



24:7 DAD[®]
FOURTH EDITION
Pitch Kit

**National
Fatherhood
Initiative[®]**



24:7 DAD[®]

FOURTH EDITION

Pitch Kit

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I. Introduction

Greetings from National Fatherhood Initiative® (NFI)! Thank you for your interest in the 24:7 Dad® Program. 24:7 Dad® is used by thousands of organizations across the nation, and is the preferred fatherhood program used by federal fatherhood program grantees. Further, 24:7 Dad® is an evidence-based program, proving it works to significantly develop the pro-fathering knowledge, attitudes, and skills of fathers who participate in it.

Over the years we have received many questions and requests related to the program, so we decided to put it all in one kit that you can use to pitch this program to your boss, board, or funder. In this “Pitch Kit,” you will find everything you need to “make the case” for running (or funding) the 24:7 Dad® Program in your organization or setting.

We did our best to answer every question you might have, but if we missed something, please feel free to contact us. We’re here to assist you any time!

Sincerely,
National Fatherhood Initiative® Staff
P: 301.948.0599 | Email: fathersource@fatherhood.org



24:7 Dad® Overview

24:7 Dad® is an evidence-based fatherhood program used by thousands of organizations across the nation to develop pro-fathering knowledge, attitudes, and skills of dads of all races, religions, and demographics. The program is built on the basis that fathers can be nurturers, and for men, nurturing is a learned skill. Throughout the program, men examine their developmental history, learn the 5 characteristics of a 24:7 Dad®, and other important skills such as working with mom and proper child discipline to help them be the best dads they can be.

24:7 Dad® is available in A.M. (covers fundamental fathering skills) and P.M. (covers advanced fathering skills and topics) versions. Now in its Fourth Edition, 24:7 Dad® has been enhanced based on several independent evaluations of the program, and to meet requests and suggestions made by facilitators in the field.

New to the Fourth Edition:

Separate Facilitator's Manuals for group-based and one-on-one delivery takes the guess work out of customizing the program for delivery during home visits, as part of one-on-one case management, and in other settings that require or are ideal for serving dads individually.

- Session scripts for delivering content concisely and quickly, make it easier to learn the program and deliver it effectively.
- Professionally-crafted, inspiring videos of real dads, children, and families engage dads, enhance learning, and make the program more fun to facilitate. Plus, new videos describing the program's incredible impact on building the five characteristics of a 24:7 Dad, as told by program graduates!
- Sources for evidence-based and evidence-informed content.
- Improved and redesigned Fathering Handbooks with added content reflecting new tips and guidance.
- New PowerPoint® slide decks reinforce some of the most critical program content; great for virtual facilitation.
- Improved Fathering Surveys based on feedback from facilitators.
- Access supporting resources—such as handouts for some sessions and program fidelity tools—via a dedicated web page.



24:7 Dad® is an Evidence-Based Program:

Independent research shows that 24:7 Dad® creates statistically significant changes in pro-fathering knowledge, attitudes, and skills for fathers who participate in the program compared to fathers who don't participate in it. In fact, the program has undergone the most rigorous of evaluations--random assignment.

Program Delivery:

Delivered in a group setting by a facilitator(s) or in one-on-one case management and home visiting settings. Facilitator Training available

Facilitator Training

Facilitator training is available in three ways:

- Online, on-demand in our Father Engagement Academy (\$299 per person plus Facilitator's Kit)
- Live public webinar training on a rolling schedule (\$299 per person plus Facilitator's Kit)
- In person or webinar 1-2 day training customized for your organization (\$3,999-\$12,499 plus Facilitator's Kits).

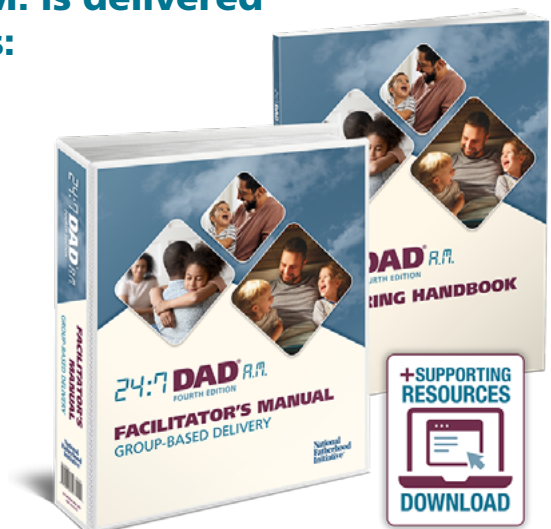
Number of Sessions:

12 two-hour sessions in the A.M. program. 12 two-hour sessions in the P.M. program. (NFI also offers five additional booster sessions for use with the A.M. version that are particularly relevant for non-custodial dads. See page 6 for details.)

24:7 Dad® A.M. Complete Program Kit

24:7 Dad® 4th Edition A.M. is delivered in 12, two-hour sessions:

- Family History
- What it Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Communication
- The Father's Role
- Disciplining Children
- Children's Growth
- Getting Involved
- Working with Mom & Co-Parenting
- Dads and Work
- My 24:7 Dad® Checklist



The 24:7 Dad® A.M. Facilitator's Kit includes:

- **1 - 24:7 Dad® A.M. Facilitator's Manual** with Program Guide: in-depth instruction to easily facilitate the program. Facilitator Training is available but not required.
- **1 - 24:7 Dad® A.M. Fathering Handbook** includes 2 Reference Cards - The Traits of a 24:7 Dad® plus 10 Praises for Your Children.
- **Access to Support Resources Packet (download)** with evaluation tools and handouts in English and Spanish, 26 videos to enhance program delivery, PowerPoint® decks, and more.
- **Facilitator Onboarding Support Series**
- **NFI-Hosted Quarterly Facilitator Support Meetings (virtual)**
- **Ongoing FREE Technical Assistance** from NFI's Program Success Director and NFI Staff.

