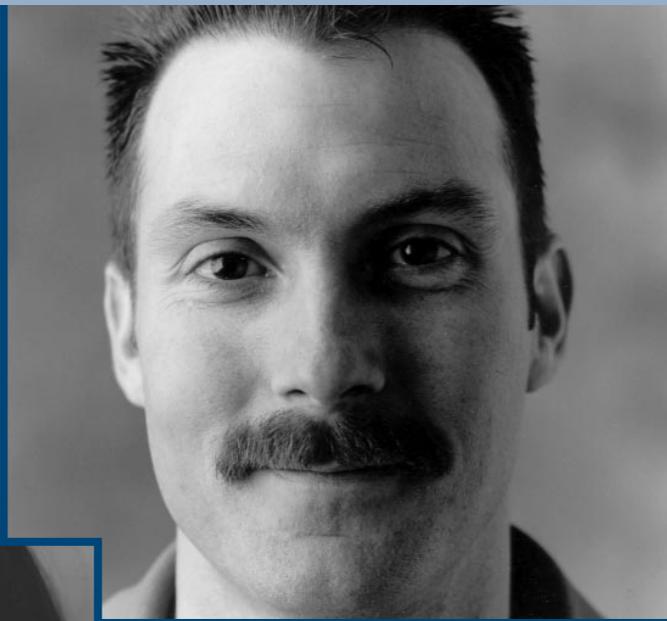
Dads and Daughters is the web site for the national nonprofit membership organization of fathers and daughters. Includes many feature articles, email updates, research and ideas, FAQs and more. Their mission is to strengthen the father-daughter relationship.

<http://fatherhood.hhs.gov/index.shtml>

This website by the Department of Health and Human Services features research articles and various other material to support and strengthen the role of fathers in families.

www.igc.org/fatherhood

The Fatherhood Project® (part of the Families and Work Institute) is a national research and education project that is examining the future of fatherhood and developing ways to support men's involvement in child rearing. Its books, films, consultation, seminars, and training all present practical strategies to support fathers and mothers in their parenting roles.



ACTIVITIES IDEAS &

① Respect your child's mother

If you are married, keep your marriage strong and vital. If you aren't married, it is still important to respect and support the mother of your children.

② Spend time with your children

How a father spends his time tells his children what's important to him. Kids grow up so quickly ... missed opportunities are lost forever.

③ Earn the right to be heard

Too often a father only speaks to his children when they have done something wrong. Begin talking with your kids when they are young, praise them often and take time to listen to their ideas and problems.

④ Discipline with love

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for good behavior.

⑤ Read to your children

Begin reading to your children when they are very young. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

⑥ Show affection

Children need the security that comes from knowing they are wanted and loved by their family. Parents, especially fathers, need to feel comfortable and willing to hug their children. Showing affection every day is the best way to let your children know that you love them.

7 Eat together as a family

Sharing a meal together can be an important part of family life. It gives kids the chance to talk about what they are doing and is a good time for fathers to listen and give advice.

8 Be a teacher and role model

A father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. As a role model, fathers can show their children what is important in life by demonstrating honesty, humility, and responsibility. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect.

9 Realize that a father's job is never done

Even after children are grown and leave the home, they will still look to their fathers for wisdom and advice. Fathers continue to play an essential part in the lives of their children as they make decisions about schooling, jobs, marriage, and starting their own families.

10 Join a fathers group

Take your responsibilities as a dad seriously and equip yourself with the tools to do the job right. By meeting with other fathers you gain guidance and connection with men who share the same experiences as you.

Adapted from the National Fatherhood Initiative.

BOOKS TO SHARE WITH YOUR CHILDREN

Dads are great storytellers and storytime can be anytime you and your child are together.

Take a break before dinner time, lazy afternoon time, bedtime ... anytime is right for sharing a story or reading a book.

Visit your local public library to choose one of the books on this list or ask the librarian to help you find something else just right for your family.

