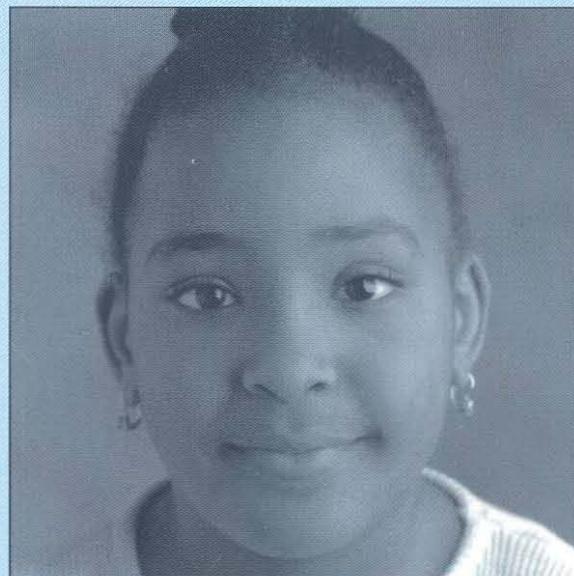
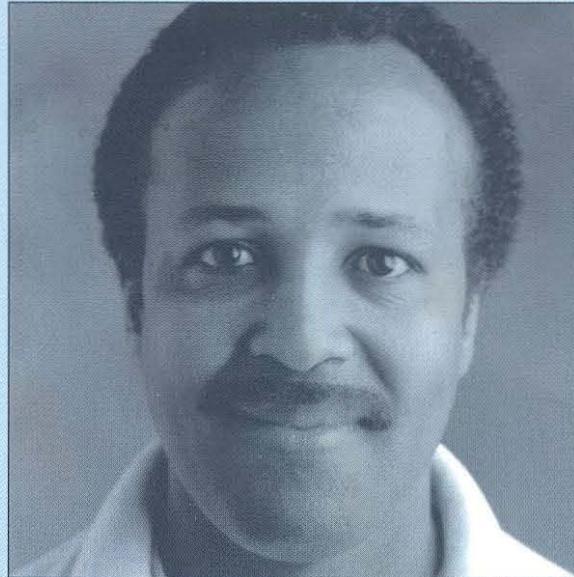


Revised  
for 2002

# Fatherhood Kit

**Promoting  
the positive  
involvement  
of fathers  
in their  
children's  
lives**



**The Fatherhood Initiative offered through  
The Massachusetts Children's Trust Fund**

## Children's Trust Fund



Strengthening Families \* Preventing Child Abuse

Chair  
Edward N. Bailey, M.D.

Vice Chair  
Gailanne Reeh

Treasurer  
Peter M. Phillipps

Secretary  
Ann S. Hurd

Members  
Elizabeth F. Ames  
Maurice Boisvert  
Michael C. Bolden  
Betsy Busch  
Joseph C. Carter  
Alan C. Cave  
Jan Garnett Cellucci  
Richard E. Connolly  
Dorothy S. Dean  
Roger Donoghue  
David Driscoll  
John Gardiner Gallup  
Robert Gittens  
Zina Jacque  
William Kennedy  
Howard Koh  
Mary Kay Leonard  
Fran Lirman  
Richard Lord  
Linda M. Luongo  
Joyce Maroney  
Peter McDonough  
Claire McIntire  
Louis A. Rivera  
Robert Sherman  
Donalda Silva  
William F. Solfisburg  
Debra Sordillo  
Lewis H. Spence  
Paula S. Stahl  
Marylou Sudders  
Christopher J. Supple  
Ardith Wieworka  
Leeland Woodsworth

Executive Director  
Suzin Bartley

*Perhaps the greatest social service that can be rendered by anybody to the country and to mankind is to bring up a family.*

*George Bernard Shaw*

Dear Friend:

Children today have many outside influences that shape their lives - friends, teachers, celebrities, television, sports figures, etc. - but none can play a more important role than the guidance of a parent.

We know through research that mothers and fathers each bring a unique and dynamic approach to promoting the healthy development of their children. When a father makes himself available to his children, he becomes an important influence in their future.

