

# **Caring Dads: Helping Fathers Value their Children**

## **PROGRAM WORKBOOK**





# Session 2 Homework

## Three Hopes I Have for My Children

Three hopes I have to improve my relationship with my child or children are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

One goal I have for my relationship with my child or children is:  
(This goal will be discussed in group).

1. \_\_\_\_\_

# Session 3

## Feelings Sheet

### Affection

|               |                  |
|---------------|------------------|
| Loved         | Wanted           |
| Liked         | Friendly towards |
| Adored        | Warm             |
| Appreciated   | Empathetic       |
| Concerned for | Enchanted        |
| Cared for     | Tenderness for   |

### Dislike

|              |             |
|--------------|-------------|
| Animosity    | Indifferent |
| Wish to shun | Cold toward |
| Repelled by  | Withdrawn   |
| Detest       | Despise     |

### Hopeful

|            |             |
|------------|-------------|
| Anticipate | Expecting   |
| Confident  | Aspiring    |
| Faith in   | Trustful of |
| Keen       |             |

### Despairing

|             |           |
|-------------|-----------|
| Hopeless    | Desperate |
| Trapped     | Insecure  |
| Discouraged | Defeated  |
| Dominated   |           |

### Happy

|             |           |
|-------------|-----------|
| Joyful      | Satisfied |
| Calm        | Delighted |
| Pleased     | Surprised |
| Contented   | Fulfilled |
| Proud       | Serene    |
| Comfortable | Happy     |
| Supported   | Completed |
| Elated      | Grateful  |
| Alive       | Peaceful  |

### Unhappy

|             |              |
|-------------|--------------|
| Ashamed     | Grieved      |
| Sad         | Lonely       |
| Embarrassed | Guilty       |
| Depressed   | Put-down     |
| Cheated     | Remorseful   |
| Rejected    | Sinful       |
| Hurt        | Humiliated   |
| Sorry       | Sorrowful    |
| Upset       | Dissatisfied |

### Courageous

|         |            |
|---------|------------|
| Risky   | Daring     |
| Brave   | Confident  |
| Bold    | Enduring   |
| Gusty   | Determined |
| Valiant |            |

### Fearful or Nervous

|           |              |
|-----------|--------------|
| Afraid    | Cowardly     |
| Cautious  | Scared       |
| Up-tight  | Startled     |
| Terrified | Distrustful  |
| Trapped   | Nervous      |
| Anxious   | Apprehensive |
| Edgy      | Tense        |
|           | Worried      |

### Proud or Capable

|             |             |
|-------------|-------------|
| Admired     | Worthy      |
| Awed        | Respected   |
| Important   | Esteemed    |
| Approved of | Independent |
| Strong      | Confident   |
| Secure      | Smart       |

### Mad

|              |              |
|--------------|--------------|
| Angry        | Infuriated   |
| Bored        | Provoked     |
| Indignant    | Disdainful   |
| Hurt         | Contemptuous |
| Furious      | Annoyed      |
| Antagonistic |              |

### Excited

|              |            |
|--------------|------------|
| Vibrant      | Eager      |
| Zealous      | Optimistic |
| Enthusiastic | Interested |

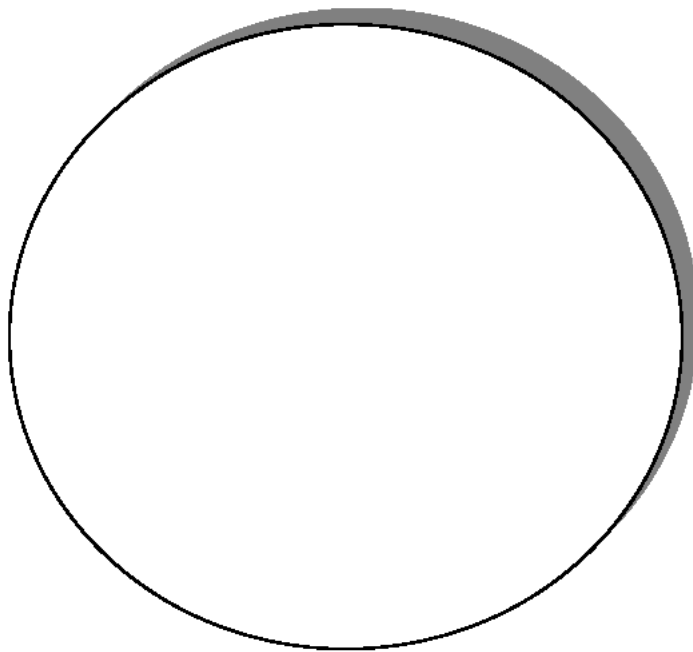
### Confused

|          |
|----------|
| Puzzled  |
| Mixed up |
| Dismayed |

# Session 3: Fathering Circles Past

## What My Father Felt Like

This circle represents your feelings as a child. We would like you to think about what it felt like to be parented by your father and all of the feelings you had for your father. Label them on the circle. Remember, the size of the section you label should represent the size of the feeling. For example, if fear was your biggest feeling, then it should have the biggest section. Again, feel free to use words that are not on the sheet.



As a child I felt \_\_\_\_\_ towards my father.

Admiration  
Blame  
Guilt  
Caring  
Disgust

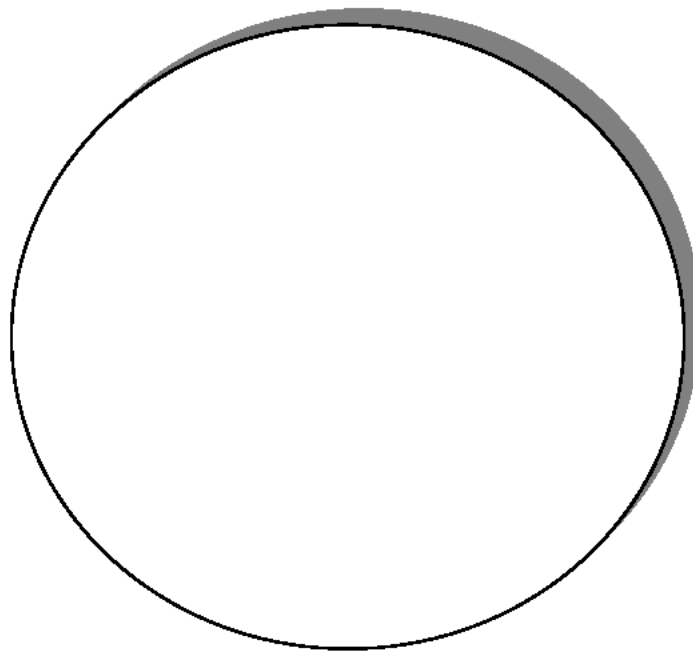
Fear  
Happiness  
Hate  
Contentment  
Love

Pride  
Respect  
Shame  
Trust  
Sadness

# Session 3: Fathering Circles Present

## How I Think My Child Feels

With this sheet you are again identifying feelings from a child's perspective. This time, instead of identifying your feelings toward your own father when you were a child, you are to complete the circle first with how you think your child feels about you.