The Summer My Father was Ten. Brisson, Pat. (1998) A father tells his daughter the story of how he damaged a neighbor's tomato garden when he was a boy, and what he did to make amends to old Mr. Bellavista.

If I were Your Father. Park-Bridges, Margaret. (1999) Warm and humorous conversation between a boy and father. The boy offers his fantastic wisdom of what a father might do.

Born in the Gravy. Cazet, Denys. (1993) A young Chicana tells her father all the things she did on her first day of Kindergarten.

Room for a Stepdaddy. Cook, Jean Thor. (1995) Joey has trouble accepting his new stepfather but the constant love of his father, mother, and stepfather finally convince him that there is love enough for everyone.

Night Driving. Coy, John. (1996) As father and son drive into the night, they watch the sunset, talk about base-

ball, sing cowboy songs, and even change a flat tire before pitching camp at daybreak.

The Father Who Had 10 Children. Guettier, Benedicte. (2001) Loving story of a dad caring for his 10 children and, even when he takes time for himself he still misses his children, shortens his trip and hurries back.

Papa Tells Chita a Story. Howard, Elizabeth Fitzgerald. (1995) An African American girl shares time with her father as he tells her about when he was a soldier in Cuba during the Spanish American War.

Me, Dad and Number 6. Jennings, Dana Andrew. (1997) A father, his friends, and his six-year-old son rebuild an old car together and drive it in races.

Your Dad was Just Like You. Johnson, Dolores. (1993) While visiting his grandfather, an African American boy hears a story about his father's childhood that helps him understand his father.

Guess How Much I Love You. McBratney, Sam. (1994) Baby Nutbrown hare wants to show his Daddy how much he loves him - but love as big as this is very hard to measure.

Daddy Will You Miss Me? McCormick, Wendy. (1999) When a daddy must leave on a trip, a father and son help ease the pain of separation by creating rituals for each passing



'Perhaps the greatest social service that can be rendered by anybody to the country and to mankind is to bring up a family.'

George Bernard Shaw

day. These simple activities help them remain close in their hearts while they are apart.

Just Me and My Dad. Meyer, Mercer. (1977) Lil' Critters camping trip with his Dad shows his attempts to be bigger than his Dad.

My Daddy. Paradis, Susan. (1998) The bond between a boy and his father is profound. Exploring it from the point of view of a child, the wealth of feelings evoked by everyday events is depicted in simple words, and deeply moving pictures.

The Car Washing Street. Patrick, Denise. (1993) Even though his parents do not own a car, Matthew looks forward to Saturday mornings to see the people on his street wash their cars.

I Love My Daddy Because... Porter-Gaylord, Laurel. (1991) Clever text borrows simple phrases from a child's experience with her Daddy to show that animal daddies take care of their young, too.

Kevin and His Dad. Smalls, Irene. (1999) A young boy spends a whole day with his Dad. This lovely picture book celebrates the excitement, pride, love and pleasure a boy can experience with a father who includes him in both work and play.

Daddies are for Catching Fireflies. Ziefert, Harriet. (1999) Inexpensive, flip-flap book with delightful ways of daddies.

Parenting and child development

The Father's Guide: Raising a Healthy Child. Barkin, R. (1998). Golden, CO: Fulcrum.

The Seven Secrets of Effective Fathers. Canfield, K. (1992). Wheaton, IL: Tyndale.

Finding the Time for Fathering. Gurian, M. and Golant, S. (1992). New York: Fawcett.

The Wonder of Boys. Gurian, M. (1996). New York: Putnam.

The Role of the Father in Child Development. Lamb, M. E. (1996). 3rd edition. New York: John Wiley and Sons.

Between Father and Child. Levant, R. and Kelly, J. (1991). New York: Penguin.

Fathers and Toddlers. (1994) and *Fathers and Babies.* (1993) Marzollo, Jean. New York: HarperCollins

Fathers of Children with Special Needs. May, J. (1991). New Horizons. Bethesda, MD: Association for the Care of Children's Health.

Community building

Creating a Father Friendly Neighborhood. (1995) Lancaster, PA: National Fatherhood Initiative.

