



**How  
to Deliver**

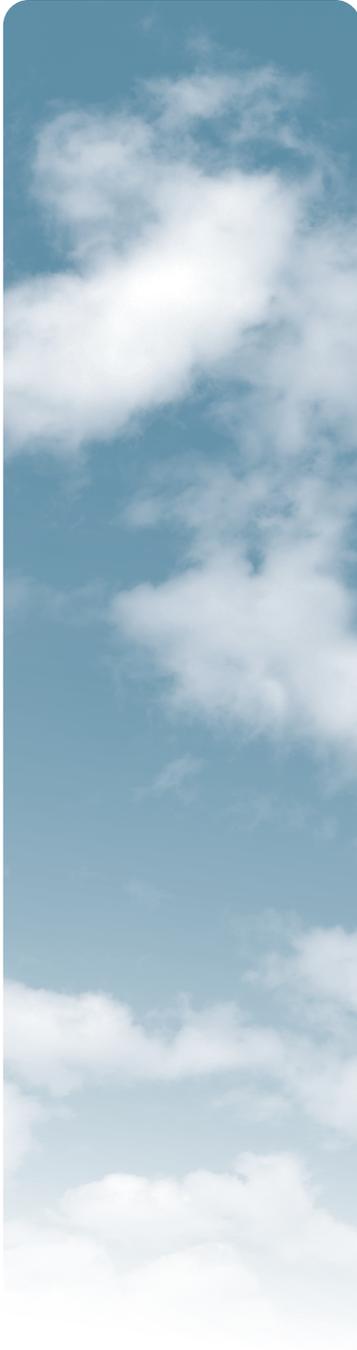
**24:7 DAD<sup>®</sup> A.M.**

**in Four Weeks**

GROUP-BASED DELIVERY

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## Background

The 24:7 Dad® A.M. program has 12 sessions. The most common time frame in which to deliver it is in 6 or 12 weeks, the former when conducting sessions twice a week and the latter when conducting sessions once a week. While either time frame is ideal—because they allow dads time to process and practice what they learn between sessions—not every organization can use them in its setting. If you're part of an organization that needs to condense the program into a shorter time frame, then this guide is for you.

We developed this field-tested guide\* for delivering the most vital content **in only 4 weeks** and still be able to use the 29-question 24:7 Dad® A.M. Fathering Survey, the evaluation tool included with the program, with the exception of one question. The only question dads can't answer is Question #3 in the “Part B—About Fathering” section of the survey. That's because this condensed format doesn't include delivery of the content that question addresses.

We recommend delivering one, 2-hour session per week for 4 weeks. While you could deliver two, 2-hour sessions per week for 2 weeks, the 4-week format allows the dads to digest the information in more manageable doses and have more time to apply what they learn between sessions.

The maximum group size should be no more than 8-10 dads. The smaller group size will help you move through activities more quickly and manage group dynamics (e.g., balanced participation and managing problems with participants) more effectively.

### The next section describes:

1. The order in which to conduct sessions.
2. The order for conducting activities within each session.
3. The recommended maximum time for each activity.

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\* Field tested with Utah State University, 2017-2018.



## Session Breakdown

Note that the **order of the sessions in this condensed version varies from their order in the Session Guide section of your 24:7 Dad® A.M. Facilitator's Manual (Group-Based Delivery)**. The order of the activities within each session, however, doesn't vary.

Also note that **we reduced the recommended maximum time for many of the activities**. Therefore, whenever you use this condensed version, make a note in your manual alerting you to altered times.

For your reference, the corresponding questions in the 24:7 Dad® A.M. Fathering Survey are listed next to each activity that includes the content related to the questions.