Children's Trust Fund (CTF) is an umbrella organization whose mission is to support and strengthen communities and families. Our objective is to provide parents with access to the skills and knowledge they need to be the best parents they can. Toward that effort, CTF sponsors many programs that benefit fathers and the family support professionals who work with them. In 1996, CTF founded the Fathers & Family Network, which has grown to include nearly 1,000 professionals working with and learning from fathers throughout Massachusetts.

Being a dad can be a tremendously rewarding experience, but effective parenting takes a great deal of time, energy, and patience. CTF and its Board of Directors hope this new edition of the Fatherhood Kit provides resources, activities, and ideas that are useful to fathers, their families, and the professionals who reach out to support parents and children of Massachusetts.

Sincerely,

Suzin Bartley  
Executive Director

Edward Bailey, M.D.  
Board Chair



Photo credits: Philip Porcella, of Shadow Catcher Inc., Boston. From the “They Have Your Eyes” advertising campaign for the Massachusetts Children’s Trust Fund. Advertising agency CGN developed the ads, *pro bono*, as part of 1998 public service campaign of The Ad Club of Boston.

Children’s Trust Fund: Expanding resources for fathers

CTF’s Fatherhood Initiative works to promote dads’ important role..... 2

Evidence that dads make a difference

Benefits of dad involvement..... 4

Risks of father absence..... 5

Programs and resources

Massachusetts listings

Statewide..... 8

East region..... 11

Northeast region..... 18

Southeast region ..... 20

Central region..... 24

West region..... 27

National listing..... 33

Internet listing..... 37

Books about fathering..... 40

Activities and ideas

Ten ways to be a better dad..... 42

Awareness of your children..... 44

Activities to do with your children

Infants and toddlers..... 45

Two and three year olds..... 46

Four years and older..... 47

Tips for non-married parents..... 48

Books for dads to share with their children..... 49

# CTF's Fatherhood Initiative works to promote dads' important role

**C**reated in 1988 by the Massachusetts Legislature, Children's Trust Fund is dedicated to helping parents raise healthy and happy children by providing money, training, and programs to over 100 organizations that help families.

CTF realizes the important role fathers play in their children's lives and is committed to providing dads with the resources they need to be the best parents they can.

In 1996, CTF launched its Fatherhood Initiative to advance activities that support fathers, their families and the family support professionals who work with them.

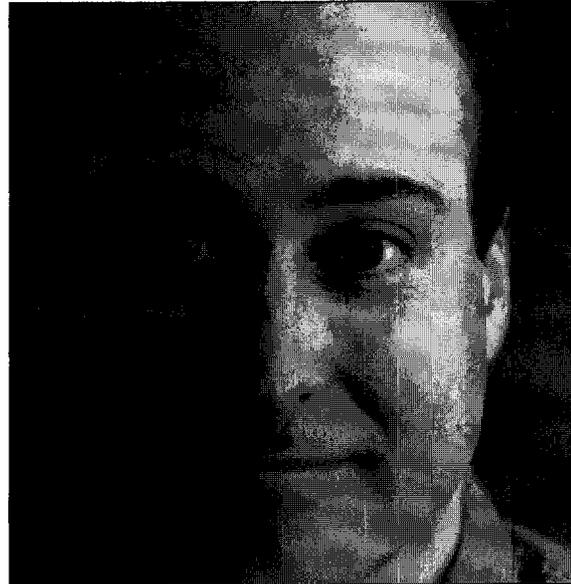
The Fatherhood Initiative has been recognized as a national model by groups such as The National Practitioners Network for Fathers and Families in Washington, D.C.

---

'CTF's Fatherhood Initiative is leading the way in the growing national effort to recognize and support the important role that fathers play in child rearing and family preservation.'

Preston Garrison,  
National Practitioners Network  
for Fathers and Families,  
Washington, D.C.

