

# GOOD DADS 2.0

## LEARNING OBJECTIVES

*Upon completion of Module 1,  
participants will be able to do the following:*

- Understand the goals, format, and content of the *Good Dads 2.0* curriculum.
- Establish rapport with facilitators and other dads in the group.
- Work together to determine acceptable group behavior.
- Explore and discuss the similarities between constructing a house and building a home for one's family.

## MODULE

# 1

## MODULE 1 OVERVIEW

# BECOMING THE GENERAL CONTRACTOR FOR YOUR FAMILY



5 min.

### I. Welcome to *Good Dads 2.0*

Use this time for dads to share with the group what is going on in their lives. Facilitators should ask about work, relationships, etc. Consider using “What’s New with the Crew?” activity suggestions in the Facilitator Guide Appendix to spark conversation.



15 min.

### II. Down to the Basics

View “Contractor Clip” video and discuss what it takes to be a good contractor. What kind of attitudes and habits? Why are those important? Optionally view the “Participant Q&A” Video Module to spark additional conversation.



20 min.

### III. Construction Crew Connections

The focus of this activity is on helping participants become acquainted and begin to build relationships with each other.



20 min.

### IV. Construction Crew Goals

The focus of this activity is to help participants begin to envision the kind of home they would like to have for themselves and their children.



15 min.

### V. Habits of Good Builders and Their Crews

Participants talk about what they want to do together to accomplish their goal of building a safe and stable home.



10 min.

### VI. Construction Crew Work

Establish the standards or rules for the group and its dynamics.



5 min.

### VII. Training Take-Aways

Take a few moments to make notes about things you want to remember from the class. Facilitators should solicit questions from the group.

## MATERIALS CHECKLIST



- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Contractor Clips                   | <input type="checkbox"/> Pens  | <input type="checkbox"/> Blank sheets of printer paper                                   |
| <input type="checkbox"/> Equipment to show Contractor Clips | <input type="checkbox"/> Colored markers   | <input type="checkbox"/> Facilitator toolkit: Plum bob, square, level, hammer, and nails |
| <input type="checkbox"/> Music                              | <input type="checkbox"/> Smaller markers, crayons, and/or colored pencils (optional) | <input type="checkbox"/> Participant Guides  |
| <input type="checkbox"/> Whiteboard and/or newsprint        |  |  |



# I. WELCOME TO *GOOD DADS 2.0*

Page 1 Participant Guide



**SAY:** Welcome to *Good Dads 2.0*. Take a moment to read the **Letter from the Contractor** on Page 1 of your Participant Guide. This letter tells you a little about the course and what you can expect to get out of it.

**Y**ears ago I did some volunteer work with children who grew up in a remote part of the Ozarks. We take electricity for granted, but these children never had it. They didn't know how to read, and they hadn't been to school. They lived in a home without running water and had never seen a flush toilet. There was a time when most children grew up lacking these things and knew how to function well in a world without them. Today that would be unthinkable. Today different skills and abilities are needed.

The children I met were temporarily housed in a group setting to be evaluated for their emotional, social and cognitive abilities. They may have been 10 or 12 years old, but when it came to anything considered "modern," they were infants. They had to learn what they needed to know to function in a very different world from the one they had known. They had to function in settings with modern plumbing and electricity. They needed to master reading and basic mathematics as a foundation for further growth. They needed to grasp the essential parts of relating to others in a more formal setting like school.

In some ways, they were building an entirely new structure, a new place to live. Early settlers may have constructed log cabins with hand-hewn logs they harvested themselves, but considerably more knowledge and skills are needed to build a foundation and construct a house in which today's family can live and grow. A number of different tools, skills and abilities are required to construct a sound structure, a safe environment. Anyone who has helped build or remodel a house today knows there is typically one person known as the contractor.

The contractor understands the many different parts that must come together to accomplish the final goal — a house in which to live. These parts begin with footings to form a firm foundation. Framing, trusses for a roof, and shingles come next. Windows and doors complete the exterior. With a dry enclosure in place, electrical work, plumbing, and drywall can proceed. Finally, cabinetry, painting, flooring and finishing occur. In short, a lot of different skills and abilities are required to build a house in today's world.