### Session 1

- Activity 1.1 (Family History) – 30 minutes
- Activity 1.4 (Family History) – 10 minutes (**Part B: Question #1 and #2**)
- Activity 2.1 (What It Means To Be A Man) – 15 minutes (**Part B: Question #4**)
- Activity 3.2 (Showing and Handling Emotions) – 20 minutes (**Part B: Question #5**)
- Activity 3.3 (Showing and Handling Emotions) – 30 minutes (**Part B: Question #6**)
- Activity 3.4 (Showing and Handling Emotions) – 10 minutes

### Session 2

- Activity 5.2 (Communication) – 30 minutes (**Part B: Question #9**)
- Activity 5.3 (Communication) – 5 minutes (**Part B: Question #10**)
- Activity 6.1 (The Father's Role) – 10 minutes
- Activity 6.2 (The Father's Role) – 20 minutes (**Part B: Question #12**)
- Activity 6.3 (The Father's Role) – Give this activity as homework
- Activity 6.4 (The Father's Role) – 5 minutes (**Part B: Question #11**)
- Activity 10.1 (Working With Mom and Co-Parenting) – 10 minutes
- Activity 10.2 (Working With Mom and Co-Parenting) – 15 minutes (**Part B: Question #19 and #20**)
- Activity 10.3 (Working With Mom and Co-Parenting) – 20 minutes
- Activity 10.4 (Working With Mom and Co-Parenting) – Give the "I'm Okay, She's Okay" checklist as homework



### Session 3

- Activity 7.2 (Disciplining Children) – 25 minutes (**Part B: Question #14**)
- Activity 7.3 (Disciplining Children) – 15 minutes (**Part B: Question #13 and #14**)
- Activity 8.1 (Children’s Growth) – 10 minutes
- Activity 8.2 (Children’s Growth) – 15 minutes (**Part B: Question #15**)
- Activity 8.3 (Children’s Growth) – 15 minutes (**Part B: Question #16**)
- Activity 9.2 (Getting Involved) – 25 minutes (**Part B: Question #17**)
- Activity 9.3 (Getting Involved) – 15 minutes (**Part B: Question #18**)

### Session 4

- Activity 4.2 (Men’s Health) – 20 minutes (**Part B: Question #7**)
- Activity 4.3 (Men’s Health) – 20 minutes (**Part B: Question #8**)
- Activity 11.2 (Dads and Work) – 20 minutes
- Activity 11.3 (Dads and Work) – 20 minutes (**Part B: Question #21 and #22**)
- Activity 12.2 (Skills I Learned) – 15 minutes
- Activity 12.4 (My 24:7 Dad® Checklist) – 20 minutes

## How to Use the “Customizing 24:7 Dad® to Your Needs” Chart

In addition to the 4-week format, you’ll find a chart at the end of this guide with seven different time frames for delivering **both versions of 24:7 Dad®** Group-Based Delivery, A.M. and P.M. (It includes the 6- and 12-week time frames mentioned at the start of this guide.) Most of the time frames (five of the seven) allow you to maintain program fidelity. The chart includes the following time frames:

- 6 weeks
- 8 weeks
- 12 weeks
- 24 weeks
- 2 weekend retreats
- Meetings as scheduled
- Periodic workshops



**The charts have columns that describe:**

- Session usage
- Audience/setting
- How to structure the time together
- Benefits
- Challenges
- Ideas to try
- Whether fidelity is maintained or not

In deciding which format to use, determine whether you want (or are required) to maintain fidelity (i.e., you must cover all of the content in the program in the proper sequence). If so, identify those options and pick the best one for your setting.

If you don't need to maintain fidelity, consider the following questions in selecting your best option.

- Will you use the program in a one-on-one setting?\*
- Will you incorporate the program into home visits?
- Will you use the program in a small group of no more than 12 fathers?
- Will you use the program with a larger group, such as during a day or night time event (e.g., a family-focused event) or a local fatherhood conference?

Once you've answered those questions, use the "Audience/Setting" column to identify the option that works best. Then, to ensure you'll succeed in implementing the program in that time frame, review the other columns in that option. They provide recommendations on how to structure the time, the benefits and challenges with that time frame, and specific ideas to try.

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\*\* The fourth edition of 24:7 Dad® includes a separate Facilitator's Manual for delivering the program to one father at a time, or one-on-one.