I think that my child feels \_\_\_\_\_ towards me.

Admiration  
Blame  
Guilt  
Caring  
Disgust

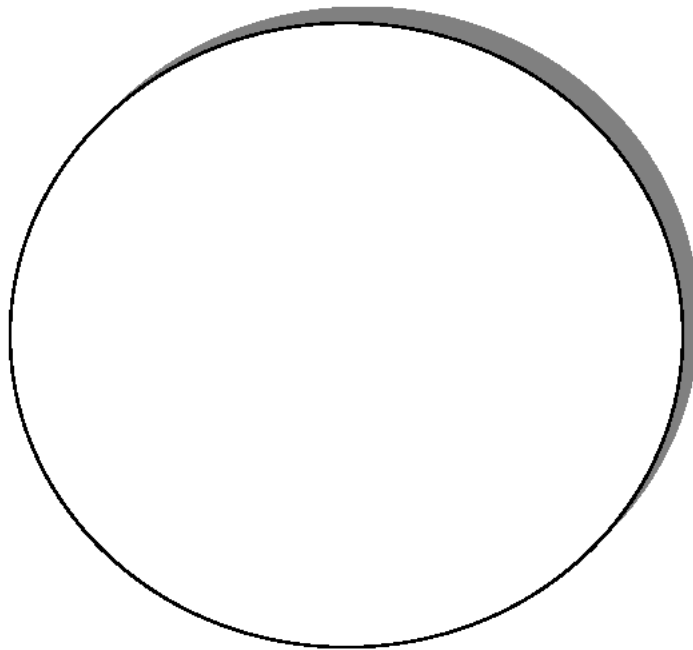
Fear  
Happiness  
Hate  
Contentment  
Love

Pride  
Respect  
Shame  
Trust  
Sadness

## Session 3: Fathering Circles Ideal

### How I Would Like My Child to Feel About Me

The circle below represents the way you would like your child to feel towards you. At the bottom of page is a list of feelings a child may have towards his or her father. Your job is to divide up the circle below and label it to represent the way you would like your child to feel about you. For example, if you would like your child to feel a bit of admiration for you, you could fill in a bit of the circle with admiration.



I would like my child to feel \_\_\_\_\_ towards me.

Admiration  
Blame  
Guilt  
Caring  
Disgust

Fear  
Happiness  
Hate  
Contentment  
Love

Pride  
Respect  
Shame  
Trust  
Sadness

# Session 3 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 4

## Nurturing Wheel



Developed by the Domestic Abuse Intervention Project, 202 East Superior St., Duluth, MN 55802

# Session 4

## Parenting Continuum



Denigrates, insults child

Expresses conditional love and ambivalent feelings towards child

Emotionally or physically rejects child's attention

Uses cruel & harsh control methods

Shows no sensitivity to child's needs

Intentionally seeks out ways to frighten, threaten or provoke child

Responds unpredictably with emotional discharge through coercion, threats, or bribes

Is sexually or physically coercive or intrusive

Provides a variety of sensory stimulation & positive emotional expression

Engages in highly competent, child-centered interactions

Communicates to child about normal sexuality & healthy relationships

Makes rules for safety and health

Occasionally scolds, criticizes, interrupts child activity

# Session 4

## When Praise is Not Really Praise at All

Sometimes we think that we are praising our child when we are not really praising him or her at all.

In **real praise**, the purpose of the "praiser" is to let the child know how pleased they are with the child, and how valued and special the child is. That's all!

In **unresponsive forms of praise** the child does not feel valued. The message to the child is that whatever he or she did or is not good enough.

Watch out for the following forms of "non-praise" or "unresponsive praise."

### ***Praise is unresponsive when:***

- it's not honest
- you only praise in comparison to others
- it's not consistent with the situation in nature or extent
- it's especially selective (e.g. praise only for sports or school)
- there's a "but" added on (e.g. that was great, but ....)
- you add "next time you should..."
- you add "you could do even better if..."
- praise is qualified (e.g. "for you, that was pretty good", or "for a \_\_\_\_, that was pretty good.")
- praise is "taken back" right afterwards "(e.g. "that's really good. When I was your age, I could do even better.")"

# Session 4 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 5

## How Well Do I Know My Child? - Quiz

### **PRESCHOOL AGE (If your child is not yet in school)**

1. Provide a description of your child's physical characteristics (e.g., eye colour, hair colour, approximate height).

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2. What are your child's favourite toys?

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3. What is your child most interested in learning about?

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4. What activity can your child do for a long time without getting bored?

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5. What does your child most like to do with you? With his/her mother?

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6. What is the best way to know if your child is upset?

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7. What is most likely to make your child upset?

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8. What is your child's biggest fear?

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9. What is most likely to make your child happy?

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## SCHOOL AGE

1. Provide a description of your child's physical characteristics (e.g., eye colour, hair colour, approximate height).

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2. What are your child's favourite toys and games?

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3. What does your child want to be when he/she grows up?

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4. If it was your child's birthday tomorrow, what would he/she want?

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5. What does your child most like to do with you? With his/her mother? With friends?

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6. What is the best way to know if your child is upset?

---

7. What does your child worry about most? What is your child's biggest fear?

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8. What is the most recent disappointment that your child has faced?

---

9. What does your child take most pride in?

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## TEENAGE

1. Provide a description of your child's physical characteristics (e.g., eye colour, hair colour, approximate height).

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2. What are your child's favourite and least favourite subjects in school?

