

" Nurturing Fathers"

- (9:00-9:30) **I. Introductions**
- Who am I - my background and experience
 - Participant introductions - personal / professional
 - "What does 'nurturing' mean to me?"
 - "What is your particular interest in nurturing as it relates to men?"
- (9:30-9:45) **II. How People Learn** (Link between NFP & Nurturing Programs) -handout
- (9:45-10:00) **III. "What's with Fathers these days?"** -general discussion
- stats
 - absent / flight \ apparent "conflict"
 - committed / involved /
- (10:00-10:30) **IV. Male Power:** power-over vs. power-to
- "How It Affects Men's Lives" (handout)
- Mementos:** Describe activity
- "What memento would you choose to bring?"
 - PSA - Videos
- (10:30-10:45) **BREAK**
- (10:45-11:15) **V. Unmet Needs From Childhood: Circle of Needs**
- Fathering the Little-Boy Within (handout)
- (11:15-12:00) **VI. Self Nurturing Skills**
- Self-talk: Discouraging and Encouraging Messages (handout)
 - Pairs: Encouraging message (2 times with emphasis). Each take turns
- (12:00-1:00) **LUNCH**
- (1:00-1:30) **VII. Feelings Graph**
- Male \ chart-discuss
 - Female/
- VIII. Male/Female Nurturing: Similarities and Differences**
- (1:30-2:15) **IX. Reaching Fathers:** Touchstones + Lessons Learned
Teaching Fathers: Overview of NFP (13 weeks) (video)
- (2:15-2:30) **BREAK**
- (2:30-3:15) **X. Role Modeling**
- XI. Activity:** Fathers + Sons / Fathers + Daughters
- (3:15-3:30) **XII. Question and Answer**
- (3:30-3:45) **XIII. Evaluation**
- (3:45-4:00) **XIV. Nurturing Father Visualization** (tape player)