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OPTIONAL INTRODUCTORY SESSION

- #1 Welcome and Warm-Up
- #2 My Hopes for the Program
- #3 The Impact on the Relationship with my Children
- #4 Ground Rules
- #5 What Motivates Me to Attend

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- SESSION 1: Family History**
- 1.1 Welcome and Warm-Up
 - 1.2 What it Means to be a Man and My Role
 - 1.3 Roles of Dad and Mom
 - 1.4 The 24:7 Dad®
 - 1.5 Closing, Comments, and Evaluation
- SESSION 2: What It Means to Be a Man**
- 2.1 Welcome and Warm-Up
 - 2.2 Today's Man
 - 2.3 Body Image
 - 2.4 My 24:7 Dad® Checklist Items
 - 2.5 Closing, Comments, and Evaluation
- SESSION 3: Showing and Handling Feelings**
- 3.1 Welcome and Warm-Up
 - 3.2 Holding Feelings Inside
 - 3.3 Grief and Loss
 - 3.4 My 24:7 Dad® Checklist Items
 - 3.5 Closing, Comments, and Evaluation
- SESSION 4: Men's Health**
- 4.1 Welcome and Warm-Up
 - 4.2 Stress and Anger
 - 4.3 Physical Health
 - 4.4 My 24:7 Dad® Checklist Items
 - 4.5 Closing, Comments, and Evaluation
- Session 5: Communication**
- 5.1 Welcome and Warm-Up
 - 5.2 Ways to Communicate
 - 5.3 Talking with Children
 - 5.4 My 24:7 Dad® Checklist Items
 - 5.5 Closing, Comments, and Evaluation
- Session 6: The Father's Role**
- 6.1 Welcome and Warm-Up
 - 6.2 The Ideal Father
 - 6.3 What Kind of Father and Partner Am I?
 - 6.4 Benefits of Marriage
 - 6.5 My 24:7 Dad® Checklist Items
 - 6.6 Closing, Comments, and Evaluation
- SESSION 7: Disciplining Children**
- 7.1 Welcome and Warm-Up
 - 7.2 Morals and Values
 - 7.3 Rewards and Punishment
 - 7.4 My 24:7 Dad® Checklist Items
 - 7.5 Closing, Comments, and Evaluation
- SESSION 8: Children's Growth**
- 8.1 Welcome and Warm-Up
 - 8.2 Goals and Self-Worth
 - 8.3 Nature or Nurture?
 - 8.4 My 24:7 Dad® Checklist Items
 - 8.5 Closing, Comments, and Evaluation
- SESSION 9: Getting Involved**
- 9.1 Welcome and Warm-Up
 - 9.2 Ways to be Involved
 - 9.3 Helping My Child Do Well in School
 - 9.4 My 24:7 Dad® Checklist Items
 - 9.5 Closing, Comments, and Evaluation
- SESSION 10: Working with Mom and Co-Parenting**
- 10.1 Welcome and Warm-Up
 - 10.2 Parenting Differences
 - 10.3 Walking a Mile in Her Shoes
 - 10.4 I'm Okay, She's Okay
 - 10.5 My 24:7 Dad® Checklist Items
 - 10.6 Closing, Comments, and Evaluation
- SESSION 11: Dads and Work**
- 11.1 Welcome and Warm-Up
 - 11.2 Work and Family
 - 11.3 Balancing Work and Family
 - 11.4 My 24:7 Dad® Checklist Items
 - 11.5 Closing, Comments, and Evaluation
- SESSION 12: My 24:7 Dad® Checklist**
- 12.1 Welcome and Warm-Up
 - 12.2 Skills I Learned
 - 12.3 Assessing My Fathering Skills (OPTIONAL)
 - 12.4 My 24:7 Dad® Checklist
 - 12.5 Celebrate (OPTIONAL)

- SESSION 1: Fathering and the 24:7 Dad**
- 1.1 Welcome and Warm-Up
 - 1.2 My Story
 - 1.3 My Fathering Skills
 - 1.4 The 24:7 Dad®
 - 1.5 Closing, Comments, and Evaluation
- SESSION 2: Boyhood to Manhood**
- 2.1 Welcome and Warm-Up
 - 2.2 Differences Between the Male and Female Brain
 - 2.3 Learning to be a Man and Dad
 - 2.4 My 24:7 Dad® Checklist Items
 - 2.5 Closing, Comments, and Evaluation
- SESSION 3: Dealing with Anger**
- 3.1 Welcome and Warm-Up
 - 3.2 This is Anger
 - 3.3 Showing and Dealing with Anger
 - 3.4 My 24:7 Dad® Checklist Items
 - 3.5 Closing, Comments, and Evaluation
- SESSION 4: Knowing Myself**
- 4.1 Welcome and Warm-Up
 - 4.2 Building Self-Worth
 - 4.3 Self-Worth Survey
 - 4.4 My 24:7 Dad® Checklist Items
 - 4.5 Closing, Comments, and Evaluation
- SESSION 5: Family Ties**
- 5.1 Welcome and Warm-Up
 - 5.2 Building Closeness
 - 5.3 A Plan for Family Ties
 - 5.4 Closing, Comments, and Evaluation
- SESSION 6: Sex, Love and Relationships**
- 6.1 Welcome and Warm-Up
 - 6.2 Sexual Self-Worth
 - 6.3 A Healthy Relationship
 - 6.4 My 24:7 Dad® Checklist Items
 - 6.5 Closing, Comments, and Evaluation
- SESSION 7: Power and Control**
- 7.1 Welcome and Warm-Up
 - 7.2 The Difference Between Power and Control
 - 7.3 Positive Power and Control
 - 7.4 Power Struggles
 - 7.5 My 24:7 Dad® Checklist Items
 - 7.6 Closing, Comments, and Evaluation
- SESSION 8: Competition and Fathering**
- 8.1 Welcome and Warm-Up
 - 8.2 Competitive and Non-Competitive Fathering
 - 8.3 Living Through My Children
 - 8.4 My 24:7 Dad® Checklist Items
 - 8.5 Closing, Comments, and Evaluation
- SESSION 9: Improving My Communication Skills**
- 9.1 Welcome and Warm-Up
 - 9.2 Criticism vs. Confrontation
 - 9.3 Negotiation
 - 9.4 Identifying and Solving Problems
 - 9.5 My 24:7 Dad® Checklist Items
 - 9.6 Closing, Comments, and Evaluation
- SESSION 10: Fun with the Kids**
- 10.1 Welcome and Warm-Up
 - 10.2 Fathering and Fun
 - 10.3 A Plan for Fun
 - 10.4 My 24:7 Dad® Checklist Items
 - 10.5 Closing, Comments, and Evaluation
- SESSION 11: Stress, Alcohol, and Work**
- 11.1 Welcome and Warm-Up
 - 11.2 Drinking and Stress
 - 11.3 Work and Stress
 - 11.4 My 24:7 Dad® Checklist Items
 - 11.5 Closing, Comments, and Evaluation
- SESSION 12: My 24:7 Dad® Checklist**
- 12.1 Welcome and Warm-Up
 - 12.2 Skills I Learned
 - 12.3 Assessing My Fathering Skills (OPTIONAL)
 - 12.4 My 24:7 Dad® Checklist Items
 - 12.5 Celebrate (OPTIONAL)

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APPENDIX
Ages and Stages

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