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3. What is your child's favourite music group?

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4. Who are your child's friends? What does he/she like to do with them?

---

5. What does your child like to do with you? With his/her mother?

---

6. Who does your child confide in when he/she is upset?

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7. What is the best way to know if your child is upset or worried?

---

8. What does your child worry about most? What is your child's biggest fear?

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9. What is the most recent disappointment that your child has faced?

---

10. What does your child take most pride in?

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# Session 5 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 6

## Tips for Being a Good Listener

1. Make time for your children
2. Pay attention
3. Resist fixing the problem
4. Ask questions
5. Figure out, talk about, and accept what your children are feeling
6. Get to know how your child likes to talk

# Session 6

## Relationship Building Challenges

### Part 1

**Look over the following relationship-building behaviors and identify those that you find challenging.**

I find it challenging to:

|   |     |    |
|---|-----|----|
| Tell my child that I love him/her                         | Yes | No |
| Give my child my full attention when he/she wants to talk | Yes | No |
| Ask my child about his or her feelings                    | Yes | No |
| Help my child with his or her homework                    | Yes | No |
| Talk about my child's feelings without an argument        | Yes | No |
| Play a game my child has chosen                           | Yes | No |
| Spend long periods of time alone with my child            | Yes | No |
| Teach my child something new                              | Yes | No |
| Keep track of my child's schedule                         | Yes | No |
| Tell my child that he or she has done a good job          | Yes | No |
| Apologize to my child when I am wrong                     | Yes | No |
| Support my child's relationship with his or her mother    | Yes | No |
| Support my child's mother without conflict                | Yes | No |

**Are there other relationship-building behaviors that you find challenging?**

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## Part 2

List two obstacles to engaging in these relationship-building behaviors. For each obstacle, identify things that you can do to overcome that obstacle.

**Obstacle 1:** \_\_\_\_\_

What I can do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Obstacle 2:** \_\_\_\_\_

What I can do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Session 6 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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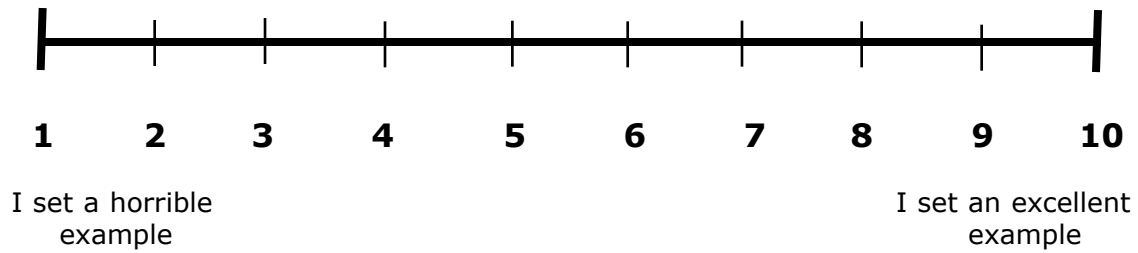
If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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## Session 7

### What Kind of Example Do I Set?

Use the following scale to rate yourself. What kind of example do you set for your child or children with the way that you treat their mother? What kind of things are they learning about relationships?



# Session 7 Homework

## Being a Good Model for My Children

This week, list three things that you do that provide a good example to your children. If your children have a relationship with their mother, make sure that one is an example from your relationship with her or supporting the children's relationship with her.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Session 7 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:

(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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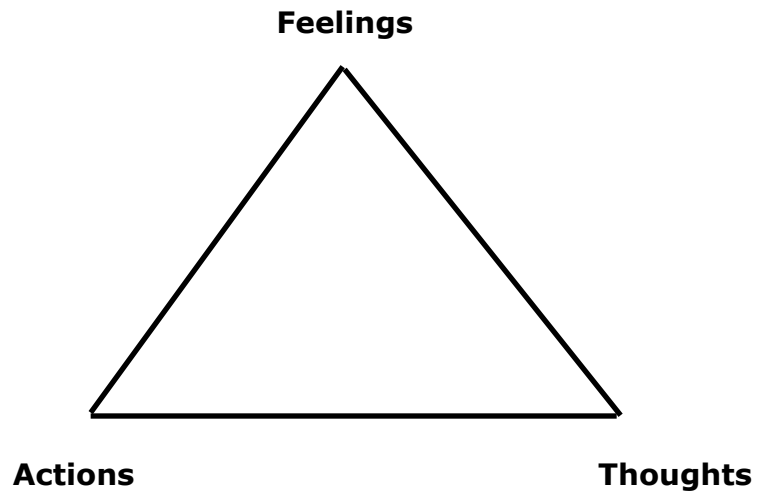
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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 8 Worksheet

## Thoughts, Feelings, Actions Triangle



# Session 8 Worksheet

## Thoughts and Beliefs to Watch Out For

1. If my child respected me, he/she would listen to me.
2. A child who does not listen is disrespectful.
3. A child does not have the right to disagree with or challenge his or her father.
4. A child should not disagree with his or her father.
5. Children who disobey or who confront and challenge their father are being disrespectful and should be punished.
6. My child is ... stubborn, stupid, defiant, spoiled, etc.
7. If my child really cared about my feelings, he/she would....
8. My child should know better by now - he or she is doing this to get me.
9. My child is just like, or is acting just like, my ...(mother, father, brother, or some other family member).
10. If I don't get control of this situation, my child is going to turn into a ... (deadbeat, criminal, drug addict, etc).
11. I shouldn't have to deal with this situation right now.
12. If my child's mother would just ..... than this wouldn't happen.

# Session 8 Homework

Identify two times that you were frustrated or upset with your child this week. What was the event and what were you thinking?

Describe a situation in the last week when you were frustrated or upset with your child.

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What were you thinking at that time?

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Describe a second situation in the last week when you were frustrated or upset with your child.

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What were you thinking at that time?