Getting Men Involved: Strategies for Early Childhood Programs. Levine, J.A.

Murphy, T., and Wilson S. (1993). New York: Scholastic, Inc., Early Childhood Division. Available from Families and Work Institute: (212) 465-2044.

Working Fathers: New Strategies for Balancing Work and Family. Levine, James A. and Todd Pittinsky (1998). San Diego, CA: Harcourt.

New Expectations: Community Strategies for Responsible Fatherhood. Available from Families and Work Institute: (212) 465-2044.

Teenage Fathers. Robinson, Bryan (1990). Massachusetts: D.C. Heath, Lexington Books.

Working With Fathers. The Minnesota Fathering Alliance. Stillwater, MN: Nu Ink Unlimited.

Social and cultural issues

Boyhood - Growing up Male: A Multicultural Anthology. Abbot, F. (1993). Freedom, CA: The Crossing Press.

Fatherhood and Families in Cultural Context. Bozett, F. and Hanson, S. (Eds) (1998). New York: Springer.

Fatherhood Today: Men's Changing Role in the Family. Brownstein, P. and Cowan, C.P. (Eds). (1998). New York: John Wiley and Sons.

Father-Child Relations: Cultural and Biosocial Contexts. Hewlett, B.S. (Ed.) (1992). New York: Adline de Gruyter.

Black Fatherhood: The Guide to Male Parenting. Hutchinson, E.O. (1995). Los Angeles, CA: Middle Passage Press.

Nurturing Young Black Males: Challenges to Agencies, Programs and Social Policy. Mincy, R.B. (1994). Washington, D.C.: Urban Institute Press.

General reading

The Father Factor. Biller, H.B. and Trotter, R.J. (1994). New York: Simon and Schuster.

The Prodigal Father: Reuniting Fathers and their Children. Bryan, M.A. (1998). New York: Clarkson Potter.

The Dad Zone: Report from the Tender, Bewildering and Hilarious World of Fatherhood. Burkett, M. (1993). New York: Simon and Schuster.

Fatherhood. Cosby, W. (1986). New York: Dolphin.

The Gift of Fatherhood: How Men's Lives are Transformed by their Children. Hass, A. (1994). New York: Simon and Schuster.

Father's Rights. Leving, J.M. (1997). New York: Basic Books.

Fatherlove: What We Seek; What We Must Create. Louv, R. (1993). New York: Pocket.

Father's Day. McCoy, W. (1995) New York: Times Books.

Out of the Shadows: Birthfathers' Stories. Mason, M. (1995). Edina, MN: O.J. Howard Publishing.

Boys will be Boys: Breaking the Link Between Masculinity and Violence. Miedzian, M. (1991). New York: Doubleday.

Passions of Fatherhood. Osherson, S. (1995). New York: Fawcett.

The Nurturing Father. Pruett, K. (1987). New York: Warner Books.

The Measure of a Man: Becoming the Father You Wish Your Father Had Been. Sapiro, J.L. (1993). New York: Delacorte Press.

Adapted from a listing compiled by The Children, Youth and Family Consortium.

ACTIVITIES TO DO WITH YOUR CHILDREN

For infants and toddlers

- Babies love to be held close to their father's chest. Holding and rocking your baby helps your baby feel secure.
- Sing favorite songs to your baby.
- As your baby grows, talk to your baby and repeat the sounds that your baby makes. This helps them learn language skills more quickly.
- Babies like to look at faces. Try nodding your head, talking quietly, and smiling. Make a homemade book of faces cut from magazines.
- Say "I love you" often. Talk with your children about people, colors, food, animals, and feelings. Babies like to hear you talk and learn language by listening to your voice.
- Babies love to watch you and copy what you do. Get down on the floor and do some exercises. Make sure they are movements that your baby can copy, such as lifting head and arms off the floor.
- Take your baby outside for walks. Talk about what you see in your neighborhood.
- This age is when humans experience the fastest rate of brain development. Language is an important part of this growth. Read to your child. It may seem that very young children do not understand what you are saying,

But, the more language that babies hear, the more their brains grow and develop.