24:7 Dad® A.M. Facilitator's Kit

247AM4GB-KIT-EN or 247AM4ONE-KIT-EN - \$899 per Kit (English)

247AM4GB-KIT-SP or 247AM4ONE-KIT-SP - 899 per Kit (Spanish)

24:7 Dad® A.M. Fathering Handbooks

247AM4-HBK-EN - \$13.99 each (English)

247AM4-HBK-SP - \$13.99 each (Spanish)

24:7 Dad® P.M. Complete Program Kit

24:7 Dad® 4th Edition P.M. is delivered in 12, two-hour sessions:

- Fathering and the 24:7 Dad
- Boyhood to Manhood
- Dealing with Anger
- Knowing Myself
- Family Ties
- Sex, Love, Relationships
- Power and Control
- Competition and Fathering
- Improving my Communication Skills
- Fun with the Kids
- Stress, Alcohol, and Work
- My 24:7 Dad® Checklist



The 24:7 Dad® P.M. Facilitator's Kit includes:

- **1 - 24:7 Dad® P.M. Facilitator's Manual** with Program Guide: in-depth instruction to easily facilitate the program. Facilitator Training is available but not required.
- **1 - 24:7 Dad® P.M. Fathering Handbook** includes 2 Reference Cards - The Traits of a 24:7 Dad® plus 10 Praises for Your Children.
- **Access to Support Resources Packet (download)** with evaluation tools and handouts in English and Spanish, 26 videos to enhance program delivery, PowerPoint® decks, and more.
- **Facilitator Onboarding Support Series**
- **NFI-Hosted Quarterly Facilitator Support Meetings (virtual)**
- **Ongoing FREE Technical Assistance** from NFI's Program Success Director and NFI Staff.

24:7 Dad® P.M. Facilitator's Kit

247PM4GB-KIT-EN or 247PM4ONE-KIT-EN - 899 per Kit (English)

247PM4GB-KIT-SP or 247PM4ONE-KIT-SP - \$899 per Kit (Spanish)

24:7 Dad® P.M. Fathering Handbooks

247PM4-HBK-EN - \$13.99 each (English)

247PM4-HBK-SP - \$13.99 each (Spanish)

24:7 Dad® A.M. & P.M. Facilitator's Bundle (Save \$250)

The A.M. & P.M. Facilitator's Bundle includes:

- 1 - 24:7 Dad® A.M. Facilitator's Kit
- 1 - 24:7 Dad® P.M. Facilitator's Kit



24:7 Dad® A.M. & P.M. Facilitator's Bundle

247AP4-GBDL-EN or 247AP4-OB DL-EN - \$1548 (English)

247AP4-GBDL-SP or 247AP4-OB DL-SP- \$1548 (Spanish)

24:7 Dad® A.M. (or P.M.) + Non-Custodial Dads Booster Sessions [Facilitator's Bundle]

**Includes all topics covered in 24:7 Dad® A.M. (or P.M.),
PLUS 5 separate two-hour booster sessions your
organization can run for non-custodial fathers:**

- Workforce Readiness
- Rights and Responsibilities
- Visitation
- Child Support
- Money Management

The 24:7 Dad® A.M. (or P.M.) + Non-Custodial Dads Booster Sessions [Facilitator's Bundle] Includes:

- 1 - 24:7 Dad® A.M. (or P.M.) Facilitator's Kit
- 1 - FatherTopics Collection Booster Sessions + Access to Support Resources Packet (download) with Instruction Guide, Session Handouts, and Binder-Ready, 3 Hole punched facilitator sessions.

24:7 Dad® A.M. (or P.M.) + Non-Custodial Dads Booster Sessions [Facilitator's Bundle]

A.M. - 247NC4-GBDL-AM - \$1109 PER KIT

P.M. - 247NC4-GBDL-PM - \$1109 PER KIT

ON THE NEXT TWO PAGES YOU WILL FIND AN "INFO SHEET" THAT YOU CAN SHARE WITH OTHERS THAT PROVIDES AN OVERVIEW OF THE 24:7 DAD® PROGRAM.

24:7 Dad® Fatherhood Program

Now in its Fourth Edition!

Facilitator's Kits include everything you need to facilitate the program "out-of-the-box":

- Facilitator's Manual with Program and Session Guides
- 1 Fathering Handbook with Pocket Cards for facilitator's reference
- Support Resources Packet (download): Contains evaluation tools and handouts in English and Spanish, 26 videos to enhance program delivery, PowerPoint® decks, and more.

\$899

Facilitator's
Kit



Available in English and Spanish!

The nation's #1 evidence-based fatherhood program is better than ever! Used by family-serving organizations nationwide, this strengths-based program helps fathers become the dads they were meant to be. Research shows that 24:7 Dad® successfully builds pro-fathering attitudes, knowledge, and skills. 24:7 Dad® can be delivered in person or virtually, and Facilitator's Manuals are now available in group-based and one-on-one delivery options!

The 24:7 Dad® Difference

24:7 Dad® rests on a solid foundation of behavior-change theory and evidence that transforms fathers, families, and communities. It focuses on five cross-cultural characteristics of nurturing and effective fathering. It comes in two versions: A.M. for foundational skill-building and P.M. for advanced skill-building. Each 24:7 Dad® version has 12 sessions that build on each other.

24:7 Dad® A.M. Foundational Topics:

- Family History
- What it Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Communication
- The Father's Role
- Disciplining Children
- Children's Growth
- Getting Involved with Your Child(ren)
- Working with Mom & Co-Parenting

24:7 Dad® P.M. Advanced Topics:

- Fathering and the 24:7 Dad
- Boyhood to Manhood
- Dealing with Anger
- Knowing Myself (Self-Worth)
- Family Ties
- Sex, Love, Relationships
- Power and Control
- Competition and Fathering
- Improving My Communication Skills
- Fun with the Kids

24:7 DAD® FOURTH EDITION

The 24:7 Dad® curriculum will require each man to really examine himself, his relationship with his children and the relationship with the mother of his children. If every man who enters this program is open to change, I have no doubt in my mind he will change and for the better.

~Sterling Alexander, Vice-President, M.E.N.

If I had to rate this program [24:7 Dad®], one word: 'priceless.' It's absolutely priceless. I would say that every father, potential father and anyone thinking about being a father should be a part of this program.

~Howard Tayari, 24:7 Dad® participant



Learn more and access samples at: store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit
or store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit

To Order: www.fathersource.org | call 301-948-0599 | fax 301-948-6776
PO Box 37635 | PMB 84123 | Philadelphia, PA, 19101-0635 | www.fatherhood.org

WHAT'S NEW IN 24:7 DAD® A.M. AND P.M.