---



## Developing and funding family support programs for fathers

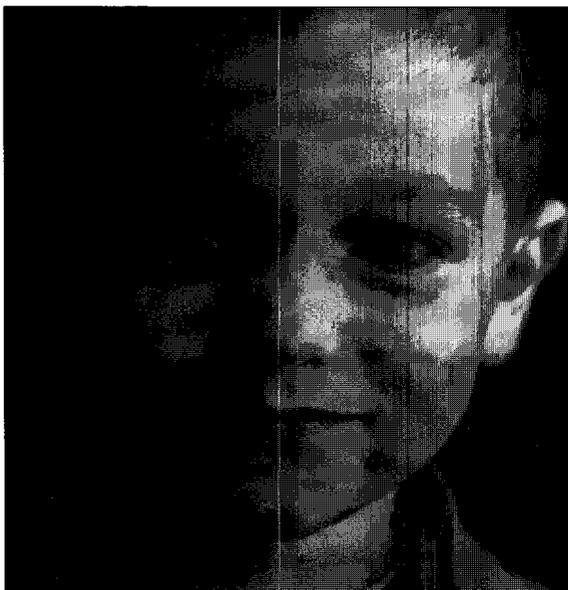
Included in the Initiative are the following programs and activities.

- **Parenting Education and Support Programs** provide fathers a chance to meet with other dads, interact with their children, connect to resources in their communities and exchange parenting information.
- **Massachusetts Family Centers** offer a wide range of resources for fathers including activities, parenting education groups, and counseling.

- **MELD for Young Dads** brings together groups of young dads who have similar parenting needs and interests. The structured groups meet once a week for two years. Participants address the roles fathers play in children's lives and work to prevent barriers that can damage these relationships. This program is based on a national program and its curricula.
- **Healthy Families Massachusetts** is a statewide program that supports first-time parents age 20 and under by offering trained home visitors who can answer questions common to all new parents. The program also offers new groups for young fathers to meet and discuss issues specific to their needs and interests.

### **Convening and leading the statewide Fathers & Family Network**

Over the years, the Fathers & Family Network (FFN) has expanded to include nearly 1,000 individuals and organizations working with and learning from fathers. The network



---

'Committed fatherhood would do more to restore a normal childhood to every child and dramatically reduce our nation's most costly social problems, than all of the pending legislation in America combined.'

Don Eberly,  
Fatherhood: A Lifetime Commitment

---

provides information, training, and opportunities to human service agencies that work with fathers. FFN holds regular meetings in five Massachusetts areas: Amherst, Boston, North Shore, South Shore, and Worcester.

### **Guiding public policy on fatherhood issues**

CTF staff members influence public policy by serving in various functions in government and professional appointments. These include:

- Governor's Advisory Commission on Responsible Fathering and Family Support
- Massachusetts contact for Vice President Al Gore's Father to Father Initiative
- Representative to the States Initiative Committee of the National Practitioners Network for Fathers and Families.

### **Engaging the media to forward a positive images of fathers**

Through various outlets, CTF promotes the importance of dads' participation in the lives of their families. This includes developing partnerships with the media and working with advertising agencies to develop public service announcements that promote fatherhood involvement.

# Children grow up happier, healthier when nurturing fathers are involved

## Benefits of involvement

When boys and girls are raised by engaged fathers, they demonstrate “a greater ability to take initiative and evidence self-control,” according to Dr. Kyle Pruett, clinical professor of psychiatry at the Yale Child Study.

Pruett found that when a father plays a visible and nurturing role in his children’s lives, the situation leads to better outcomes for his children and himself.

Children are more likely to:

- have stronger coping and adaptation skills
- be better equipped to solve problems
- stay in school longer
- have longer lasting relationships
- have higher work productivity.

Fathers are more likely to:

- have better overall health
- have higher self-esteem and a more positive self image
- have more satisfaction with work.<sup>1</sup>

## Emotional well-being

Fathers who spend time with their kids, are affectionate, and have a positive attitude

---

---

‘Men will not move back into the family until our culture reconnects masculinity and fatherhood, until men come to see fathering – not just paternity – as the fullest expression of manhood.’

Richard Louv,  
*Father Love*

---

about parenting are more likely to have bond with their infants.<sup>2</sup>

When fathers are highly engaged with their children’s lives, children have better self-esteem and a better control of their actions.<sup>3</sup>

A 26-year longitudinal study concluded that the most important childhood factor in developing empathy is paternal involvement.<sup>4</sup>

Girls’ positive relationships with residential fathers in childhood can buffer depressive outcomes in adulthood.<sup>5</sup>

Continued contact with non-residential fathers who are loving, supportive, and nurturing increases the emotional well-being and adjustment of female children.<sup>6</sup>

Availability, contact, and parental involvement with fathers reduce boys’ aggression.<sup>7</sup>

1 Pruett, K.D. *The Nurturing Father*. New York: Warner Books, 1987.

2 Cox, M.J., et al. (1992). Prediction of infant-father and infant-mother attachment. *Developmental Psychology*, 28, 474-483.