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# Session 8 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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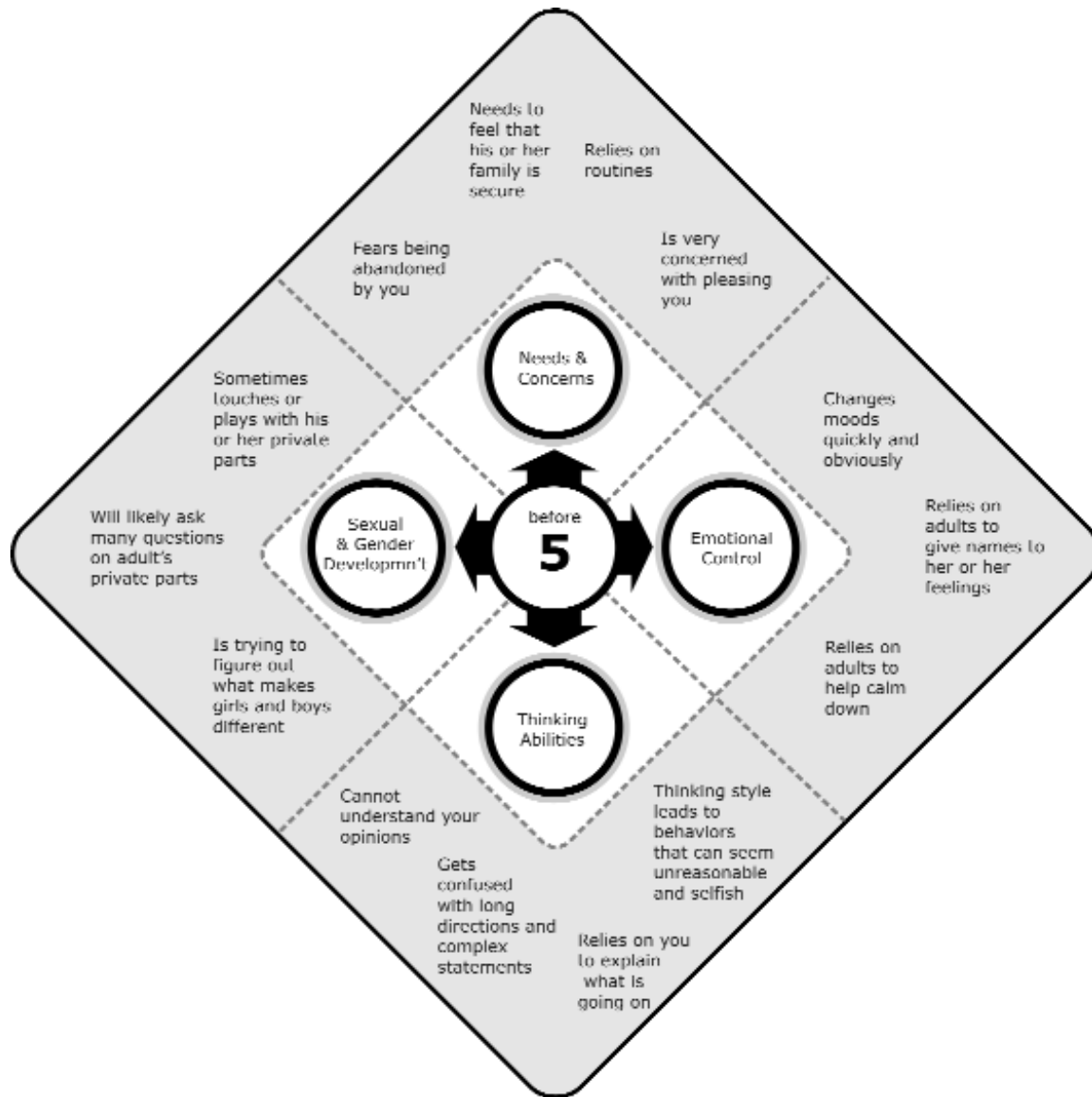
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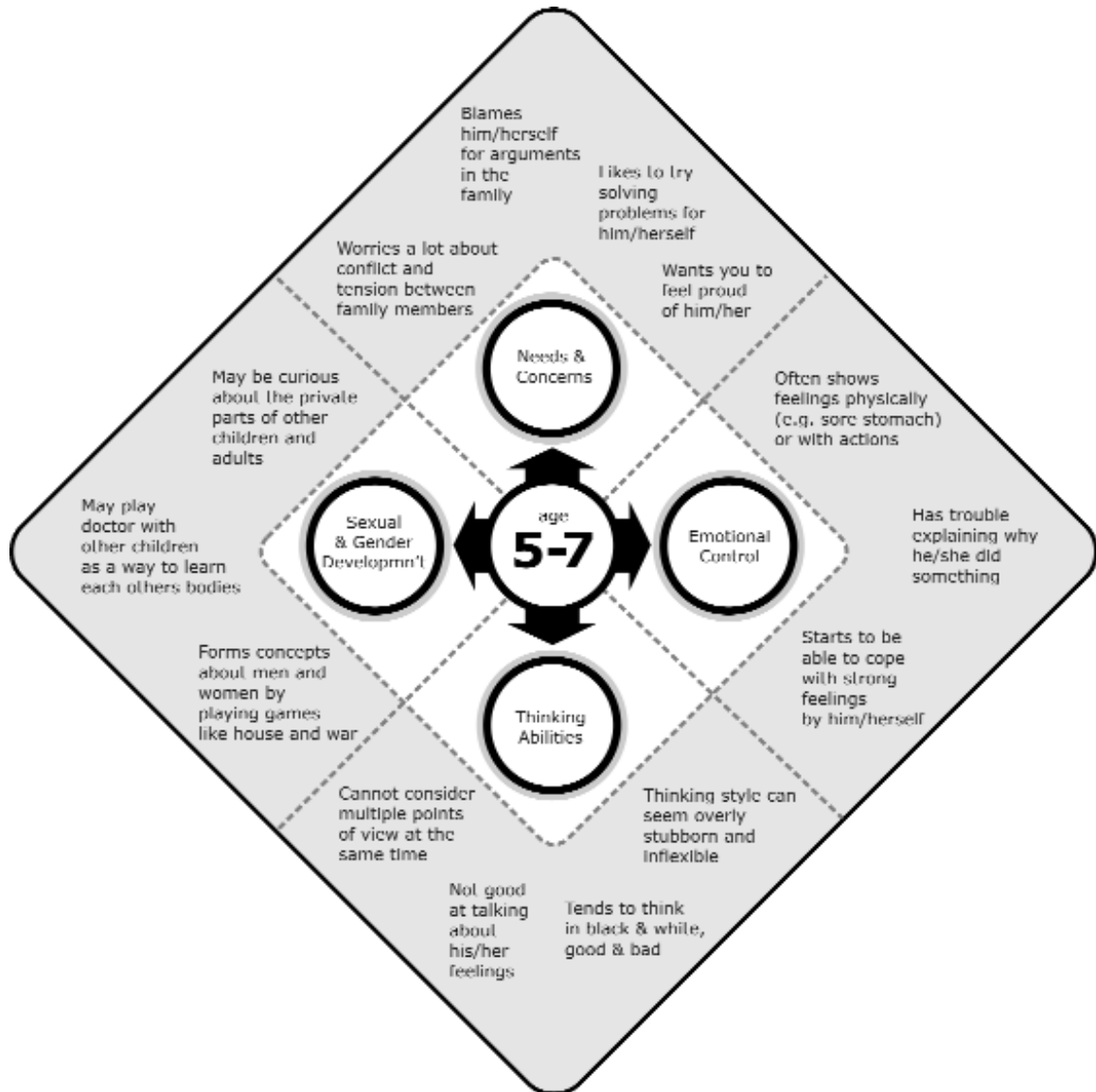
# Session 9

