

Child centered parenting sessions 4-8

Caring Dads: Goals & Strategies

2

Child Centered Parenting

- Parenting continuum
- Nurturing and praising, playing and reading
- Supporting children's relationship to their mothers
- Listening to and knowing children
- Understanding child development

We would recommend that calling the father prior to Session 4 starting would be helpful in setting the tone for the upcoming weeks

This guide can be used as a frame work for individual sessions with fathers throught out this goal of the program.You will want to be working toward promoting change behaviour related to goals set by you and the father and the referral.

- Talk about the pros and cons of behaviour change and remind the father that the decision around change lies with them.
- Discuss with fathers setting self monitoring expectation related to goals of the group and individual sessions. These are import as ways to measure any progress they feel they are making. It is also a process for part of your individual check ins with each father during this goal.
- Check with the father that he understand what skills he possess to make the changes identified. Relate to challenging issues he may haver already made changes in his life.
- With the father identify small and achievable initial steps for change.

Introduction to concepts related to the parenting continuum can be done in video format.

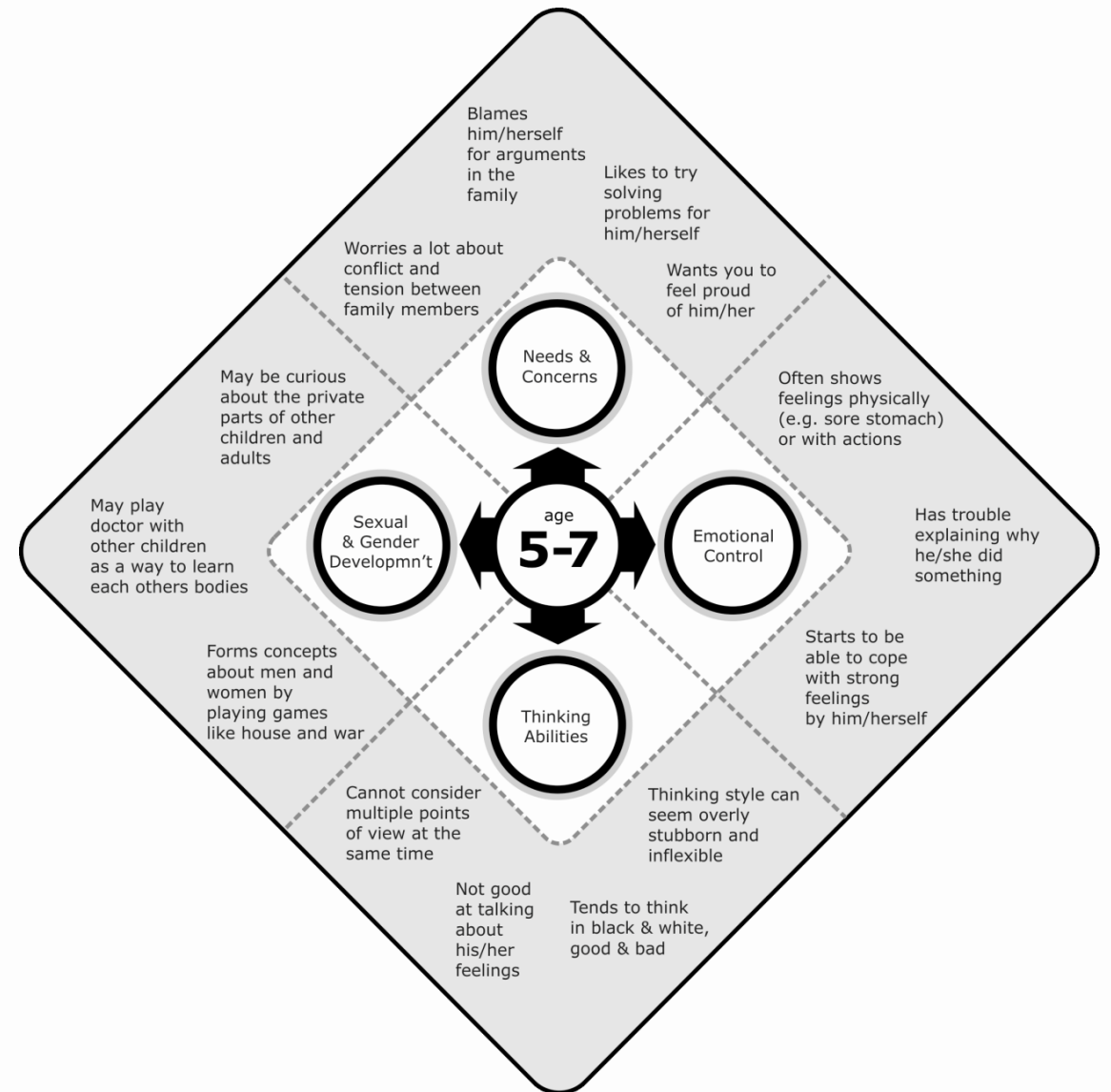
Brainstorm examples of both ends of the continuum as you would in an in person group with the fathers on the video conference.