3 Pleck, J.H. (1997). Paternal involvement: Levels, sources, and consequences. In M.E. Lamb (Ed.), Pleck, J.H. (1997). *Paternal involvement: Levels, sources, and consequences*. In M.E. Lamb (Ed.), *The role of the father in child development*. Hillsdale, NJ: Erlbaum; Radin, N. (1994). Primary caretaking fathers in intact families. In A.E. Gottfried & A.W. Gottfried (Eds.), *Redefining families: Implications for children’s development* (pp.11-51). New York: Plenum Press.

4 Koestner, R., Franz, C., & Weinberger, J. (1990). The family origins of empathic concern: A twenty-six year longitudinal study. *Journal of Personality and Social Psychology*, 58, 709-717.

5 Brook, J.S., Whiteman, M., Brook, S.W., & Gordon, S. (1983). Depressive mood in female college students: Father-daughter interactional patterns. *Journal of Genetic Psychology*, 149, 485-504.

6 Furstenberg, F.F., Jr., & Nord, C.W. (1985). Parenting apart: Patterns of child rearing after marital disruption. *Journal of Marriage and Family*, 47, 893-904; Ibid.

7 Mott, F.L. (1994). Sons, daughters, and fathers’ absence: Differentials in father-leaving probabilities and in-home environments. *Journal of Family Issues*, 15(1), 97-128.

## More reading, more A's in school

When fathers are involved in kids' education, including attending school meetings and volunteering at school, kids are more likely to get A's, enjoy school, and participate in extracurricular activities. They are less likely to repeat a grade.<sup>8</sup>

A study of low-income families found that fathers who were satisfied with parenting, contributed financially to the family, and were nurturant during play had children with better cognitive and language competence at age three.<sup>9</sup>

The unique quality of father-child play boosts children's cognitive development<sup>10</sup> and fosters social skills that are necessary for success in peer interactions.<sup>11</sup>

## Definition of a responsible father

1. He waits to make a baby until he is prepared emotionally and financially to support his child.

2. He establishes his legal paternity if and when he does make a baby.

3. He actively shares with the child's mother in the continuing emotional and physical care of their child, from pregnancy onwards [or is willing to assume these responsibilities on his own if the mother does not wish to be involved].

4. He shares with the child's mother in the continuing financial support of their child, from pregnancy onwards [or is willing to assume these responsibilities on his own if the mother does not wish to be involved].<sup>12</sup>

## Risks of father absence

Fathers offer unique and essential contributions to children's development. Yet, too many children are missing their fathers.

According to 1998 U.S. Census Bureau figures, 24.7 million children (36.3 percent) in this country live in homes where fathers are absent.<sup>13</sup>

---

'Government clearly has a role to play in reinstatement of fatherhood as a national priority. Public policy is after all, both a reflection and a shaper of our culture. A father-friendly public policy would be guided by the following two goals: first, public policy must work to reverse the erosion of support for fatherhood in the popular culture; and, secondly, government must eliminate de facto punishments for responsible fatherhood in current law.'

Wade Horn and Eric Brenner,  
*Seven Things States  
Can Do To Promote  
Responsible Fatherhood*

---

8 Federal Interagency Forum on Child and Family Statistics (1999). America's children: Key national indicators of well-being, 1999.

9 Black, M.M., Dubowitz, H., & Starr, R.H. (1999). African American fathers in low income, urban families: Development, behavior, and home environment of their three-year-old children. *Child Development*, 70(4), 967-978.

10 Yogman, M.W., Kindlon, D., & Earls, F. (1995). Father infant involvement and cognitive/behavioral outcomes of preterm infants. *Journal of the American Academy of Child and Adolescent Psychiatry*, 34, 58-66.