## Developmental Charts



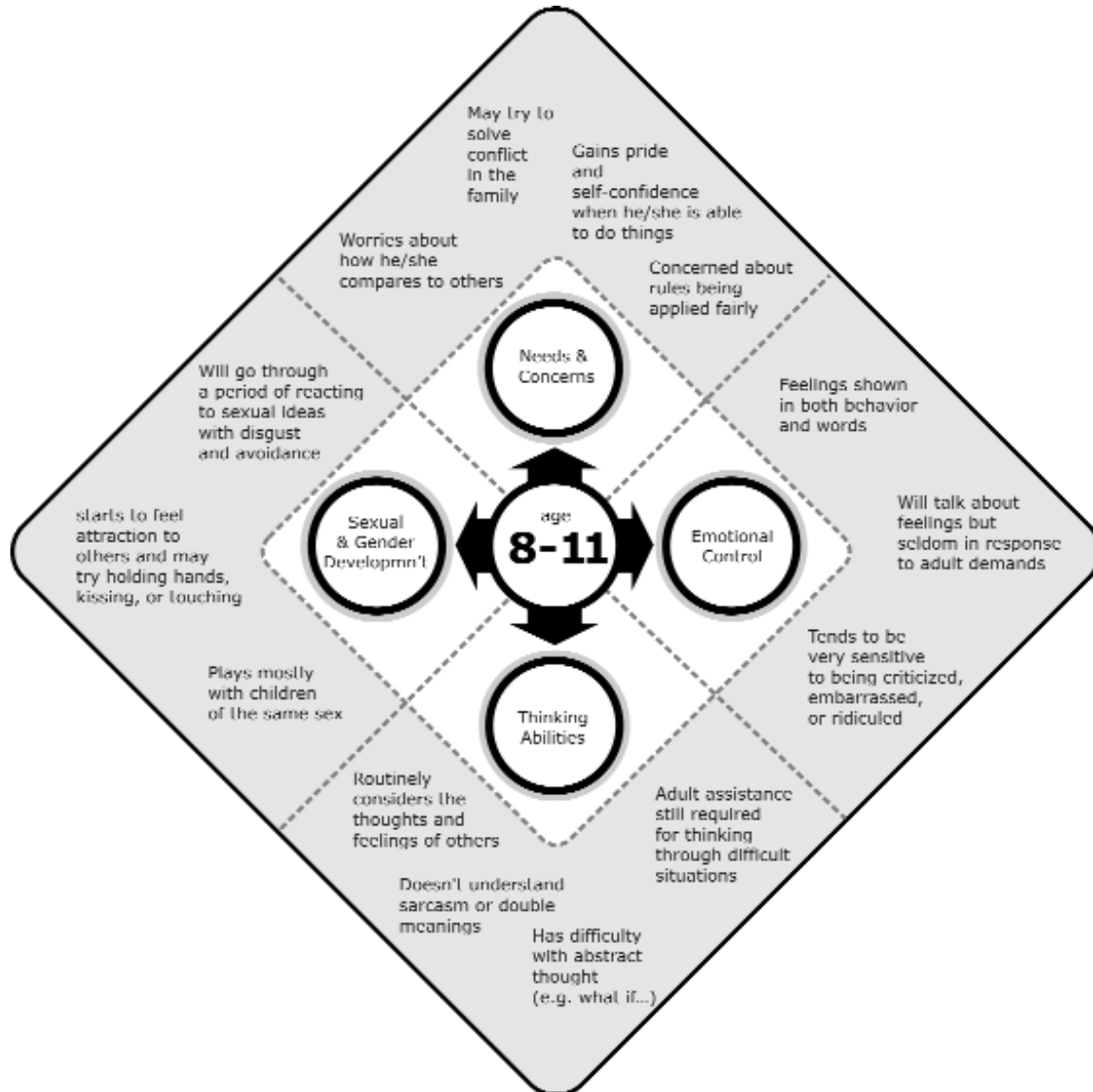
# Session 9

## Developmental Charts



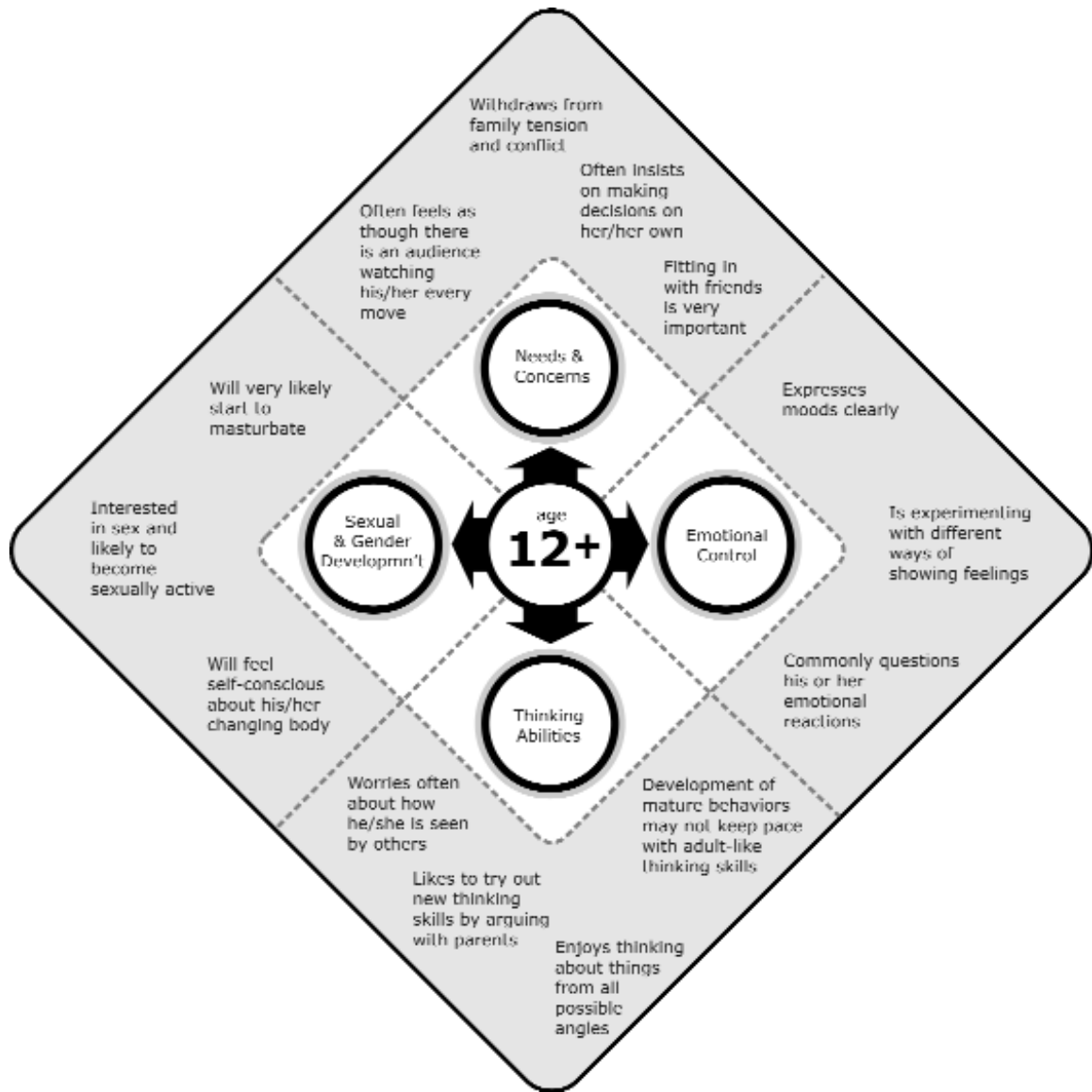
# Session 9

## Developmental Charts



# Session 9

## Developmental Charts



# Session 9 Worksheet

## Exercise 2: Practical Applications

### Developmental Stage: Before Age 5

#### Common Parenting Situations:

1. Roger is embarrassed by, and finds himself getting angry with, his 18-month-old who always takes toys from other children in the playground and does not share when children come to visit at their house. He thinks to himself, "My child is very selfish".
2. John can't believe that his two-year-old says no all the time. It doesn't even seem to matter what is going on, the most likely word to come out of his child's mouth is no. He thinks: "Why does my child always have to disagree with me?"
3. Rob does not understand why his 3-year-old is so cranky and has been crying off-and-on all day. He let her stay up with him to watch a TV show when she refused to go down for her nap and he has been trying to do fun activities with her instead of following her typical routine. He thinks: "I really can't do anything right with this child".
4. Bill sees his 4-year-old on weekends. He finds it frustrating that his child gets upset every time they part. Each time, Bill explains that he will see his child again in one week but his child still gets upset. He thinks: "My child must really hate being at his mother's".
5. Stan feels left out. He has been working long hours and only gets to see his 14 month-old son Karl for a couple of hours each day. During that time he notices Karl often ignores him and runs crying to his mother. He thinks to himself: "She is already turning him into a momma's boy. Soon I will have no influence over him at all".

# Session 9 Worksheet

## Exercise 2: Practical Applications

### Developmental Stage: 5 to 7-year-olds

#### Common Parenting Situations:

1. Fred is growing frustrated with his 5-year-old who becomes very upset when he and his wife so much as look at each other the wrong way. He would understand if they yelled at each other all the time in front of her but they don't and still she quickly picks up on whether they are in a disagreement and gets upset by this. Fred thinks: "My wife has turned my daughter against me".