YOU ASKED, WE ANSWERED! *24:7 Dad® was updated based on feedback from facilitators like you.*



Separate Facilitator's Manuals for group-based and one-on-one delivery!

Facilitators can select a manual customized for working with groups of dads or with one dad at a time—or both! This takes the guess work out of customizing the program for delivery during home visits, as part of one-on-one case management, and in other settings that require or are ideal for serving dads individually.



Session scripts!

Facilitator requests and NFI staff's observation of program facilitation argued for restructuring program content to make it even easier to deliver. Session Guides now contain scripts for delivering content concisely, quickly, and powerfully! Scripts make it easier for seasoned facilitators to take their delivery to another level. They also make it easier for new facilitators to learn the program more quickly so they can hit the ground running.



New videos and engaging content!

Gone are outdated animated videos. In are inspiring videos of real dads, children, and families! These professionally-crafted videos engage dads and enhance their learning. Shown during the Welcome and Warm-Up activity, the videos cover what dads will learn motivating them at the start of every session. They also make the program easier and more fun to facilitate! NFI also added videos describing the program's incredible impact on building the five characteristics of a 24:7 Dad, as told by program graduates!



Improved flow of activities!

NFI staff identified gaps in the flow of some program activities, such as procedures that lacked clarity or suffered from omissions. We closed those gaps with clearer or additional content, some of which reflect facilitators' tips integrated into activities as vital content rather than treating them as "thoughts to consider." These improvements include those in the My 24:7 Dad® Checklist and Closing, Comments, and Evaluation activities that close out sessions.



Sources for evidence-based and evidence-informed content!

Facilitators asked for even more sources supporting the program's content, so now the Session Guides integrate more data sources. We also added new tips and guidance on communication, healthy relationships, and more.



Improved Fathering Handbook!

We added content reflecting new tips and guidance. We also redesigned it to eliminate clutter and make better use of space.



New PowerPoint® slide decks!

Facilitator requests and NFI staff observations of program delivery—especially virtually—led to the addition of a slide deck for each version. They reinforce some of the most critical program content while including just enough to engage dads visually but not distract them from engaging with each other or the facilitator.



Improved Fathering Surveys!

Based on feedback from facilitators, we revised questions for clarity in the evaluation tool for each version.



Additional design improvements!

We reduced clutter in the Session Guides and formatted the content to easily pick out the new scripts. Gone is the tiny flash drive with supporting resources—such as handouts for some sessions and program fidelity tools—that was so easy to misplace. In is a dedicated webpage containing those supporting resources updated for use with the new edition. And we added new resources, such as a guide on using the program with teen dads. Continue to access the resources there or download them to your hard drive or a shared drive.

Facilitator Training Available!

- On-demand in our Academy
- Public webinar training
- Custom webinar or in-person training for organizations

Visit www.fatherhood.org/solutions/staff-training to learn more and register!



Learn more and access samples at: store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit
or store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit

To Order: www.fathersource.org | call 301-948-0599 | fax 301-948-6776
PO Box 37635 | PMB 84123 | Philadelphia, PA, 19101-0635 | www.fatherhood.org

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CONTENT

OPTIONAL INTRODUCTORY SESSION

- #1 Welcome and Warm-Up
- #2 My Hopes for the Program
- #3 The Impact on the Relationship with my Children
- #4 Ground Rules
- #5 What Motivates Me to Attend

SHARED
CONTENT

- SESSION 1: Family History**
- 1.1 Welcome and Warm-Up
 - 1.2 What it Means to be a Man and My Role
 - 1.3 Roles of Dad and Mom
 - 1.4 The 24:7 Dad®
 - 1.5 Closing, Comments, and Evaluation
- SESSION 2: What It Means to Be a Man**
- 2.1 Welcome and Warm-Up
 - 2.2 Today's Man
 - 2.3 Body Image
 - 2.4 My 24:7 Dad® Checklist Items
 - 2.5 Closing, Comments, and Evaluation
- SESSION 3: Showing and Handling Feelings**
- 3.1 Welcome and Warm-Up
 - 3.2 Holding Feelings Inside
 - 3.3 Grief and Loss
 - 3.4 My 24:7 Dad® Checklist Items
 - 3.5 Closing, Comments, and Evaluation
- SESSION 4: Men's Health**
- 4.1 Welcome and Warm-Up
 - 4.2 Stress and Anger
 - 4.3 Physical Health
 - 4.4 My 24:7 Dad® Checklist Items
 - 4.5 Closing, Comments, and Evaluation
- Session 5: Communication**
- 5.1 Welcome and Warm-Up
 - 5.2 Ways to Communicate
 - 5.3 Talking with Children
 - 5.4 My 24:7 Dad® Checklist Items
 - 5.5 Closing, Comments, and Evaluation
- Session 6: The Father's Role**
- 6.1 Welcome and Warm-Up
 - 6.2 The Ideal Father
 - 6.3 What Kind of Father and Partner Am I?
 - 6.4 Benefits of Marriage
 - 6.5 My 24:7 Dad® Checklist Items
 - 6.6 Closing, Comments, and Evaluation
- SESSION 7: Disciplining Children**
- 7.1 Welcome and Warm-Up
 - 7.2 Morals and Values
 - 7.3 Rewards and Punishment
 - 7.4 My 24:7 Dad® Checklist Items
 - 7.5 Closing, Comments, and Evaluation
- SESSION 8: Children's Growth**
- 8.1 Welcome and Warm-Up
 - 8.2 Goals and Self-Worth
 - 8.3 Nature or Nurture?
 - 8.4 My 24:7 Dad® Checklist Items
 - 8.5 Closing, Comments, and Evaluation
- SESSION 9: Getting Involved**
- 9.1 Welcome and Warm-Up
 - 9.2 Ways to be Involved
 - 9.3 Helping My Child Do Well in School
 - 9.4 My 24:7 Dad® Checklist Items
 - 9.5 Closing, Comments, and Evaluation
- SESSION 10: Working with Mom and Co-Parenting**
- 10.1 Welcome and Warm-Up
 - 10.2 Parenting Differences
 - 10.3 Walking a Mile in Her Shoes
 - 10.4 I'm Okay, She's Okay
 - 10.5 My 24:7 Dad® Checklist Items
 - 10.6 Closing, Comments, and Evaluation
- SESSION 11: Dads and Work**
- 11.1 Welcome and Warm-Up
 - 11.2 Work and Family
 - 11.3 Balancing Work and Family
 - 11.4 My 24:7 Dad® Checklist Items
 - 11.5 Closing, Comments, and Evaluation
- SESSION 12: My 24:7 Dad® Checklist**
- 12.1 Welcome and Warm-Up
 - 12.2 Skills I Learned
 - 12.3 Assessing My Fathering Skills (OPTIONAL)
 - 12.4 My 24:7 Dad® Checklist
 - 12.5 Celebrate (OPTIONAL)