# APPENDIX

## 24:7 Dad<sup>®</sup> Customization Chart

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**24:7 DAD<sup>®</sup> A.M.**  
FOURTH EDITION

**in Four Weeks**

GROUP-BASED DELIVERY

TIME FRAME	SESSION USAGE	AUDIENCE/SETTING	HOW TO STRUCTURE TIME TOGETHER	BENEFITS	CHALLENGES	IDEAS TO TRY	FIDELITY MAINTAINED
<b>6 Weeks</b>	Maximize use of all 12 sessions and assessment tools	Group-Based	Facilitate 2 sessions per week, spending 2 hours facilitating each session. Follow each step in the Session Guide as detailed. Have fathers fill out the Fathering Survey™ at the beginning of the 1st session and the end of the 12th session.	This is an attractive option for dads who are mandated by court to attend the program. Men can accomplish their goals in a shorter time frame. This option can help with retention because fathers see the duration as 6 weeks instead of 12 weeks.	Deciding how to handle dads who want to enroll after the 1st or 2nd session; finding a dedicated and skilled facilitator; less time for the facilitator to prepare for the next session. This strategy can be more difficult for participants to process and apply program concepts as compared to having one session per week.	For dads who want to enroll after the first or second session, you might want to first consult with the group to see if they have any concerns. Then, consider delivering the missed sessions to the father using 24:7 Dad® in a one-on-one setting until he's up to the current group session.  If you don't have a dedicated and skilled facilitator on staff who can deliver the program, consider approaching your board members with the task of finding someone. Getting involved on other organizational boards can also be a great way to find a skilled facilitator looking to help dads. You should offer a stipend to the facilitator for their time and make sure the facility and food/beverages are coordinated.  A suggestion to increase preparation time between sessions is to schedule them on either Mondays and Wednesdays or Tuesdays and Thursdays. This strategy will provide equal time to prepare between the two weekly sessions (Remember, that first and foremost, you must be sensitive to the dads' schedules).	Yes
<b>8 Weeks</b>	Choice of any 8 of the 12 sessions.	Group-Based	Spend 2 hours facilitating each session once per week. Follow each step in the Session Guide as detailed.	This option works if you only have the opportunity to meet once per week for 8 weeks. Sometimes referral partners, funders, or dads can make this program format the only viable option.	Not able to use the Fathering Survey™; deciding which sessions to eliminate; evaluating impact.	One way to inform which sessions to select is by getting feedback from dads during the first session on which of the other sessions are most meaningful to them. You should make sure to use the closing evaluation questions found at the end of each session in the Session Guide to help assess the participants' learning competencies. You should also work with an evaluator to create some kind of pre/post assessment or post-reflective assessment since you are not able to use the Fathering Survey™ with this option.	No

TIME FRAME	SESSION USAGE	AUDIENCE/SETTING	HOW TO STRUCTURE TIME TOGETHER	BENEFITS	CHALLENGES	IDEAS TO TRY	FIDELITY MAINTAINED
<b>12 Weeks</b>	Maximize use of all 12 sessions and assessment tools	Group-Based	Spend 2 hours facilitating each session once per week. Follow each step in the Session Guide as detailed. Have fathers fill out the Fathering Survey™ at the beginning of the 1st session and the end of the 12th session.	This option best fits with how NFI designed 24:7 Dad®. You can use the instructions and worksheets for the assessment tools found on the password-protected supporting material webpage for facilitators ( <a href="http://www.fatherhood.org/247dad-support-materials">www.fatherhood.org/247dad-support-materials</a> ) to evaluate knowledge, attitudinal and behavior changes. The option creates the optimal environment for individual dads and the entire group.	Getting dads to the 1st session; getting dads to commit to all 12 sessions; deciding how to handle dads who want to enroll after the 1st or 2nd session; finding a dedicated and skilled facilitator.	For getting dads to the first session, see recruitment strategies (Chapter 5 of the Facilitator's Manual - Program Guide section). For getting dads to commit, see retention strategies in the same section. For dads who want to enroll after the first or second session, you might want to first consult with the group to see if they have any concerns. Then, consider delivering the missed sessions to the dads using 24:7 Dad® in a one-on-one setting until he's up to the current group session. If you don't have a dedicated and skilled facilitator on staff who can deliver the program, consider approaching your board members with the task of finding someone. Getting involved on other organizational boards can also be a great way to find a skilled facilitator looking to help dads. You should offer a stipend to the facilitator for their time and make sure the facility and food and beverages are coordinated.	Yes
<b>24 Weeks</b>	Maximize use of all 12 sessions and assessment tools	Group-Based	Divide each session into 2 equal segments at the break. Spend 1 hour facilitating each session once per week. Follow each step in the Session Guide as detailed. Have dads fill out the Fathering Survey™ at the beginning of the 1st session and the end of the 24th session.	This requires less time commitment per week and is easier for dads to work into their schedule.	Program length will take 24 weeks instead of 12 weeks.	Consider doing 1 hour sessions twice a week to shorten the length of the program to 12 weeks. Remember to ask the dads in your program and community what will work best for them.	Yes