11 Parke, R.D., MacDonald, K.B., Burks, V.M., Bhanagri, N., Barth, J.M., & Beitel, A. (1989). Family and peer systems: In search of linkages. IN N. Kreppner & R.M. Lerner (Eds.), *Family systems and life-span development* (pp.65-92). Hillsdale, NJ: Erlbaum.

12 Nurturing Fatherhood: Improving Data and Research on Male Fertility, Family Formation and Fatherhood, June 1998, . Washington, D.C.: U.S. Department of Health and Human Services.

13 The Institute for Responsible Fatherhood and Family Revitalization: *A Corporate Capability Report*, (2000) Washington, D.C.

About 40 percent of children who live in fatherless households haven't seen their fathers in at least one year, while 50 percent of children who don't live with their fathers have never stepped foot in their father's home.<sup>14</sup>

But even when fathers live with their children they may not be fulfilling their responsibilities as a parent. For example, fathers can be "technically present but functionally absent."<sup>15</sup>

A lack of father involvement may be transmitted from one generation to the next. The National Center on Fathers and Families examined research finding that the quality of men's relationships with their own fathers is the single greatest predictor of their participation with their children.<sup>16</sup>

### Compounded risk factors for children

Children are at greater risk for adverse consequences when born into a single-parent setting because the social, emotional, and financial resources available to the family may be more limited.<sup>17</sup>

### Increased risk of poverty

In 1996, young children living with unmarried mothers were five times as likely to be poor and 10 times as likely to be extremely poor.<sup>18</sup>

Almost half of U.S. children in female-headed households were poor in 1997. Only 34 percent received child support or alimony in 1996.<sup>19</sup>

Children living in families that are poor are more likely than children in other families to have difficulty in school, and as adults to earn less and be unemployed more frequently.<sup>20</sup>

### Impacts on child development and emotional well-being

Children with one parent are substantially more likely to have difficulty performing everyday activities such as eating, dressing, walking, communicating, and understanding school work than in families where both parents are present.<sup>21</sup>

Children from father-absent homes are more likely to experience emotional disorders and depression.<sup>22</sup>

Fatherless children are at a dramatically greater risk for suicide.<sup>23</sup>

Fatherless children are at a dramatically greater risk of drug and alcohol abuse.<sup>24</sup>

### Poorer performance in school

Fatherless children are twice as likely to drop out of school.<sup>25</sup>

14 National Center for Fathering.

15 LaRossa, R., & LaRossa, M. (1989). Baby care: Fathers vs. mothers. In B. Risma & P. Schwartz (Eds.), *Gender in intimate relationships: A microstructural approach* (pp. 138-154). Belmont, CA: Wadsworth.

16 National Center on Fathers and Families. (1999). Literature Review Brief. *Co-parenting: A review of the literature*. <http://www.ncoff.gsc.upenn.edu/litrev/cpbrief.htm>.

17 McLanahan, S. (1995). The consequences of nonmarital childbearing for women, children, and society. In National Center for Health Statistics, Report to Congress on out-of-wedlock childbearing. Hyattsville, MD: National Center for Health Statistics.

18 National Center for Children in Poverty. (1996). *One in Four: America's Youngest Poor*.

19 U.S. Bureau of the Census. (1998). *Poverty in the United States: 1997*. Current Population Reports, Series P60-201, U.S. Government Printing Office, Washington, D.C. Table 2.

20 Duncan, G., & Brooks-Gunn, J., (Eds.) (1997). *Consequences of growing up poor*. New York: Russell Sage Press.

21 Federal Interagency Forum on Child and Family Statistics (1999). *America's children: Key national indicators of well-being, 1999*.

22 Amato, P.R. (1991). Parental absence during childhood and depression in later life. *Sociological Quarterly*, 32(4), 543-556; Bayder, N. (1988). Effects of parental separation and re-entry into union on the emotional well-being of children. *Journal of Marriage and the Family*, 50, 967-982.

23 National Center for Health Statistics. (1993). *Survey on Child Health*. Washington, D.C.: U.S. Department of Health and Human Services.

24 U.S. Department of Health and Human Services, National Center for Health Statistics. (1993). *Survey on Child Health*. Washington, D.C.