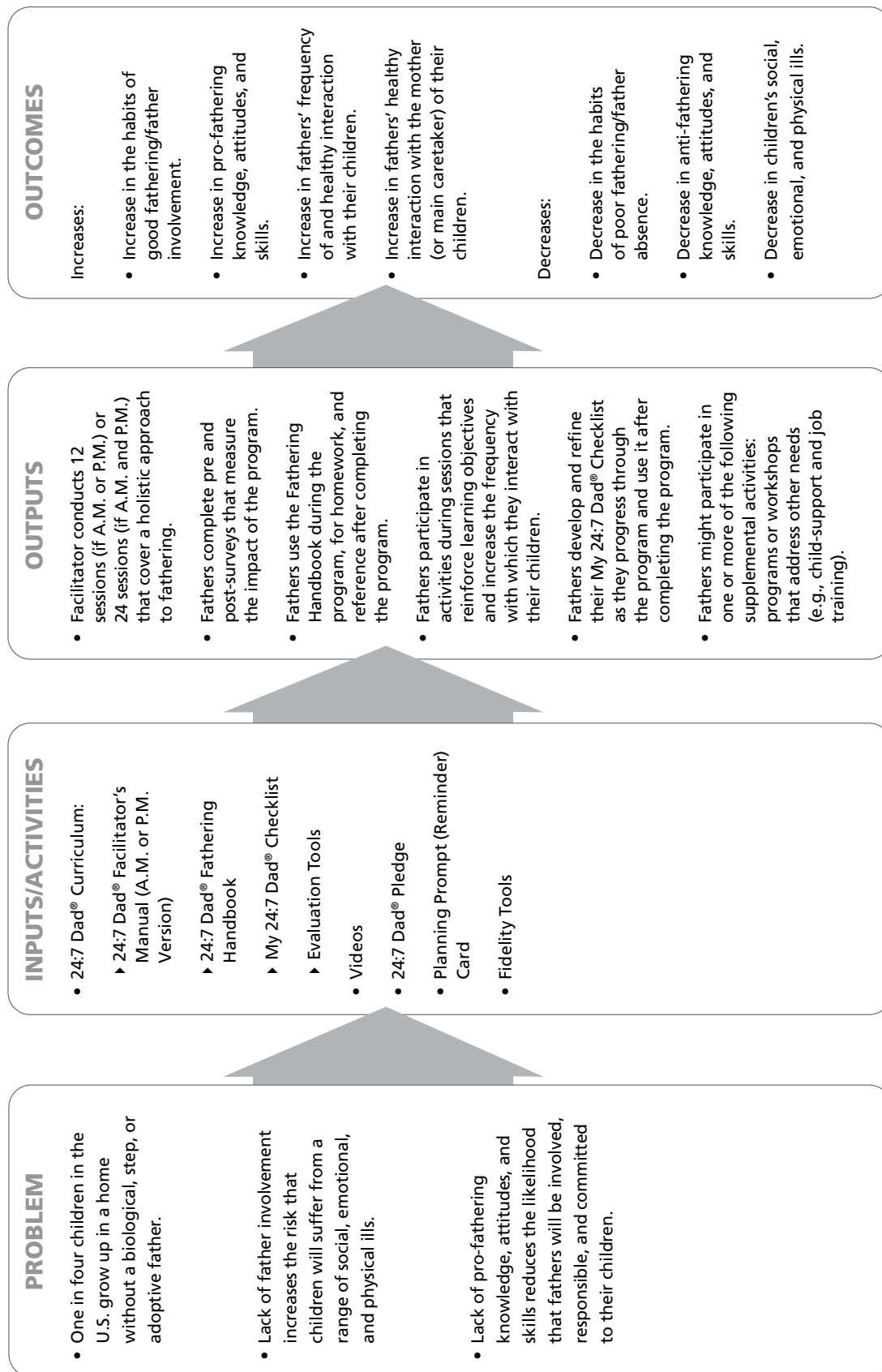
- SESSION 1: Fathering and the 24:7 Dad**
- 1.1 Welcome and Warm-Up
 - 1.2 My Story
 - 1.3 My Fathering Skills
 - 1.4 The 24:7 Dad®
 - 1.5 Closing, Comments, and Evaluation
- SESSION 2: Boyhood to Manhood**
- 2.1 Welcome and Warm-Up
 - 2.2 Differences Between the Male and Female Brain
 - 2.3 Learning to be a Man and Dad
 - 2.4 My 24:7 Dad® Checklist Items
 - 2.5 Closing, Comments, and Evaluation
- SESSION 3: Dealing with Anger**
- 3.1 Welcome and Warm-Up
 - 3.2 This is Anger
 - 3.3 Showing and Dealing with Anger
 - 3.4 My 24:7 Dad® Checklist Items
 - 3.5 Closing, Comments, and Evaluation
- SESSION 4: Knowing Myself**
- 4.1 Welcome and Warm-Up
 - 4.2 Building Self-Worth
 - 4.3 Self-Worth Survey
 - 4.4 My 24:7 Dad® Checklist Items
 - 4.5 Closing, Comments, and Evaluation
- SESSION 5: Family Ties**
- 5.1 Welcome and Warm-Up
 - 5.2 Building Closeness
 - 5.3 A Plan for Family Ties
 - 5.4 Closing, Comments, and Evaluation
- SESSION 6: Sex, Love and Relationships**
- 6.1 Welcome and Warm-Up
 - 6.2 Sexual Self-Worth
 - 6.3 A Healthy Relationship
 - 6.4 My 24:7 Dad® Checklist Items
 - 6.5 Closing, Comments, and Evaluation
- SESSION 7: Power and Control**
- 7.1 Welcome and Warm-Up
 - 7.2 The Difference Between Power and Control
 - 7.3 Positive Power and Control
 - 7.4 Power Struggles
 - 7.5 My 24:7 Dad® Checklist Items
 - 7.6 Closing, Comments, and Evaluation
- SESSION 8: Competition and Fathering**
- 8.1 Welcome and Warm-Up
 - 8.2 Competitive and Non-Competitive Fathering
 - 8.3 Living Through My Children
 - 8.4 My 24:7 Dad® Checklist Items
 - 8.5 Closing, Comments, and Evaluation
- SESSION 9: Improving My Communication Skills**
- 9.1 Welcome and Warm-Up
 - 9.2 Criticism vs. Confrontation
 - 9.3 Negotiation
 - 9.4 Identifying and Solving Problems
 - 9.5 My 24:7 Dad® Checklist Items
 - 9.6 Closing, Comments, and Evaluation
- SESSION 10: Fun with the Kids**
- 10.1 Welcome and Warm-Up
 - 10.2 Fathering and Fun
 - 10.3 A Plan for Fun
 - 10.4 My 24:7 Dad® Checklist Items
 - 10.5 Closing, Comments, and Evaluation
- SESSION 11: Stress, Alcohol, and Work**
- 11.1 Welcome and Warm-Up
 - 11.2 Drinking and Stress
 - 11.3 Work and Stress
 - 11.4 My 24:7 Dad® Checklist Items
 - 11.5 Closing, Comments, and Evaluation
- SESSION 12: My 24:7 Dad® Checklist**
- 12.1 Welcome and Warm-Up
 - 12.2 Skills I Learned
 - 12.3 Assessing My Fathering Skills (OPTIONAL)
 - 12.4 My 24:7 Dad® Checklist Items
 - 12.5 Celebrate (OPTIONAL)