In a similar way to the children referenced above, many dads grew up in a home that left them unprepared to handle the challenges of being a parent today. One or both of their parents may have struggled with addiction and/or mental health concerns. There may have been abuse and neglect. Emotional support and encouragement were scarce.

***Good Dads 2.0*** recognizes that some dads face more obstacles than others to becoming the kind of father they would like to be. It appreciates the difficulty associated with trying to construct a happy home when the only home you've known was not safe and sound. It assumes the challenges exist but also believes they can be overcome with training and support. That's what ***Good Dads 2.0*** is all about — helping any dad build the kind of home he's always wanted for himself and his family.

Join us now as we work together to build a community where many more families are living in homes that are skillfully and wisely constructed by the dads who reside there with the ones they love.

**Jennifer L. Baker, PsyD**

*Founder and Executive Director, Good Dads*

**Make the following key points:**

***Good Dads 2.0 offers skills and strategies for dads at any stage of life.***

*You may be the father of a toddler, teenager, or newborn. You may be a stepfather, grandfather, or father-figure. You may live with your child, share custody of your child, or be separated from your child more often than you would like. You may be a stay-at-home dad, a 9-to-5 dad, or a dad who travels for work more days than not. Good Dads offers tools, guidance, and support for all kinds of dads. Sometimes specific skills and strategies are necessary. Good Dads 2.0 focuses on the basics, the essentials, and the requirements for success in building a happy family—regardless of your stage in life.*

***A strong foundation is required for success in any area of life.***

*Without a good foundation it's difficult or nearly impossible to erect a sound structure. In this lesson we'll begin by talking about basic foundational habits required to be a good father by comparing being a good dad to building a solid, stable house. We'll begin by considering what previous participants in the Good Dads program think about the program.*

**II. DOWN TO THE BASICS**

Page 2 Participant Guide

**View Contractor Clip #1**

**ASK:** What did you hear in the Contractor Clip? What traits do all good contractors share?



**ASK:** What else does it take to be a good contractor? What kinds of attitudes and habits do they have? Why?



**ASK:** Why is it important to plan ahead for a project?

**FACILITATOR DIRECTIONS:** Answers may vary, but be sure you cover the following areas as well. They serve as an overview of what the dads in your course can expect to learn as they progress through the material.

- Construction Know-How
- Site and House Plans
- Tools of the Trade
- Skills of the Trade
- People Skills
- Leadership Skills

## Construction Know-How

*You can learn what you need to know to build a sound family.*

*You aren't born knowing how to build a house, but you can learn. Some kids grow up in homes with a dad who is handy with tools. They know what to do because they've been exposed to the tools of the trade since they were quite young. Other kids have to learn the various skills associated with construction. It's the same way with being a good dad. Some kids have it easier than others, but the good news is that everyone can learn the information and skills associated with being a good dad.*

## Site and House Plans

*Every contractor has two kinds of plans—one for the site or location of the house and the second for the house itself. Being certain of your goals, the kind of home life you want for you and your family, helps to make everything clearer and easier in life.*

*If you don't know where you're headed, then any destination will do. Most folks, however, do want specific things for themselves and their children. In our sessions together, we will explore what you really want for yourself and your family. The goal is to help you clarify what is most important for you rather than allowing others, or our culture in general, to make that decision for you.*

## Tools of the Trade

***Success is linked to the tools or strategies you use to achieve it.***

Every reputable builder wants a solid structure when the project is complete, but only some have the strategy to help them achieve this goal. And let's face it, some tools are better for the job than others. Once you've decided on the kind of home you want, you'll need the tools to help you achieve that dream.

## Skills of the Trade

***Having the right tools is not enough. You must know how to use them.***

Plumbers, electricians, framers – each trade has specific, associated tools. It's not enough to have the tools. You must know how to use them. In a similar way, good dads know what their children need from them and demonstrate their skill in meeting those needs. They know what to do and follow through on doing what needs to be done.

## People Skills

***Knowing the personalities, interests, desires, strengths, and weaknesses of your individual crew members is critical.***

Teamwork is critical in building. From the contractor to the architect, lender, foreman, landscaper, etc., each person has a job to do and a vital step in the process. Communication, knowing your limits, and knowing those of your team are essential. Nobody would expect the plumber to suddenly assume the roofing job.