TIME FRAME	SESSION USAGE	AUDIENCE/ SETTING	HOW TO STRUCTURE TIME TOGETHER	BENEFITS	CHALLENGES	IDEAS TO TRY	FIDELITY MAINTAINED
<b>2 Weekend Retreats</b>	Maximize use of all 12 sessions and assessment tools	Group-Based	<p>Choose a weekend during a particular month (i.e., Friday night through Sunday afternoon) and cover sessions 1-6.</p> <p>Choose a weekend the following month and cover sessions 7-12.</p>	<p>This option works great for programs that already offer weekend retreats for men. 24:7 Dad® provides a way to effectively evaluate the progress of the men in a setting that has limited distractions and interruptions.</p>	<p>Getting dads to commit to two weekends in two months; breaking up the sessions so that dads still have time to do other activities.</p>	<p>Survey dads connected to your organization to find out what would be the specific barriers to attending both weekends and what would motivate them to come. You can then make sure you're offering the elements (e.g., activities, location, guest speakers) that would be attractive to your target audience.</p> <p>To break up the sessions most effectively, consider doing one session Friday night, cover three sessions Saturday morning, give them Saturday afternoon and evening to themselves then finish the last 2 sessions Sunday morning.</p>	Yes
<b>Meetings as Scheduled (i.e., Home Visitation)</b> <b>Consider Using the Facilitator's Manual for One-on-One Delivery</b>	Maximize use of all 12 sessions and assessment tools; or use select sessions	One-on-One	<p>Divide each session into 2 equal segments at the break. Decide how often you can meet.</p> <p>Spend 30-45 minutes facilitating each session. Follow each step in the Session Guide making minor modifications to the group activities as needed. Have dads fill out the Fathering Survey™ at the beginning of the 1st session and the end of the 12th session</p>	<p>If you're already providing counseling, mentoring or other one-on-one services, this option will interface with what you are already doing. You can use all of the 24:7 Dad® assessment tools to evaluate outcomes.</p>	<p>Compensating for the lack of group interaction; ensuring the dad is responding beyond a superficial level.</p>	<p>Consider facilitating a group version that dads can move into after they get comfortable with the topics in 24:7 Dad®. You could, for example, use the 24:7 Dad® A.M. program in a one-on-one setting and the P.M. program in a group setting. If you're providing one-on-one interaction to several dads, create a fun activity for them to do as a small group. Eventually, they might be open to creating one small group, rather than multiple one-on-one situations.</p>	Yes, if you conduct all sessions in order.
<b>Periodic Workshops</b>	Select session(s)	Large Event	<p>Choose the appropriate topic (i.e., if you're asked to present a workshop as part of a domestic violence event, you might choose Session 3 from the A.M. program "Showing and Handling Feelings"). Decide if you can cover all the activities within your scheduled time. If you don't have enough time, pull out the activity you think will have the greatest impact and cover the other points through facilitation or lecture.</p>	<p>You can leverage these community events to get the word out about the 24:7 Dad® program. If you're running an on-going 24:7 Dad® group, this might be a way to recruit other dads from the community.</p>	<p>You will not be able to use or make full use of the Fathering Handbooks or assessment tools. Dads won't experience the transformation that occurs by going through the entire 24:7 Dad® program.</p>	<p>Consider offering periodic workshops in the same order that they fall within the 24:7 Dad® program. Start with Session 1 and move through the other sessions numerically. This strategy might allow you, at some point, to change from periodic workshops to an ongoing, weekly support group.</p>	No