



WHAT is Atlanta Healthy Start Fatherhood Program?

Atlanta Healthy Start Fatherhood Program is an initiative for fathers of children between 0 to 18 months who have either volunteered or been referred by their CBWW enrolled partners. This program's aim is to help men relate in safe and compassionate ways to their children, partners, and other family members. In groups, the men learn about parenting techniques and have the opportunity to talk with other men about effective parental strategies and taking leadership in caring for their families.

WHY DO FATHERS MATTER?

They provide the time and support necessary to foster mental health and happiness in their children.

•• They lead their children by example towards acting with integrity and treating others with respect. •• They model non-violent conflict resolution. •• They show their children caring and concern and make it known that family is of the utmost importance.

WHAT DOES THE CURRICULUM COVER? The curriculum amalgamates parental education with raising awareness of the impact of domestic violence on families. It also addresses how the father's childhood experiences have molded their relationship styles and coping strategies. The goal is for men to become strong fathers who work with their children's mothers to promote positive child development, emotional intelligence, and mental and physical strength and wellbeing.

Examples of topics addressed in the Fathers curriculum include: healthy attachment and the developing brain, mindfulness, emotional regulation, positive discipline, and successful co-parenting.

TRAINING

Through a combination of full staff professional development training, and department and program-level consultations/meetings (i.e., Father's Inc, WIC, literacy, home visiting, etc), we work to increase awareness of fathers as valued and capable caretakers who play a critical role in child and family health outcomes. The purpose of the training is to support healthcare providers in creating an atmosphere that welcomes and engages fathers in all aspects of family care.

The focus of Atlanta Healthy Start Fatherhood Program is to support dads in developing a sense of competence and confidence about their new role during the prenatal period. Specifically, fathers will leave with:

- Important knowledge about basic infant care, safety, and development.
- Helpful information about healthy attachment and brain development.
- Critical skills for how to recognize and respond to their baby's emotions.
- Key tools for becoming positive partners in their child's growth and development over time.
- Established or repaired relationships with their children
- Increased parental skills, confidence and competence
- Understanding of aspects of child development and safety

In Conclusion

Atlanta Healthy Start Fatherhood Program intends to equip fathers with the tools necessary for them to be strong role models for their families. This program wants to shine light on the primacy of the father's role in the family and allow him to take on this role with renewed confidence and poise. Through comprehensive skill building and individualized attention, this program aims to uplift and empower fathers to reach their full potential. Empowered fathers raise empowered children, and empowered children ensure a brighter future for all. Atlanta Healthy Start Fatherhood Program will be a major step towards revitalizing our community and the world at large.

Contact: Trumaine Ferguson | Fatherhood Coordinator | (404).688.9202 ext. 135 | tferguson@cbww.org