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April 2012  
 Volume 6 Issue 2

# C4P News

## Fathering

### Fathering Resources

#### Boot Camp for New Dads

- This father-to-father workshop equips dads to become confidently engaged with their new babies and supportive of their mates. For more information about the program and fathering go to: [www.bootcampfornewdads.org/](http://www.bootcampfornewdads.org/)

#### National Center for Fathering

- This is a nonprofit educational organization that provides research-based training and resources so that men are equipped to address their children's needs. For more information on the organization and fathering go to: <http://fathering.com/>

#### National Responsible Fatherhood Clearinghouse

- This service from the U.S. Department of Health and Human Services provides information for fathers, policy makers, researchers, and those involved with fatherhood programs. One can find multiple resources, such as tips for dads, federally-funded fatherhood programs, and even deals for dad and kids. For more information on the service go to: <http://www.fatherhood.gov/>

### Meetings, Trainings and Events

- Read Tennessee: A New Web Resource:** A free webinar that will allow you to see resources available and how you can help parents help their children develop skills in reading and math. The event is on April 28th at 2p.m. Free registration at: <http://www.cvent.com/d/hcqpdy>
- Bringing the Protective Factors Framework to Life in your Work:** A resource for action. Online training regarding building safe and caring homes. Free enrollment at <http://www.ctf alliance.org/onlinetraining.htm>
- Together We Thrive:** Intergenerational Programs and Possibilities (CYFERnet online training) on May 12, 1:30-3:00pm (EDT). Register at <http://cyfernet.ces.ncsu.edu/mn/>

### C4P Trivia Question

According to the US Census Bureau (2010), what percent of children lived only with their fathers?

- A. 3%                      C. 15%  
 B. 8%                      D. 20%

The first person to send the correct answer to [center4parenting@utk.edu](mailto:center4parenting@utk.edu) will receive a \$5 Starbucks gift card.

### Featured Professional: Willie Richardson at First Things First

"Fathers make THE difference" in a child's life, according to Willie Richardson. Mr. Richardson is passionate and serious about fatherhood. Working for First Things First, Willie Richardson co-teaches evidence-based fathering classes to fathers in jail. These classes help them to be better fathers, both while they are inside jail and when they get out. In addition, Mr. Richardson teaches a class on Dad's Making a Difference, which helps fathers who are behind on child support payments. Both of these 9-12 week classes teach fathers how to love, coach, and be a model for their children.

The C4P Interns interviewed Mr. Richardson. Here are some of his messages to fathers:

- Devote yourself to your family and yearn to be a great dad
- Insert yourself into your child's life, with academics & extracurricular activities
- Lead by example
- Educate yourself about parenting
- Nurture your children; provide a solid foundation for them
- Be a listening ear

### Research Update

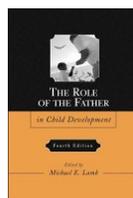
Since 1975, researchers have agreed that there is a relationship between positive fathering behavior and child development. The following meta-analysis shows the overall effectiveness of 16 resident fathering education programs for fathers who live with their children. However, according to Holmes, Galovan, Yoshida, and Hawkins (2010), "the dearth of work in this area may be the most important finding of this meta-analysis" (pg. 240).

The meta-analysis reported the following in resident fathering education programs:

- A need for a focus on fathers of teens, not only fathers of young children
- A need for a focused attention on disadvantaged fathers who may need more support than their White, middle-income counterparts
- The existence of the basic question of, "Are family life educators interested in fathers?"
- There needs to be more information available about existing programs that are working and what makes them work, before other organizations start new programs that essentially already exist.

Holmes, E. K., Galovan, A. M., Yoshida, K., & Hawkins, A. J. (2010). Meta-analysis of the effectiveness of resident fathering programs: are family life educators interested in fathers? *Family Relations*, 59(3), 240-252. doi:10.1111/j.1741-3729.2010.00599.x

### Featured Books



**The Role of the Father in Child Development** by: Michael Lamb. This book compiles information from an international group of experts and acts as a single-source reference for the most recent findings and beliefs related to fathers and fatherhood. The newest edition covers topics such as: development of father-child relationships, gay fathers, the effects of divorce on father and children, fathers in violent and neglectful families, and cross-cultural issues of fatherhood. The Role of the Father in Child Development helps mental health professionals bridge scientific theories to application and practice that teach fathers how to positively influence their children's development.

**What to Expect When Your Wife is Expanding** by: Thomas Hill. This book, a spin off the bestseller What to Expect When You're Expecting, is a month-by-month guide for fathers-to-be through 9 months, which addresses pressing issues for new and old fathers. This is a light-hearted and practical book that reviews issues such as "what your wife will be complaining about" to "how to avoid sympathetic pregnancy." What to Expect When Your Wife is Expanding provides useful information about the finances involved with having a baby to the expected mom-to-be's weight gains.