25 U.S. Department of Health and Human Services, National Center for Health Statistics (1993). *Survey on Child Health*. Washington, D.C., GPO.

In studies of more than 25,000 participants, children who lived with one parent had lower grade point averages, lower college aspirations, poorer attendance records, and higher drop-out rates than students who lived with both parents.<sup>26</sup>

### Higher rates of teen sexual activity

Adolescent females between the ages of 15 to 19 reared in homes without fathers are significantly more likely to engage in premarital sex than adolescent females reared in homes with two parents.<sup>27</sup>

Children in single-parent families are more likely to get pregnant as teenagers than their peers who grow up with two parents,<sup>28</sup> with girls being three times more likely to become unwed teen mothers.<sup>29</sup>

### More likely to land in jail

Youths raised in fatherless families were much more likely to be incarcerated even after controlling for other factors such as poverty.<sup>30</sup>

Most of the time while growing up, 43 percent of inmates lived in single-parent households.<sup>31</sup>

Relative to the general population, female inmates were nearly twice as likely to have grown up in a single-parent household.<sup>32</sup>

Some 72 percent of adolescent murderers grew up without their fathers.<sup>33</sup>

26 McLanahan, S., & Sandefur, G. (1994). *Growing up with a single parent: What hurts, what helps*. Cambridge: Harvard University Press.

27 Billy, J.O.G., Brewster, K.L., & Grady, W.R. (1994). Contextual effects on the sexual behavior of adolescent women. *Journal of Marriage and the Family*, 56, 381-404.

28 U.S. Department of Health and Human Services, National Center for Health Statistics. (1988). *National Health Interview Survey*. Hyattsville, MD.

29 Annie E. Casey Foundation. (1995). *Kids Count Data Book, State Profiles of Child Well-Being*.

30 Harper, C.C., & McLanahan, S.S. (August, 1998). Father absence and youth incarceration. Paper delivered at the Annual Meeting of the American Sociological Association. San Francisco.

31 U.S. Department of Justice, Bureau of Justice Statistics. (1991). Survey of State Prison Inmates.

32 U.S. Department of Justice, Bureau of Justice Statistics (1991). Survey of State Prison Inmates: Women in Prison, Special Report.

33 Cornell, D. et al. (1987). Characteristics of adolescents charged with homicide. *Behavioral Sciences and the Law*, 5, 11-23.

34 Garfinkel, I., & McLanahan, S.S. (1986). Single mothers and their children. The Urban Institute. Washington, D.C., pp. 1-2.

35 Sonenstein, F.L., Pleck, J.H., & Ku, L.C. (1993). Paternity risk among adolescent males. In R.I. Lerman & T.J. Ooms (Eds.). *Young unwed fathers: Changing roles and emerging policies* (pp. 97-116). Philadelphia, PA: Temple University Press.

36 Thornberry, T.P., Wei, E.H., Stouthamer-Loeber, M., & Van Dyke, J. (2000). *Teenage fatherhood and delinquent behavior*. U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention.

37 Ibid.

38 Marsiglio, W. (1986). Teenage fatherhood: High school completion and educational attainment. In A.B. Elster & M.E. Lamb (Eds.), *Adolescent fatherhood* (pp. 67-87). Hillsdale, NJ: Erlbaum; Robinson, B. (1988). Psychological adjustment of teenage fathers. In B. Robinson (Ed.), *Teenage fathers* (pp. 53-67); Maynard, R. (Ed.). (1996). *Kids having kids: A special report on the costs of adolescent childbearing*. Robin Hood Foundation.

### Greater risk for welfare dependency

Children born to single mothers are more likely to drop out of school, to give birth out of wedlock, to divorce or separate, and to be dependent on welfare.<sup>34</sup>

### Challenges of teen fatherhood

It is estimated that 2 percent to 7 percent of male teenagers are fathers.<sup>35</sup> This may be a low estimate because young mothers are less likely to report paternity.