- You should take the lead in giving a clear definition to both ends of the continuum providing examples that illustrate the concept
- Have the fathers together create a list of child-centered behaviours that they can begin to implement with their children or the childrens mother.



Following the continuum discussion introduce the developmental charts

- Introducing the developmental charts will be important for fathers to recognize where their children fall in their own development.
- An area to focus on in this discussion is asking the father if they are aware of any changes in their children as a result of the Covid-19 isolation.
- You can discuss with the fathers how stress related behaviour might show up in their children and how they may be more fluid on the developmental charts.
- It is an opportunity to focus on the importance of child centered parenting particularly when children are experiencing extraordinary times like these.



Session 5: Building relationships with our children

SCHOOL AGE

What does your child like to play with, has this changed with Covid-19?

What does your child want to be when he/she grows up?

What does your child want for his/her birthday?

What does your child like to do with you, does your child express concerns or frustrations with being home?

Does your child talk about current events related to isolation or masking?

What does your child like to do with his/her mother?

How do you know if your child is upset, does this look different now?

Does your child express missing school or other activities at this time?

What is your child afraid of, do they share fears about Covid-19?

Session 5: Eliminating barriers to better relationships

Relationship building exercise: practicing having age and developmentally appropriate conversation with your children about the current circumstances.

If there are fathers who are accessing through video assisted visits brainstorm with father appropriate ways to engage developmentally with their children.

Session 6: Listening to, praising, and playing with our children

- We would recommend offering to do a telephone Check in with the father in the group at this point. Refer to the check in guide in session 4 as a way guide the discussion with focusses on goal attainment. Also, review the child centered parenting, developmental stages and how well do I know my children exercise. You can also set up the next week group work related to listening playing and praise.

Session 6: Listening to, praising, and playing with our children

Your goal with session 6 will be to review and brainstorm the concepts of listening, playing and praising children. Present these concepts in the context of the current Covid-19 related changes in everyday life. It is important that you continuously reframe this concepts in terms of the child centered parenting.

Listening – Playing – Praising

Brainstrom over video conference concepts related to their specific circumstances at this time. Focus on the unique challenges all of the concepts have when you are facing current stressors and encourage the fathers take the time needed with their children.

Session 7: Fathers as part of families

Check-in: you may want to check in with the father prior to this group. If you have any concerns with specific father it would be important to check in between Sessions 6-7.

Use these exercises to focus on how the father is managing the stressors and unusual circumstances the children are facing at this time, it important to emphasize that with Covid-19 anxiety might be be already elevated and its imperative that the fathers set a good example for managing anxiety and stresses.

It is also import to focus on the relationship with the childrens mother. They may be working to manage access and visitation under highly anxious times and/or the father or mother may not have had direct physical contact with their children since the beginning of the pandemic.

Session 8: Eliminating barriers to better relationships

Check in at the beginning of this group session with the fathers. You can focus your check in question on the previous week and how they were able to work towards being a good example for their children and ways they supported the children's mother.

In this session you will introduce the concepts related to the thoughts/feelings/action triangle.

Using the video of the father dropping off his children after an access visit. Using the triangle, analyze the father's behaviours with the father in the video.

Questions and Answers

We would like to encourage you to put forward any questions you may have or comments regarding your experiences to date.