SHARED
CONTENT

APPENDIX
Ages and Stages

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CONTENT

24:7 DAD® LOGIC MODEL





24:7 Dad® FAQ's

How many sessions are in 24:7 Dad®? 24:7 Dad® A.M. and P.M. each consist of 12, two-hour sessions.

How is 24:7 Dad® delivered? 24:7 Dad® can be delivered in a group-based or one-on-one setting (e.g., home visit).

Can a female facilitator effectively deliver 24:7 Dad®? Absolutely! In fact, we recommend considering a male-female pair to share the facilitation of the group when possible. What matters most is the facilitator's ability to prepare effectively and engage the group.

What types of dads is 24:7 Dad® used with? 24:7 Dad® can be used with fathers of any age, including new fathers, teen fathers, and fathers in a reentry environment.

Is 24:7 Dad® culturally-sensitive/relevant/multi-cultural? 24:7 Dad® can be used with fathers of all races, religions, and ethnicities. It's broad focus on behaviors and characteristics which are applicable to any father are its strong suit. Further, the program is flexible so that it can be customized to your needs or for cultural references.

What's the difference between 24:7 Dad® A.M. and 24:7 Dad® P.M.? 24:7 Dad® A.M. is most often used with fathers who have never participated in a formal fatherhood program; it covers fundamental fathering subjects. 24:7 Dad® P.M. covers advanced fathering subjects and is often used with fathers who have already gone through 24:7 Dad® A.M. or another formal fatherhood program. See the 24:7 Dad® A.M./P.M. Comparison Chart on page 10 for more details.

What are the ongoing costs for implementing 24:7 Dad®? 24:7 Dad® is a very affordable program to sustain. Once a Compete Program Kit has been purchased, additional handbooks for each father cost only \$31.99 each*.

Is there a facilitator training requirement? No, there is not a facilitator training requirement. However, NFI offers several training options to help facilitators effectively implement the program. Online on-demand training, live public webinar training (rolling schedule), and custom, in-person training at your organization. NFI also offers a Master Trainer Organization Program by request.

Does NFI provide any other assistance with running the program? NFI offers custom technical assistance for a fee. Please contact us to discuss your needs; we would be happy to work with you.

* At the time of this writing.



24:7 Dad® Evaluations and Samples

24:7 Dad® in Hawai'i: Sample Design and Preliminary Results

See next page (page 14).

More Program Evaluations:

Download more 24:7 Dad® evaluations here: www.fatherhood.org/category-program-evaluations

Implementing 24:7 Dad® with Fidelity:

Download Here: www.fatherhood.org/247-dad-fidelity-guide

24:7 Dad® A.M. Group-Based Sample Pages:

Download Here: www.fatherhood.org/247-dad-4th-am-group-sample

24:7 Dad® A.M. One-on-One Sample Pages:

Download Here: www.fatherhood.org/247-dad-4th-am-one-sample

24:7 Dad® P.M. Group-Based Sample Pages:

Download Here: www.fatherhood.org/247-dad-4th-pm-group-sample

24:7 Dad® P.M. One-on-One Sample Pages:

Download Here: www.fatherhood.org/247-dad-4th-pm-one-sample

**24/7 Dad® Program in Hawai'i:
Sample, Design, and Preliminary Results**

**Selva Lewin-Bizan, Ph.D.
University of Hawai'i**

Spring 2015



24/7 Dad® Program in Hawai'i: Sample, Design, and Preliminary Results

By

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Abstract

This brief provides background information about the 24/7 Dad® program in Hawai'i and about the research methodology and sampling strategies employed in its evaluation. 24/7 Dad® is a National Fatherhood Initiative curriculum that trains fathers to be involved, responsible, and committed twenty-four hours a day, seven days a week. Included in the curriculum are the five characteristics of the 24/7 Dad®: Self-awareness, caring for self, fathering skills, parenting skills, and relationship skills. The curriculum is delivered as a 24-hour program (2 weekly hours over a period of 12 weeks). This evaluation uses an experimental design with a treatment and a control group and a pre/post-program test to measure whether the program achieved its goals. Descriptive statistics and analytical results provided in this brief are preliminary as this is an ongoing study. Preliminary results show statistically significant changes in fathering practices for participants who received treatment. These results clearly begin to establish an evidence base for the 24/7 Dad® program.