The more risk behaviors young men engage in, such as delinquency and chronic drug use, the more likely they are to become teen fathers. Delinquents are more than twice as likely than non-delinquents to become teen dads.<sup>36</sup>

Fathering a child as a teen is associated with an increase in delinquent behavior. Teen dads are 7.5 times more likely than non-dads to commit serious delinquent acts within the first year of their child's birth.<sup>37</sup>

Adolescent fathers, like mothers, are often ill-equipped for the responsibilities of parenthood; they are less likely to complete high school, to find desirable jobs, and they experience higher unemployment rates than their non-parenting peers.<sup>38</sup>

# Massachusetts programs and resources

**T**he Massachusetts Children's Trust Fund hopes this listing of programs and resources will serve two important roles.

First, it will help fathers locate programs that meet their needs and interests and, second, that it will bring together human service professionals to further their work for fathers. CTF created this listing based on a survey of human service and other agencies which were requested to provide information about activities that address fatherhood issues. Although CTF has made great attempts to verify this information, it cannot be held responsible for incorrect or inaccurate listings.

## Statewide

### The Massachusetts Children's Trust Fund (CTF)

294 Washington St., Suite 640

Boston, MA 02108

Web: [www.MCTF.org](http://www.MCTF.org)

Phone: (617) 727-8957 or (888) 775-4KIDS (toll free in Massachusetts)

Fax: (617) 727-8997

Email: [generalinfo@mctf.state.ma.us](mailto:generalinfo@mctf.state.ma.us)

### Fathers and Family Network

At the core of CTF's Fatherhood Initiative is the Fathers and Family Network (FFN), an information sharing and training group of nearly 1,000 professionals meeting in five locations across Massachusetts – Boston, Northeast, Southeast, Worcester and Amherst. The purpose of these meetings is to share information across a wide range of programs that meet the diverse needs and interests of men and their families. The result is better coordination of services, new training opportunities for professionals, and greater public awareness of the important role that fathers have in

child and family development. The following is a list of CTF Fathers and Family Network meeting leaders:

#### **Boston area:**

Jack Miller

Director of Programs

Children's Trust Fund

294 Washington St., Suite 640

Boston, MA 02108

Phone: (617) 727-8957 ext. 308 or

(888) 775-4543 (toll free in Mass.)

Email: [jmiller@mctf.state.ma.org](mailto:jmiller@mctf.state.ma.org)

#### **Northeastern Massachusetts**

Dick Muzzy

Barry Stallsmith

Catholic Charities North

55 Lynn Shore Drive

Lynn, MA 01902

Phone: (781) 593-2312

#### **Southeastern Massachusetts**

Bob Smith

Barnstable District Court

3195 Main Street, Route 6A

Barnstable, MA 02630

Phone: (508) 362-2511

#### **Central Massachusetts**

Jack Bonina

Family Service of Central Massachusetts

31 Harvard Street

Worcester, MA 01609

Phone: (508) 756-4646

#### **Western Massachusetts**

Allan Arnaboldi

Men's Resource Center of Western MA

236 North Pleasant Street

Amherst, MA 01002

Phone: (413) 253-9887 ext. 10

**CTF programs (cont.)****Healthy Families Massachusetts**

Contact: Sarita Rogers  
 Phone: (617) 727-8957 ext. 331  
 Email: Srogers@mctf.state.ma.us

Healthy Families Massachusetts is a statewide home-visiting program that supports first-time parents age 20 and under. Through a network of local agencies, young parents meet with trained home visitors who can answer questions common to all new parents. Groups provide opportunities for teen fathers to meet and discuss issues specific to their situation. Healthy Families is funded and administered through CTF. See regional listings to contact a local Healthy Families agency.

**Massachusetts Family Centers**

Contact: Karole Rose  
 Ext.: 325  
 Email: krose@mctf.state.ma.us

CTF-funded family centers are open to all parents of young children newborn to age 6 years, offering a wide range of parent-child activities, parenting education programs, counseling referrals, special events, and other resources. CTF's work expands on the Department of Education's Massachusetts Family Network by providing additional funding for services to parents of children ages 3 to 6. See regional listing to contact a local family center.

**MELD Parenting Programs**

Contact: Kathy Kelley  
 Ext.: 333  
 Email: kkelley@mctf.state.ma.us

MELD is an information and support program that offers long-term, group-based services to parents. This nationally recognized curriculum is a comprehensive, two-year program designed to be responsive to the needs of parents at each phase of their

children's lives. The topics cover five subject areas: health, child guidance, child development, family management, and personal growth. CTF funds MELD Young Moms, for mothers under age 20; MELD Young Dads, for fathers under age 25; and MELD Growing Families, at sites in Massachusetts. See regional listing to contact a MELD program.

