



C.T.B. Father and Men  
RESTORING MEN



Training Curriculum

24/7 DAD

## **The Habits of a 24/7 Dad**

The Habits of a 24/7 Dad – This curriculum is based on Steven Covey’s highly successful 7-habits of Highly Successful People which was integrated by the National Fatherhood Initiative into the Habits of a 24/7 Dad. The curriculum consists of:

Introduction - What is a 24/7 dad and how to become a 24/7 Dad

Habit 1- Be Proactive (Take Control of you)

- What does it mean to be proactive – Identifying what you can and can not control
- How do you become a good man – Understand Pause-Think-Choose

Habit 2 : Begin with the End in Mind (Discover the Good Man In You)

- Know your values – What’s important to you, what are the things you believe in and care about
- Identifying your main roles – we have a lot of roles to fulfill -knowing what those are allow us to have a sense of purpose
- Considering the four areas of care (Body, Mind, Heart and Spirit)

Habit 3 : Put First Things First (Make It Happen)

- What does it mean to put first things first -Recognizing your Big and Little Rocks)
- Plan your Week
- Understanding the Four Steps of Planning

Habit 4 : Think Win-Win (It’s Not Only About You)

- Why is Win-Win Thinking a critical element of a good dad?
- How to promote win-win thinking in your fathering?
- Implementing the Win-Win Agreement your children

Habit 5 : Listen First , Talk Second (Understanding What Others Feel)

- Why is listening so important
- Recognizing the need to feel important
- Have the right Attitude

Habit 6 : Synergize (Discover The Good In Others)

- How to create synergy in your relationship with your children
- Focusing on strength
- Building your child’s emotional bank account

Habit 7 : Sharpen the Saw (Release the Good In Your Kids)

- How to keep your relation with your kids sharp
- Provide protection in all four areas ( Body, Mind, Heart, Soul)
- Nurturing your children with kindness

## **24:7 Dad Key Behaviors Workshop**

The 27:7 Dad Key Behaviors Workshop focuses on identifying and Applying the Key Behaviors that make fathering a success. This curriculum is developed by the National Fatherhood Initiative and is designed to support equipping men with the tools needed for successful fathering.

Introduction – Identifying and discussing the 5 traits of the 24/7 Dad and the 12 Key Behaviors that support those traits.

- Self-Awareness
- Caring For Self
- Fathering Skills
- Parenting Skills
- Relationship Skills

Behavior of Self Awareness and Application

- Working with an Accountability Partner or Partners
- Reflecting on a weekly basis

Behavior of Caring for Self and Application

- Taking Care of Physical Health on a Regular Basis
- Taking Care of Emotional/Mental Health on a Regular Basis

Behavior of Fathering Skills and Application

- Developing Skills that reflect a father's role in the family
- Models Healthy Masculinity

Behaviors of Parenting Skills and Application

- Discipling his children in healthy ways.
- Nurtures his children

Behaviors of Relationship Skills and Application

- Communicating Well with Mom and Their children
- Building and maintaining a good relationship with Mom

## Inside Out Dad

Inside Out Dad – This curriculum is structured to support the Dad that is incarcerated or transitioning from incarceration back into society and to their families. The curriculum consists of:

### Section 1 - Introduction: Getting Started

- What kind of Father and Partner am I
- My Story

### Section 2 – Family History and the Inside out Dad

- Self Awareness
- Caring for Self
- Fathering Skills
- Parenting Skills
- Relationship Skills

### Section 3 – What it means to be a man

- Today's Man
- Learning to be a Man and Dad

### Section 4 -Showing and Handling Families

- Holding Feelings Inside
- Grief and Loss

### Session 5 – Men's Health

- Stress and Anger
- Drinking and Stress

### Session 6 – Fathering from the Inside

- Guidelines on Ways to Connect
- Get to Really Know Your Children

### Section 7 – Communication

- Ways of Communicating
- Non-Verbal Communication

### Section 8 – A Father's Role

- Competitive and Non Competitive Fathering
- Benefits of Marriage

### Section 9 – Children's Growth

- Goals and Self-Worth
- Nature or Nurture

### Section 10 – Discipline

- Morals and Values
- Rewards and Punishment

### Section 11 – Working with Mom and Co-Parenting

- Parenting Differences
- Walking a mile in her shoes

### Session 12 – Change and Impact

- Skills I learned
- Celebrate
- Sustainability

## **24:7 Understanding DAD**

**(An awareness & Communication program for Moms)**

### Session 1 – My Life as a Mom

- What it means to be a mom and my role
- Roles of Mother and Fathers
- My Story – The movie

### Session 2 – My Father's Impact

- Traits of My Father
- Expectations (Realistic and Unrealistic)

### Sessions 3 – My Mother's Impact

- My Mother and Men
- Traits of My Mother
- How have unspoken rules served me
- Who had a greater impact on me?

### Session 4 – Me and My Children's Father

- The relationship with my child's father
- The Toll of Expectations
- Expectations (Realistic and Unrealistic)

### Session 5 – The Impact on My Children

- Why Dads are important
- Building and maintaining a good relationship with Mom

### Session 6 – Patterns of Communication

- Clues, Story lines and Plots
- How to become a character of good communication
- Take Control of you

### Session 7 – Open, Safe Communication

- The emotional bank account
- Mutual Purpose and Mutual Respect

### Session 8– How To Listen

- The Listening Filter
- Getting his view
- Stating your view