24/7 Dad® Program in Hawai'i: Curriculum, Service Delivery, and Evaluation

The 24/7 Dad® in Hawai'i is a 12-week group meeting cycle. The curriculum covers the five characteristics of the 24/7 Dad®: Self-awareness, caring for self, fathering skills, parenting skills, and relationship skills. Topics discussed include family history, the meaning of being a man, showing and handling feelings, men's health, communication, the father's role, discipline, child development, getting involved, co-parenting, and work. Fathers meet once a week for two hours in a group setting and participate in activities led by professional staff (two male co-facilitators) who has been trained in the 24/7 Dad® curriculum (at least one of the two co-facilitators).

Evaluation of the 24/7 Dad® in Hawai'i follows four cohorts of participants in the 24/7 Dad® program and provides information about the conditions and capabilities of fathers in the state and over time. To date, this is the only experimental study focusing on this unique population.

Method

Sample

Forty-eight fathers have been recruited and enrolled, comprising two cohorts of the 24/7 Dad® program in Hawai'i. Following recruitment, fathers have completed the enrollment packet (or the baseline / pre-program evaluation packet) that includes a consent form (for evaluation), a demographic survey, a survey of father's knowledge and skills, and a survey of fathering and co-parenting practices (demographic characteristics of recruited fathers are reported in Table 1). Recruited fathers have then been assigned to either a treatment group (a group that receives program services) or a control group (a group that does not receive program services but may receive other instruction or services). To avoid selection bias, fathers have been randomly assigned to one of the two groups.

A series of one-way analysis of variance was performed on baseline key demographic data to examine if there were differences between fathers who enrolled but were not served (control group) and those who were served (treatment group). Results indicate that fathers' characteristics are equally distributed among both the treatment and control groups, with the exception of three characteristics: single status, hours of employment, and co-residence with first-born child (Table 2).

Data have been collected not only at the beginning of the program but also at the end (post-program) and six weeks after program completion (follow-up) to measure the impact of the program on father behaviors over time. At the end of each group meeting cycle and six weeks after the end of each group meeting cycle, fathers have completed a packet, which includes a demographic survey, a survey of father's knowledge and skills, and a survey of fathering and co-parenting practices.

Table 1. *Demographic characteristics of study sample at baseline (N=48)*

Demographic Characteristics	n	% or Mean (SD)
Age (range 18-63)		34.04 (9.28)
Marital Status		
Single, never married	28	59
Married	15	31
Divorced	3	6
Separated	2	4
Widowed	0	0
Education		
Grade school	0	0
Middle school	1	2
Some high school	8	17
High school	23	48
Some college	10	21
College	5	10
Some graduate school	1	2
Employment (N=47)		
Employed	28	60
20 hours a week or less	6	21
21 – 40 hours a week	13	47
41 hours a week or more	9	32
Income (annual, any source, before taxes; N=34)		
Less than \$15,000	12	35
\$15,001 to \$25,000	7	20
\$25,001 to \$40,000	5	15
\$40,001 - \$75,000	8	24
\$75,001 - \$100,000	1	3
More than \$100,000	1	3
Race / Ethnicity		
One Race	33	69
Native Hawai'ian	11	34
White	8	24
Asian	7	21
Native Americans	3	9
Pacific Islander (non Native Hawai'ian)	1	3
Black	1	3
Hispanic	1	3
Other	1	3
Multiracial	15	31
Children		
Number of children (range 1-8)		2.10 (1.46)
Age of oldest child (years; range 0-25)		7.51 (6.43)
Oldest child lives with participant	22	46
Oldest child lives with mother and father	21	95
Oldest child lives with father only	1	5

FACTS ABOUT FATHERS IN HAWAII

There are about 125,000 family households with own children under the age of eighteen in Hawai'i.

The number of fathers who are part of a married-couple family with own minor children is 91,610 (72.6% of all family households with own minor children). 8.5% of the family households include a single father while the percent of single-mother households, where a father is not residing with his children, is 18.9.

The rate of both, employment and unemployment of fathers in Hawai'i is lower than nationwide, while the rate of labor force participation is lower compared to the nation as a whole. The median family income for households with own children in Hawai'i is \$73,544 – substantially higher than nationwide (\$61,694).

Hawai'i is a racially, ethnically, and economically diverse society. Hawai'i has a "majority-minority" population, where about 75 percent of the population is part of a minority group. The largest single race group of fathers in Hawai'i is Asian or Pacific Islander, followed by White. However, almost a quarter of the population identifies themselves as belonging to two or more races, far more than any other state in the nation.

Sources: 2000 U.S. Census, 2010 U.S. Census, and the 2008-2012 American Community Survey 5-year sample.

Table 2. *Differences in composition between treatment and control groups (coefficients and statistical significance)*

Fathers enrolled and:	Father is Single	Hours a Week Employed	Oldest child lives with mother and father
Served	.73*	1.5*	.29*
Not served	.46*	2.5*	.63*

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

Instruments

Several instruments were used to measure the characteristics of fathers, their involvement with their children, and the quality of their relationship with their child and her/his mother.

Father's Knowledge and Skills. The amount of growth in knowledge and skills associated with the five characteristics of the 24/7 Dad® that were directly taught in each session was assessed using a 22-item scale developed by National Fatherhood Initiative. The characteristics are self-awareness, caring for self, fathering skills, parenting skills, and relationship skills. This self-report instrument includes questions with multiple-choice answers and scores are either 1 (correct answer) or 0 (incorrect answer).

Father Involvement. Involvement was assessed using the Inventory of Father Involvement (Bradford et al., 2002), a self-report instrument that assesses indirect and direct involvement using a 5-point Likert scale ranging from 0 (never) to 4 (always). Instrumental and traditional dimensions of father involvement include providing, support of the mother, disciplining and teaching responsibility, and encouraging success in school. Among the dimensions reflecting some of the additional tasks expected of contemporary fathers are giving praise and affection, spending time together and talking, being attentive to their children's daily lives, reading to their children and helping with homework, and encouraging children to develop their talents. Reliability of sub-scales ranges from $\alpha = .69$ to $\alpha = .90$.

