

Which NFI Core Program(s) Is Right for You?

	24/7 Dad® A.M.	24/7 Dad® P.M.
Program Description	Evidence-based and used by hundreds of organizations across the nation to train any dad to be involved, responsible, and committed, 24 hours a day, 7 days a week. Develops pro-fathering attitudes, knowledge, and skills. Ideal for dads who are new to fatherhood programming, and great for co-parenting efforts.	Evidence-based and used by hundreds of organizations across the nation to train any dad to be involved, responsible, and committed, 24 hours a day, 7 days a week. Develops pro-fathering attitudes, knowledge, and skills. Ideal for dads who have taken 24/7 Dad® A.M. or another fatherhood program, or who need to go into deeper fatherhood topics.
Program Type	Printed curriculum kit with facilitator's manual, supporting videos/documents, and handbooks for participants.	Printed curriculum kit with facilitator's manual, supporting videos/documents, and handbooks for participants.
Target Audience	Adult and Teen Dads	Adult and Teen Dads. Dads who have been through 24/7 Dad® A.M. or who need deeper fatherhood topics.
Delivery Method(s)	Ideally group-based; modifications allowed to deliver one-on-one.	Ideally group-based; modifications allowed to deliver one-on-one.
Virtual Delivery	Yes. Requires some facilitator customization to deliver virtually. Download our tip sheet on virtual delivery.	Yes. Requires some facilitator customization to deliver virtually. Download our tip sheet on virtual delivery.
Number of Sessions	12 sessions + optional introductory session	12 sessions
Length of Sessions	2 hours each if in a group setting. Length can vary based on a variety of factors, such as the size of the group.	2 hours each if in a group setting. Length can vary based on a variety of factors, such as the size of the group.
Assessment/Evaluation Tool (Survey)	Yes. Measures changes in pro-fathering knowledge, attitudes, and skills associated with the program's content.	Yes. Measures changes in pro-fathering knowledge, attitudes, and skills associated with the program's content.
Alignment with other NFI Programs/Resources	<ul style="list-style-type: none"> • Use with or before 24/7 Dad® P.M. • Use with, before, or after Fathering in 15™ and the 24/7 Dad® Key Behaviors Workshop. • Use with Understanding Dad™ for moms for a joint co-parenting effort. • Add FatherTopics™ Booster Sessions such as Understanding Domestic Violence™ or FatherTopics™ Collection for Non-Custodial Dads. 	<ul style="list-style-type: none"> • Use with, before, or after Fathering in 15™ and the 24/7 Dad® Key Behaviors Workshop. • Use with, after, or instead of 24/7 Dad® A.M. • Add FatherTopics™ Booster Sessions such as Understanding Domestic Violence™ or FatherTopics™ Collection for Non-Custodial Dads.
Training Availability	Recurring public webinar training; customized in-person or webinar training for organizations.	Recurring public webinar training via 24/7 Dad® A.M. offering; customized in-person or webinar training for organizations.

	24/7 Dad® Key Behaviors Workshop	InsideOut Dad®
Program Description	Our shorter-length fatherhood workshop, dads learn the importance of developing and applying the 12 key behaviors of the 24/7 Dad. Ideal for organizations that can't deliver a longer-length fatherhood program or that want to deepen learning achieved through 24/7 Dad® A.M. or P.M. Facilitator's manual provides instruction for both group-based or one-on-one delivery.	Evidence-based and developed specifically for incarcerated fathers, InsideOut Dad® connects fathers to their children and families while incarcerated, helps to improve behavior while incarcerated, and helps fathers to successfully reenter society and break the cycle of recidivism. Develops pro-fathering attitudes, knowledge, and skills, with strategies to prepare for release.
Program Type	Printed curriculum kit with facilitator's manual, supporting videos/documents, and handbooks for participants.	Printed curriculum kit with facilitator's manual, reentry sessions manual, supporting videos/documents, and handbooks for participants.
Target Audience	Adult and Teen Dads	Adult and Teen Incarcerated Dads. Dads in federal and state prisons and local (e.g. county) jails, reentry, or other short-term stay facilities. Dads in juvenile corrections facilities.
Delivery Method(s)	Group-based or one-on-one. Facilitator's guide section provided for each mode of delivery.	Ideally group-based; modifications allowed to deliver one-on-one.
Virtual Delivery	Yes. Contains PowerPoint presentations to share on screen for group-based and one-on-one delivery.	Yes, but only if the facility allows for such delivery. Many corrections facilities do not allow inmate access to the internet. Download our tip sheet on virtual delivery.
Number of Sessions	7 "sections" that can be delivered in as little as 8 hours (one day)	12 core sessions and 6 optional reentry sessions. Can be shortened for jail or short-term stay facilities.
Length of Sessions	1-1.5 hour sections	2 hours each if in a group setting. Length can vary based on a variety of factors, such as the size of the group.
Assessment/Evaluation Tool (Survey)	Yes. Measures participant satisfaction with workshop after delivery.	Yes. Measures changes in pro-fathering knowledge, attitudes, and skills associated with the program's content.
Alignment with other NFI Programs/Resources	<ul style="list-style-type: none"> • Use as a stand-alone workshop. • Use before or after 24/7 Dad® A.M. or P.M. • Add FatherTopics™ Booster Sessions such as Understanding Domestic Violence™ or FatherTopics™ Collection for Non-Custodial Dads. 	<ul style="list-style-type: none"> • Use with the self-paced InsideOut Dad® Guide to Family Ties to enhance family connections.
Training Availability	Recurring public webinar training.	Recurring public webinar training; customized in-person or webinar training for facilities and organizations.

	Understanding Dad™
Program Description	Great for co-parenting efforts, Understanding Dad™ helps mothers improve the relationships they have with fathers, for the benefit of their children. It helps mothers better understand the importance of involving fathers in their children's lives and how to better communicate with the fathers of their children.
Program Type	Printed curriculum kit with facilitator's manual and handbooks for participants.
Target Audience	Adult and Teen Moms
Delivery Method(s)	Ideally group-based; modifications allowed to deliver one-on-one.
Virtual Delivery	Yes. Requires some facilitator customization to deliver virtually. Download our tip sheet on virtual delivery.
Number of Sessions	8 sessions + optional introductory session
Length of Sessions	2-3 hours each if in a group setting. Length can vary based on a variety of factors, such as the size of the group.
Assessment/Evaluation Tool (Survey)	Yes. Measures changes in knowledge, attitudes, and skills associated with the program's content.
Alignment with other NFI Programs/Resources	<ul style="list-style-type: none"> • Add Mom as Gateway™ Booster Session to go deeper with restrictive maternal gatekeeping. • Use with 24/7 Dad® A.M. for a joint co-parenting effort.
Training Availability	Customized in-person or webinar training for organizations.