Just as a contractor knows the skills and abilities of his subcontractors (plumber, electrician, framer, etc.), their background, strengths and weaknesses, so a good father is a student of his children—their temperaments, interests, and abilities. This knowledge and understanding is essential to helping everyone on your crew function at their best.

## Leadership Skills to Follow the Plan

***Being a good dad involves knowing what you're telling yourself about your role as a father.***

Follow the plan. A good contractor will tell you that deviations from the established plan are costly. They can cause delays or other setbacks that mean the project won't succeed. It takes a strong, dedicated leader to stick with the plan even when conditions are difficult. Good dads and builders both understand the importance of long-term commitment when things don't go as planned or the project is more complex or challenging than first imagined.



**View Participant Q&A #1 (Optional)**

### III. CONSTRUCTION CREW CONNECTIONS

*Page 3 Participant Guide*



**SAY:** Find another dad in the room you don't know very well and introduce yourself. Then interview each other to find out the following:

1. Name, age, and what he would like to be called in the group
2. Number and ages of his children
3. Something unique or memorable
4. A favorite food, activity, or movie
5. One thing he would like to get out of this course



**Paired Share to Small Group:** Pair up with two other dads and introduce the dad you just met to your group of four. Now you should know at least three other dads.

**Who's on the Crew?** (*Page 4 Participant Guide*) If the group is fewer than 10–12, ask participants be prepared to introduce at least one dad to the entire group. Space is provided in the participant handout to write the names of all the dads.

### IV. CONSTRUCTION CREW GOALS

*Page 5 Participant Guide*



**ASK:** Imagine that you are building a new home for your family. How many rooms will it have? What does this look like? Who is present? What are you doing?

**FACILITATOR DIRECTIONS:** Instruct participants to draw a picture of a “good dad” with the people he loves and the home where he hopes to live using the space provided on page 5 of the Participant Guide. Remind dads that the emphasis is not on “artwork,” but visualizing how a “winning family” looks. Reassure them that stick figures are acceptable. Encourage as much detail as possible in the time limit.

**Small Group:** Form groups with two or three other dads per group. Share and explain your house plan to them. If you choose to use a separate sheet of paper for this exercise, drawings may be hung around the room for encouragement, inspiration, and continued new vision in a positive direction.

## V. HABITS OF GOOD BUILDERS AND THEIR CREWS



**ASK:** What are the habits of good builders and their crew, i.e., what do they do together to make what they do remarkable?

### ***Builders perfect their trade skills with practice.***

*Good construction crews know how to work together. Visit the building site of a good team, and you'll see how the crew members listen to each other, help each other, and work together to accomplish a common goal. A contractor with a reputation for great work doesn't become good overnight, but with continued work and practice, new skills become successful habits that help workers accomplish their goals.*

*Likewise, good fathers understand the importance of repetition for skills both they and their children need to carry out with regularity, e.g., expressing strong emotions, communicating well under pressure, and resolving conflict.*

### ***Identify strengths and weaknesses.***

*One person doesn't build a whole house. It takes many tradesmen working together to erect a sound structure. Take time to learn your strengths and be honest about your struggles. Learning when and where to rely on others is a positive indicator of good mental health.*

*Great construction crews work together to accomplish a goal. So do good families. Good builders know how to help each member of the crew feel valued and important for the role they play. Likewise, good dads help every member of the family feel accepted, loved, and valued for who he/she is.*

### ***Conditioning.***

*Building is hard work, and you don't build your muscles overnight. Stay with the program, the day-to-day work of construction, and you will get stronger. You will be better at becoming the dad you really want to be.*

*It is one thing to learn a new skill and quite another to perfect it. Good tradesmen know the importance of practicing something over and over again until it can be consistently executed under myriad conditions.*



## VI. CONSTRUCTION CREW WORK

*Page 6 Participant Guide*



**ASK:** What do you expect from the group? What standards or rules are important to you? How would you like to be treated? Write your response after each of the areas listed on page 6 of the Participant Guide.

**Attendance:**

*I expect ...*

**Confidentiality:**

*I expect ...*

**Respect:**

*I expect ...*

**Behavior:**

*I expect ...*

## VII. TRAINING TAKEAWAYS

*Page 6 Participant Guide*



**SAY:** In the time we have remaining at the end of each class, there will be room to write reflections and takeaways. You can also ask me questions in the minutes we have left before dismissal.