2. Bob thinks that he should teach his 6-year-old son how to lose with grace by beating him at some games they play together. His son gets very upset when he loses and Bob is annoyed by this and thinks of his son as a sore loser.
3. Chris doesn't like the fact that his 7-year-old wants to have a say in deciding what the family is going to do on the weekend. Chris doesn't think his son should have so much control and feels that including his son is a waste of time, as his plans are not well thought-out.
4. Jim's 6-year-old has just returned home from school crying. Jim tried to talk to her but she wouldn't tell him what happened or how she was feeling. Jim thinks: "My child must not trust me".
5. Tim and Sue are going through a difficult time in their marriage and Tim finds himself yelling at Sue most nights. When their daughter Karen hears them fighting, she comes into the room and starts to cry for him to stop yelling at her mother. Tim thinks to himself: "Sue has already poisoned my own daughter against me."

# Session 9 Worksheet

## Exercise 2: Practical Applications

### Developmental Stage: 8 to 11-year-olds

#### Common Parenting Situations:

1. Tom just finished telling his 10-year-old to stop playing with the stereo equipment and his child looks at him defiantly, says, "I do so know how to use this" and walks toward the equipment again. Tom thinks: "He is constantly defying me like this!"

2. Every time Rick asks his 9-year-old why he did something he shouldn't have, his child answers, "I dunno." Rick thinks: "He must think I am an idiot, or something".

3. Scott's 10-year-old daughter bursts into tears and storms to her room at the slightest teasing from him. Scott thinks: "She's such a big baby."

4. Pete thought he was being kind by offering to help his 11-year-old when she was having trouble making a card for her mother on the computer. Instead of a thank-you, she became angry with him and said she didn't need his help, she could do it herself. Pete thinks: "Since you don't appreciate it, this is last time I offer to help you!"

