

WAYS TO BE A BETTER DAD

- Respect your children's mother.
- Spend time with your children.
- Listen first, talk second.
- Discipline with love.
- Be a role model.



Be the Dad you want
your children to have!



24/7 Dad Interactive



A National Fatherhood Initiative program

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24/7 Dad Interactive

Overview

Now dad can improve his fathering skills in his own time with 24/7 Dad™ Interactive! This CD-ROM is a fun, self-paced program that guides dads on a personal journey to help them develop a customized fathering strategy based on their own self-assessment and the ages/stages of their children. This engaging program will give dads the tools they need to connect with their kids!



PROGRAM DETAILS

There are 12-twenty minute sessions to complete the program and includes the following topics:

- Understanding Yourself
- Masculinity
- Your Role Models/Family of Origin
- Discipline
- Child development/Ages and Stages (personalized for his kids' ages!)
- Relationships/Communication
- Handling and Expressing Emotions
- Physical and Mental Health
- Fathering and Culture
- Spirituality

Certificates are provided at completion of the program.

Who is eligible? Fathers and expecting fathers are eligible to participate.

How do you sign up? Come in and register as a client and sign up for the program.

Orientation—Attend orientation prior to starting the sessions. Orientation is every Wednesday at 5:00 p.m.

Can I do more than one session at a time? After orientation, sessions can be scheduled by calling EPS - Bellevue. You can do a maximum of two sessions at a time.