



## ProFathering15™ Program Guide

### Program Overview:

ProFathering15™ is an online program that equips dads with pro-fathering attitudes, knowledge, and skills-based tools to become more involved, responsible, and effective fathers. Using a strengths-based approach, it covers 15 key topics that affect father involvement from an individual, relational, and systemic perspective. It provides practical tools that help dads gain confidence (parenting self-efficacy) and become nurturing fathers who help their children thrive.

### Who It's For

All dads and father figures. No matter where dads are in their fatherhood journey, ProFathering15™ can help them be the best dads they can be.

### Program Outcomes:

By the end of the program, dads increase their awareness and knowledge of:

- The impact of their family background on their fathering.
- *Individual* factors that affect their involvement, such as emotional regulation and knowledge of child development.
- *Relational* factors that affect their involvement, such as effective co-parenting and communicating with others.
- *Systemic* factors that affect their involvement, such as balancing work and family.
- Tools that help them nurture children, including those for effective child discipline and helping their children develop high self-worth.

### Program Application:

#### Delivery Formats:

- **Self-Paced:** Dads complete the topics asynchronously on any electronic device. They can deepen their learning by interacting with a mentor or staff member who is invested in helping them complete the program.
- **One-on-One:** A mentor or staff member guides a dad through each topic, discussing critical points and deepening learning through interaction.

- Groups: Organizations enroll multiple dads, and a mentor or staff member meets with dads in a group to discuss key points and enhance learning through interaction with the mentor/staff member and other dads.

**Content Design:** The content for each topic includes text (user-friendly for low-literacy audiences), video, and exercises that promote reflection (e.g., how to apply learnings).

**Completion Time:**

- Dads can complete each topic in approximately 15 minutes.
- Dads have 90 days from the enrollment date to complete all 15 topics.

**Dosage and Frequency:**

- NFI recommends the maximum “dosage” (i.e., dads complete all the topics) for maximum impact.
- When self-paced, dads complete as much or as little of the program as they desire and as quickly or slowly as they want.
- When organizations deliver the program through one-on-one or group-based delivery formats, they can identify the standards/requirements for program completion, including how many topics dads complete, how often they complete them (e.g., one or two topics per week), and whether they must exhibit specific outcomes (e.g., increased knowledge and awareness or an improved co-parenting relationship).

**Evaluation:**

**Certificate of Completion:**

- Once dads complete a topic, they click "Complete and Continue," then answer two questions to ensure learning. Once all topics have been marked complete, dads receive a certificate of completion generated by the program.
- Your staff can implement an optional pre-post survey in English and Spanish to measure dads’ learning. Download it [here](#).

**Program Materials:**

- The online platform contains everything needed to complete the program.
- Some topics contain links to additional resources and reading materials related to the topic’s content.
- Optional pre-post survey in English and Spanish [here](#).

**Topics and Learning Objectives:**

Topic	Learning Objectives
1. Family History	Understand how family of origin and media affect parenting.
2. Being a Man and Dad	Develop personal traits (e.g., confidence, courage) to become a better father.

3. Handling Emotions	Learn to express emotions appropriately and model emotional intelligence for children.
4. Grief and Loss	Understand the process of grief and how to cope with loss.
5. Your Health	Assess and improve physical and mental health for longevity and well-being.
6. You and Mom	Build a supportive relationship with the children's mother that enhances child well-being.
7. Talking with Mom	Enhance communication and problem-solving with the children's mother or main caretaker.
8. Co-Parenting	Learn strategies for successful co-parenting and resolving conflicts in parenting approaches.
9. Fathering Skills	Develop unique fathering skills and understand how father contribute to child development differently from mothers.
10. Child Development	Learn child development milestones and how to support children's growth effectively.
11. Child Discipline	Learn positive, non-violent discipline techniques that encourage learning.
12. Sexuality	Build a healthy sense of sexuality and self-worth, focusing on body image, intimacy, and respect.
13. Intimacy	Develop comfort with various forms of non-sexual intimacy to foster closer relationships with partners, children, and other men.
14. Work-Family Balance	Learn the importance of balancing work commitments and family life and strategies that help.
15. Managing Money	Understand how family budgeting, saving, and financial planning affect the long-term stability of father involvement.