5. Charles' daughter Mary skipped by him on the way to the mall to meet her friends. Charles was angry because he had told her and her mother, Jolene, over and over again that no daughter of his was going to be caught hanging around at the mall. Charles thinks: "Mary and her mother are perfectly alike. They are both always trying to go against me".

# Session 9 Worksheet

## Exercise 2: Practical Applications

### Developmental Stage: 12 Years and Older

#### Common Parenting Situations:

1. For the fourth time, Mark has told his 14-year-old that she cannot go to a dance that some of her older friends are attending. Even after explaining the reasons, she continues to argue her case. Mark thinks: "She doesn't respect our rules".
2. Tim is separated from his wife and likes to see his children whenever he can. He is hurt by the fact that his 15-year-old chooses to spend time with his friends rather than with his dad.
3. Tony's daughter used to hug and kiss him all the time but, since she turned 13, he is feeling rejected by her and doesn't understand why she is not affectionate with him anymore. He thinks: "She must have a boyfriend."
4. At times, Chad feels like kicking his 16-year-old out of the house. He sleeps too much, doesn't clean up after himself, can be really happy one day and really sad and angry the next, and argues with him all the time about his political and religious beliefs. Chad thinks: "I have had it with this kid. He doesn't appreciate a single thing that I do for him. He is just using us for room and board."
5. Shawn is convinced that his wife Leslie is having an affair. Although he has no proof, each night he questions her about where she has been and what she has been doing. Shawn's son Adam has started to step into these fights and defend his mother. In fact, just the other night, Adam told Shawn that he should "mind his own business and stop asking his mother all these questions." Shawn thinks: "What does he think he is doing anyway. This is between me and his mother and it's none of his business".

# Session 9 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:

(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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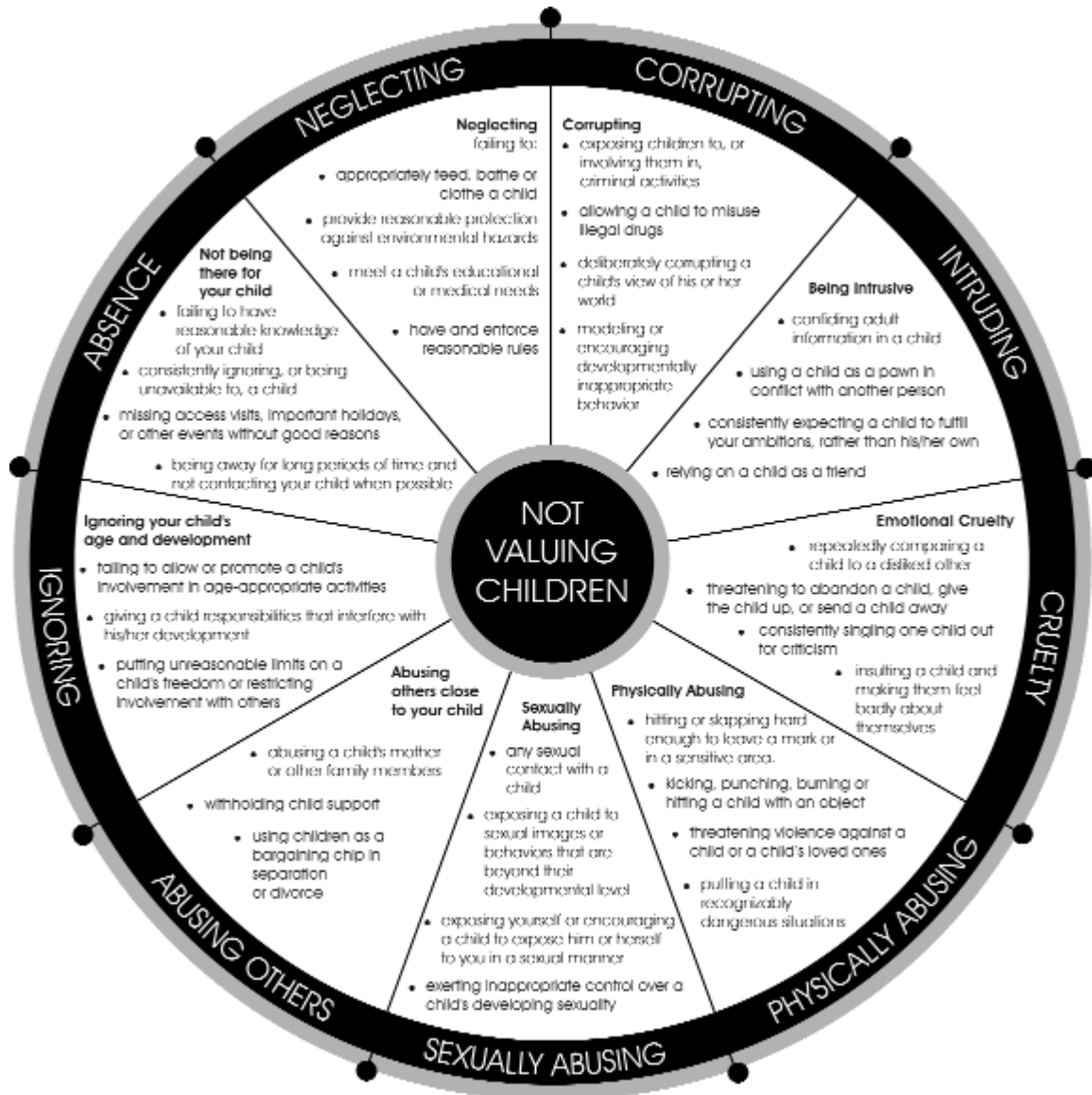
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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 10

## Not Valuing Children Wheel



## Session 10 Homework

List three things that you do that fall at the parent-centered end of the continuum. If you disagree a lot with your child's mother, try to think of one example from this relationship when your behavior has not been child-centered.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Session 10 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 11 Homework

## Problem Solving for Parents

What is the situation?

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What was your intention?

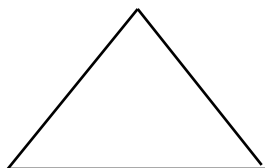
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Is this about parent needs or child needs?

What were you feeling? \_\_\_\_\_



What did you do?