Self-Perception of the Parental Role. Self-perception was assessed using the Self-Perception of the Parental Role measure (MacPhee, Benson, & Bullock, 1986), a self-report instrument that assesses the perception of parents about their role along different dimensions using scales that have pairs of statements that describe contrasting end points of a dimension. Possible scores range from 1 (low perceived role) to 4 (high perceived role). The dimensions are parental role satisfaction, perceived competence in parenting, the level of investment the parent has in his role, and integration or role balance. Reliability of sub-scales ranges from $\alpha = .72$ to $\alpha = .90$.

Parenting Alliance. Parenting alliance was assessed using the Parenting Alliance Inventory (Abidin & Brunner, 1995), a self-report instrument that assesses the degree to which parents believe that they have a sound working relationship with their child's other parent using a 5-point Likert scale ranging from 1 (strongly agree) to 5 (strongly disagree). All items are averaged to create a global parenting alliance score ($\alpha = .97$). Higher scores indicate a stronger parenting alliance.

Additional Measures. These include single-item measures of the quality of relationship with the child (1 = very bad to 5 = very good) and the degree of happiness about being a parent (1 = very bad to 5 = very good).

Results

A series of one-way analysis of variance was performed to examine whether participation in the 24/7 Dad® program had made a difference in fathers' personal and/or family lives. Indeed, preliminary results show that participation enhanced father's knowledge and skills, increased father involvement, and improved the father's relationship with his children.

Knowledge and Skills Acquired During the 24/7 Dad® Program (associated with the five characteristics of the 24/7 Dad®)

Father's Role

Can a dad have all the traits of the "Ideal Father"?

At the end of the 24/7 Dad® program, fathers in the intervention group were significantly more likely to choose the correct answer "No. Even if he tries hard enough, he can only have some of the traits" than fathers in the control group (Table 3).

Getting Involved

Which of the following statements is true about how well children do in school?

- Children with involved dads do better whether or not their dads live with them
- Only children with involved dads who live with them do better
- Only children with involved dads who don't live with them do better
- The mom's involvement matters more than the dad's

At the end of the 24/7 Dad® program, fathers in the intervention group were significantly more likely to choose the correct answer "Children with involved dads do better whether or not their dads live with them" than fathers in the control group (Table 3).

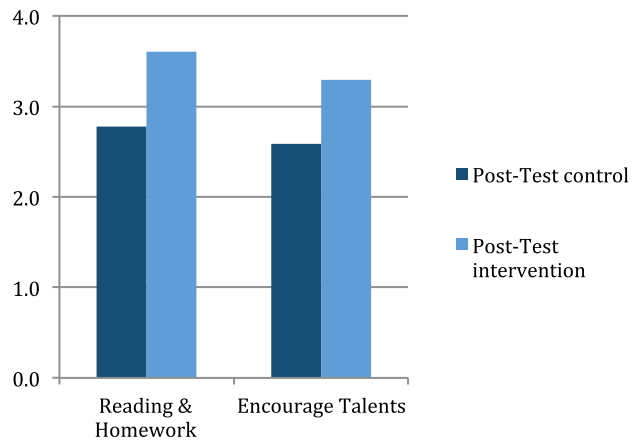
Table 3. *Father's knowledge and skills at post-program test*

Fathers enrolled and:	Even if a dad tries hard enough, he can only have some of the traits of the "Ideal Father"	Children with involved dads do better whether or not their dads live with them
Served	0.47*	1.07*
Not served	0.00*	0.67*

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

Increased Father Involvement in Tasks Expected of Contemporary Fathers

Figure 1. *Father involvement at post-program test*



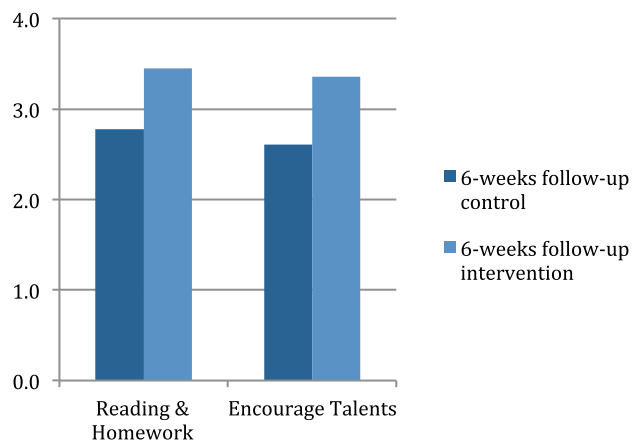
By the end of the 24/7 Dad® program, fathers in the intervention group are significantly more likely than fathers in the control group to be involved in tasks expected of contemporary fathers (Table 4).

Table 4. *Father involvement in contemporary tasks post-program test*

Fathers enrolled and:	Reading to their children and helping with homework	Encouraging children to develop their talents
Served	3.60**	3.29*
Not served	2.78	2.58

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

Figure 2. *Father involvement at follow-up test*



At the 6-week follow up, fathers in the intervention group are significantly more likely than fathers in the control group to be involved in tasks expected of contemporary fathers (Table 5).

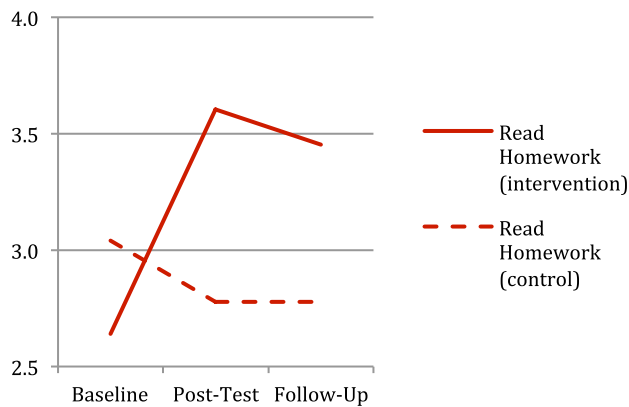
Table 5. *Father involvement in contemporary tasks at six-weeks follow-up*

Fathers enrolled and:	Reading to their children and helping with homework	Encouraging children to develop their talents
Served	3.45*	3.36*
Not served	2.78	2.61

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

Not only there are cross-sectional statistically significant differences between fathers in the intervention group and fathers in the control group in terms of involvement in tasks expected of contemporary fathers, but there are also differences in the rate of change in father involvement over time.