Adapted from Positive Parenting: Tips on Fathering, the Wisconsin Children's Trust Fund

Two to three year olds

- Provide a safe place for your child to run and play. Take your child outside to play in the yard or the park.
- Read to your child every day. Do not worry if they're not following along with every word. At this point, it's still your voice, not the text, that interests them. Picture books are perfect.
- Play ball with your child. Children of this age can begin to run and kick a ball. They can throw balls with a fair amount of accuracy and can catch, too.
- All children will have potty accidents. Help them get cleaned up. Praise them for trying their best. Assure them that accidents happen, but soon they can stay dry almost all the time. Toilet training is a very difficult development task to master. Never punish a child for an accident.
- Say "I love you" often. Do not end sentences with "okay?". For example, "Time for bed, okay?" This conditional language can confuse children, be direct. "Time for bed."
- Answer your child's questions in

short, simple sentences. Try to be patient with a child who asks "why" over and over again.

- Try not to respond to "potty" words and swear words. Quietly explain that you do not like to hear such language. The truth is you'll probably hear it again before the child grows out of this stage.
- Because they have vivid imaginations, many children develop fears at this age. Tuck your child in bed at a regular time each night. Give your child a night light, a special blanket, and a stuffed animal if the child is feeling insecure at bedtime. Do not minimize these fears - they are real. Send your child to sleep knowing they are safe and loved. Promise to check on them often.

Four years and older

- During meals, ask everyone to share a thought from that day.
- Go for walks together.
- Get to know your children's friends and their families.
- Volunteer in your children's school or classroom. Meet her teacher. Chaperone a field trip.
- Watch your children as they play; observe their creativity and join in the fun.
- Introduce your children to other cultures by inviting ethnic and international friends to your home.
- Kids love to copy you. Include your children in an activity that they would like to learn.
- Put an encouraging note in the text book of your children's most difficult subject.
- Go to the library and give your children time to browse and check out books. Most libraries offer family passes to area museums. Plan a family visit.
- Share a funny or important story about your childhood.
- Discuss some goals for the school year - theirs and yours. Ask about ways your children would like to achieve these goals.
- Listen to your children's favorite music. Ask what they like about it. Introduce them to music you enjoy.
- Encourage your children to join various clubs and organizations.
- Read with your children. Even when they can read on their own, they still enjoy sharing a book with dad.
- Ask your children what they want to be as an adult. Visit such a work place.
- Discuss an area in which you and your child disagree - and listen!

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TIPS FOR NON-MARRIED PARENTS

Children need to feel loved by both parents and know that they do not have to choose one parent over the other.

Keep a flexible routine and leave time for spontaneity. Help your children feel that they have two homes, mom's and dad's, where they feel free to come and go. Live as close to each other as possible.

Share time with your children. Schedule visits, excursions and trips. Have lunch or dinner together frequently. Talk over the phone and create a schedule for telephone calls.

Help to prepare your children for visits. Be positive about the experience.

Talk directly to the mother of your children and keep the discussion focused on your children. Children should not serve as the line of communication between the two of you.

Take the anger out of your communications. Do not use your children as a way to get back at each other or validate your anger with each other.

Get help dealing with the inevitable anger from a broken relationship. You may wish to join a support group or talk to a counselor. Learn to communicate in a less reactive way.

Share information. Have a calendar with all the family engagements written on it and let the other parent know

of any changed plans.

Set up a system for monthly phone calls or meetings with your child's mother to discuss performance in school, health, activities, schedules and other issues.