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What were you thinking?

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What was the effect on your child?

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What could you have thought and done instead?

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# Session 11 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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## Session 12

# Myths and Facts: How Children are Affected by Parental Conflict

**MYTH** *My child doesn't even know what's going on when we're fighting.*

**FACT** Children *do* know that their parents are in conflict. They may see their father hit their mother, or throw or destroy objects. They may hear their father threaten their mother, or give her the "silent treatment." Even if they are not in the room, they can hear yelling, screaming, crying and slapping. They witness the after-effects of the abuse, such as a swollen lip, black eye, mom being "sick", or belongings destroyed.

**MYTH** *Parental conflict has no real effect on children – they are not involved.*

**FACT** Parental conflict is one of the strongest predictors of childhood problems. Children are even more damaged when parental conflict involves their father's abuse of their mothers. When this occurs, children may feel terrified for themselves and their mothers, anxious that it will happen again, afraid that they will be taken away, helpless to do anything, and angry at both parents. They may be hurt physically while trying to protect their mother. They may experience learning disruptions, speech and language problems, attention and behavior problems, and stress-related physical ailments (sleep problems, headaches, rashes, stomachaches). They may be too ashamed or feel too "different" to interact with other children, or may be too aggressive or hostile in their interactions with peers since that is what they've learned.

**MYTH** *My child may be upset for a little while, but s/he'll get over it soon enough.*

**FACT** Witnessing abuse has long-term effects on children. Children who have witnessed domestic violence are at greater risk for anxiety, depression, alcohol/drug abuse and juvenile delinquency, bullying, and violence in later relationships.

**MYTH** *My children know that they shouldn't hit. My "infrequent" acts of violence won't change that.*

**FACT** Children learn by what their parents do, not what they say. Boys who witnessed domestic violence while growing up are more likely to abuse their female partners than boys who didn't witness domestic violence.

**MYTH** *My children know that our fights are not their fault.*

**FACT** Children often feel guilty in response to their parents' conflicts. They may feel that they caused the abuser to become angry, and thus the conflict is their fault, or that they should have stopped the abuse. They also may feel guilty for loving the abuser, or for siding with the victim.

**MYTH** *You can be a good father and a "bad" husband or "X".*

**FACT** When you hurt your child's mother, you hurt your child.

# Session 12 Homework

## Problem Solving for Parents

What is the situation?

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What was your intention?

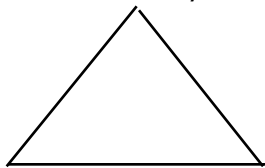
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Is this about parent needs or child needs?

What were you feeling? \_\_\_\_\_



What did you do?

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What were you thinking?

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What was the effect on your child?

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What could you have thought and done instead?

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# Session 12 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:  
(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 13 Worksheet

## What Children Learn From Abusive and Controlling Fathering

1. Children learn that it's acceptable to use violence to deal with disagreements, and that it's okay to hit someone if they don't agree with what that person is saying or doing.
2. Children learn that hitting is a good way to make someone stop doing something they don't like, or to make someone do something s/he doesn't want to do.
3. Children learn that others have the control - especially bigger stronger others. They do not learn that they can make decisions themselves, that they are capable of doing so.
4. Children learn that love and violence go together. This sets the stage to accept violence in other relationships.
5. Children learn that when someone is under stress, tense or angry, violence is an acceptable way to cope.
6. Children learn that they deserve to be hit if they have done something that the other person disapproves of.
7. Children learn to deal with other authority figures, like teachers, in unhealthy ways.
8. Children learn not to get caught.
9. Children learn to avoid the person who has abused them, and they lose trust in that person. They learn that this person is not safe and cannot be relied upon to help them.

# Session 13 Homework

## Problem Solving for Parents

What is the situation?

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What was your intention?

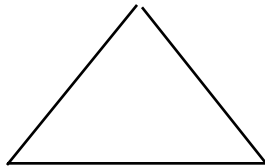
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Is this about parent needs or child needs?

What were you feeling? \_\_\_\_\_



What did you do?

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What were you thinking?

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What was the effect on your child?

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What could you have thought and done instead?

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# Session 13 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:

(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 14 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:

(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 15

## Talking to Children About Violence

### Benefits of Talking to Kids About Violence

- Children learn that violence isn't their fault.
- Children learn that violence isn't an acceptable way to solve problems.
- It helps children feel cared for and understood.
- Children learn that it's okay to talk about feelings.
- Children learn (by example) to take responsibility for their behavior.

### What Children Need to Hear You Say

- It's not your fault.
- I will listen to you.
- I am sorry that you saw/heard/experienced that. What I did was not OK.
- I am sorry that something I did made you feel worried, hurt, or unsafe.
- There is nothing you could have done to prevent/change it.
- You can tell me how you feel; how you feel is important.
- We can talk about what to do to keep you feeling safe.
- You do not deserve to have this in your family.
- What happened was not okay. I should not have done what I did.
- It must have been scary for you.

# Session 15 Homework

List one or two problems that still occur in your relationship with your children. Be as specific as possible.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What strategies do I have to cope with these difficulties in a more child-centered manner? In other words, how can I respond to these difficulties in a different way?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Session 15 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:

(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# **Session 16 Handout**

## **Alternative Methods of Child Management**

- 1. Consider what things I can live with. Can I change my demands?**
- 2. How can I arrange the situation so that this argument doesn't come up?**
- 3. How can I encourage/support my child's positive behaviors?**
- 4. Is there a natural consequence or an outside authority that I can rely on?**
- 5. What is child misbehavior really about? Can I fix that problem?**

# Session 16 Homework

## Weekly Fathering Log

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

This week, things I felt good about as a father were:

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Three ways that I praised my child this week:

(Be as specific as possible. What did you say?)

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This week, things I struggled with as a father were:

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If I were to rate how I felt about my parenting this past week on a scale of 1-5, where 1 means I did not feel good at all about the parenting choices I made and 5 means I felt great, my week was:

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# Session 16 Homework

## How Have I Done?

At the beginning of *Caring Dads*, you identified hopes and goals for your relationship with your children. Review these hopes and goals and comment on how you have progressed over the group.

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### Homework: Alternative Parenting Steps

List three things that you have learned from this group. How have these lessons helped you become a better parent?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_