Figure 3. Increase in reading and doing homework with child



The increases in the level of reading and doing homework with the child from baseline to the post-test and from baseline to the 6-week follow up among fathers in the intervention group are statistically significant. Changes in the control group are not statistically significant (Table 6).

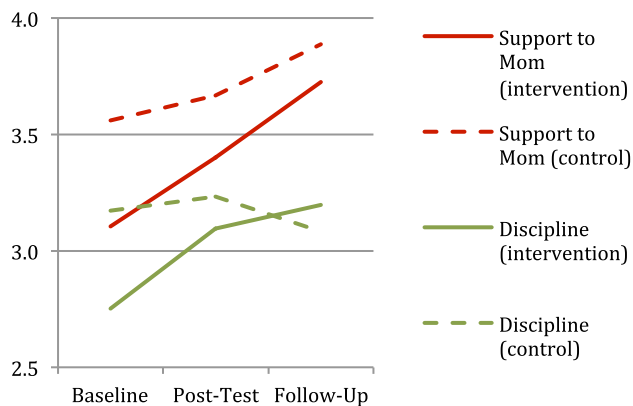
Table 6. Changes in father involvement in contemporary tasks

Changes in:	Fathers enrolled and:	Baseline to Post-Test		Baseline to Follow-Up	
		Baseline	Post Test	Baseline	Follow Up
Reading to their children and helping with homework	Served	2.64**	3.60**	2.64*	3.45*
	Not served	3.04	2.78	3.04	2.78

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

Increased Father Involvement in Instrumental and Traditional Dimensions of Involvement

Figure 4. Increases in instrumental and traditional dimensions of involvement



The increases in the level of support to the mother of the child and in the level of disciplining the child from baseline to the 6-week follow up among fathers in the intervention group are statistically significant.

The increases in the level of both support to the mother of the child and the level of disciplining the child from baseline to the 6-week follow up among fathers in the control group are not statistically significant (Table 7).

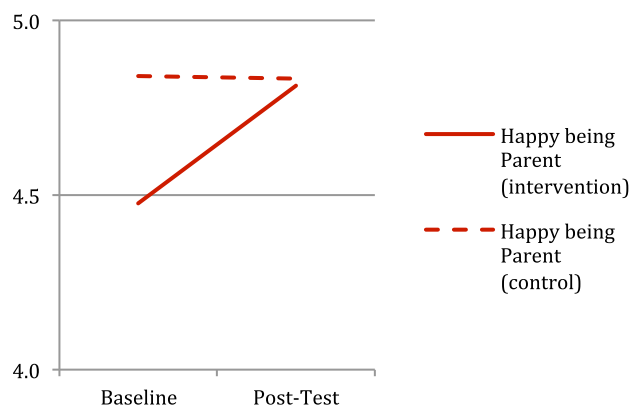
Table 7. Changes in instrumental and traditional dimensions of involvement

Changes in:	Fathers enrolled and:	Baseline to Post-Test		Baseline to Follow-Up	
		Baseline	Post Test	Baseline	Follow Up
Support to mother	Served	--	--	3.11*	3.73*
	Not served	--	--	3.56	3.89
Discipline	Served	--	--	2.75*	3.20*
	Not served	--	--	3.17	3.08

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

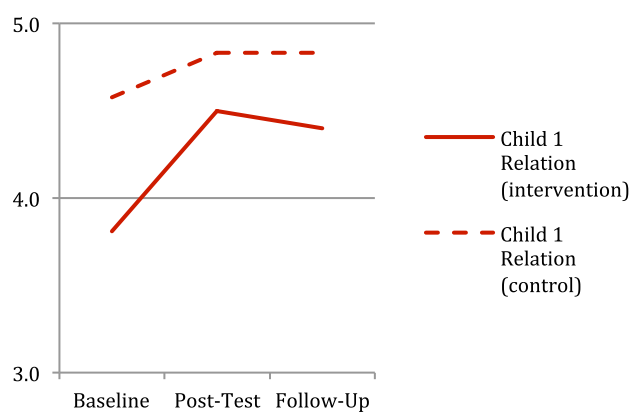
Better Relationship with the Child

Figure 5. *Increases in happiness about being a parent*



The increase in the level of happiness about being a parent from baseline to the post-test among fathers in the intervention group is statistically significant, but is not statistically significant among fathers in the control group (Table 8).

Figure 6. *Increases in quality of relationship with child*



The increases in the level of quality of relationship with the first-born child from baseline to the post-test and from baseline to the follow-up among fathers in the intervention group are statistically significant, but are not statistically significant among fathers in the control group (Table 8).

Table 8. *Changes in quality of relationship*

Changes in:	Fathers enrolled and:	Baseline to Post-Test		Baseline to Follow-Up	
		Baseline	Post Test	Baseline	Follow Up
Happiness about being a parent	Served	4.48*	4.81*	--	--
	Not served	4.84	5.00	--	--
Quality of relationship with first-born child	Served	3.81*	4.50*	3.81*	4.40*
	Not served	4.58	4.83	4.58	4.83

* $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

Final Notes

This brief has provided preliminary evidence that the 24/7 Dad® program is effective in improving knowledge and skills associated with the five characteristics of the 24/7 Dad®, increasing father involvement in instrumental and traditional dimensions of involvement as well as in tasks expected of contemporary fathers, and in improving the quality of the relationship with the child. These results clearly begin to establish an evidence base for the 24/7 Dad® program.

Two important issues require further examination: sample size and the usage of additional data about participants. While the current dataset is sufficiently large for the statistical analysis reported in the brief, the analysis is preliminary in that the treatment and control groups are compared without accounting for other factors that may explain existing differences. Accounting for such factors would require more participants in each group and more detailed information about each participant. Indeed, two additional groups of fathers, each with 24 participants, are currently being recruited to participate in an expansion of this program evaluation. Furthermore, additional data are available for participants in the current study and will become available for future participants: in addition to the evaluation completed by fathers, each site has completed and submitted sign-in sheets and a group meeting report for each group meeting. Fathers also participated in phone interviews during their participation in the program. These additional data will enable an even more in-depth evaluation of the impact of the 24/7 Dad® program in Hawai'i. Research methodology and analytical results based on these data will be reported in a future brief.

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