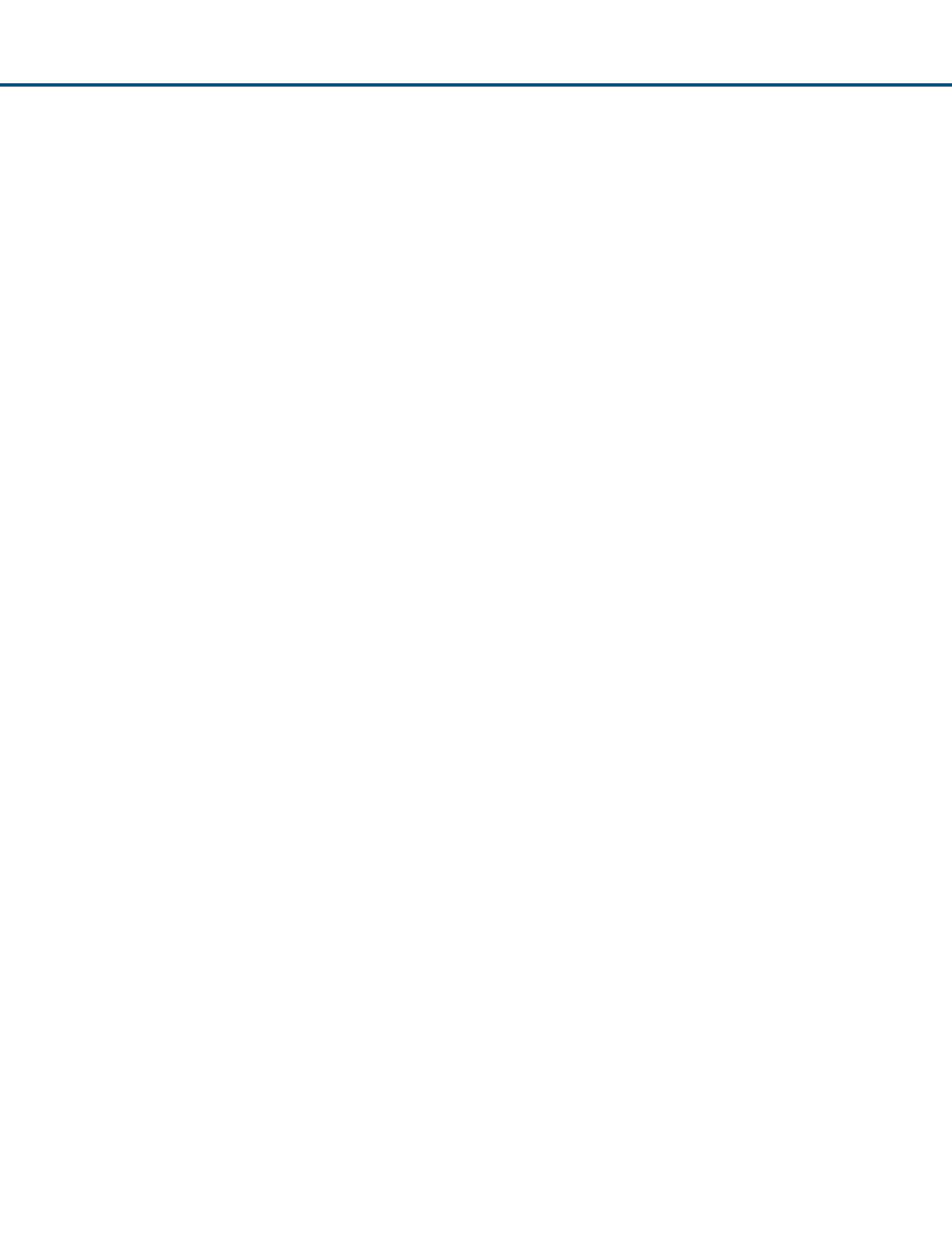
Never talk badly about the other parent in front of your children.

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How well do you know your child?

- Who is your child's all time hero?
- What are your child's most prized possessions?
- Who is your child's closest friend?
- What causes your child the greatest stress?
- What is your child's most prized accomplishment?
- What was your child's biggest discouragement this past year?
- What is your child's favorite food?
- What would your child like to be when he or she grows up?
- What does your child like to do in his or her spare time?
- What is something that really upsets your child?
- What does your child like to do with you?
- What is the most important thing you need to discuss with your child in the next six months?

Adapted from the National Center on Fathering.



Children's Trust Fund



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