**Parenting Education and Support Programs**

Contact: Anitza Guadarrama  
 Ext.: 309  
 Email: aguadarrama@mctf.state.ma.us

Parenting Education and Support Programs (PESP) bring together parents to share information and skills, and to create support networks in communities. Topics are selected to meet the needs and interest of local parents. Groups are easily accessible to encourage participation, with all offering transportation, child care, and refreshments. Massachusetts Children's Trust Fund provides two-year grants of up to \$5,000 to local human service agencies to conduct two, eight-week groups. See regional listing to contact a local PESP program.

**Family Support Training Center**

Contact: Pamela Kacevich  
 Ext.: 317  
 Email: pkacevich@mctf.state.ma.us

The center offers family support professionals throughout Massachusetts with opportunities to enhance their skills and broaden their base of knowledge. One of the most effective ways to strengthen communities is to enrich, educate, and empower the individuals working each day to improve the lives of families and children.

**Massachusetts Department of Education**

Early Learning Services  
Massachusetts Family Network  
350 Main Street  
Malden, MA 02148

Web: [www.doe.mass.edu](http://www.doe.mass.edu)

Phone: (781) 388-3300

Massachusetts Family Network (MFN) works to develop and implement various models of parent outreach, education and support that are effective with families with children age 0 through 3 years. The initiative strives to create collaborative, comprehensive, high quality networks of family services that are culturally sensitive, welcoming, and accessible to families with young children by providing direct services, information, and referral to existing services.

**Massachusetts Department of Revenue**

Access and Visitation Project  
Child Enforcement Division  
PO Box 9492  
Boston, MA 02205

Phone: (617) 626-4182

Fax: (617) 626-4169

The Department of Revenue is the state agency responsible for the collection and dis-

tribution of child support payments. Current initiatives include: Boston Healthy Start-Father Friendly Initiative, Responsible Fatherhood Legal Consultation, Partners for Fragile Families, Responsible Fatherhood Workforce Development Initiative, Parental Responsibility Employment Program, and the Offender Responsible Fatherhood Initiative.

**Parents Helping Parents**

The Roundtable of Support

140 Clarendon St.

Boston, MA 02116

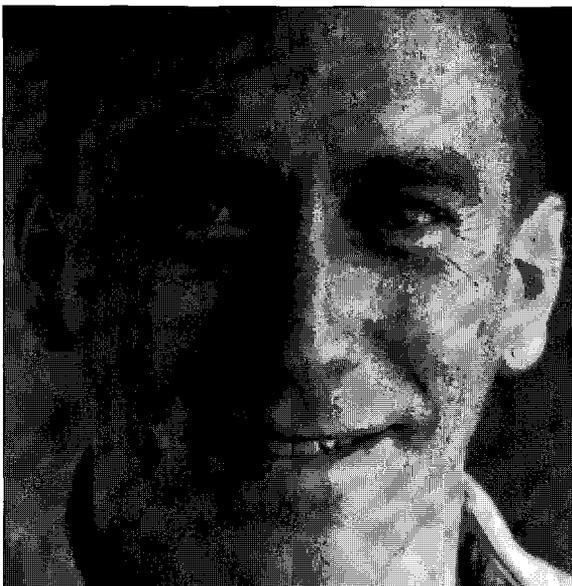
Web: [www.parentshelpingparents.org](http://www.parentshelpingparents.org)

Phone: (800) 882-1250

Fax: (617) 266-9837

Email: [php.ma@verizon.net](mailto:php.ma@verizon.net)

Parents Helping Parents is a statewide network of support groups for parents who want to improve their relationships with their children. Weekly meetings are free, confidential, and open to parents or other caregivers who feel isolated, overwhelmed or afraid of their anger toward their children. Meetings are led by a trained volunteer facilitator and, wherever possible, provide child care. Fathers are welcome in most groups, and a group just for fathers meets in Arlington.



## East Region

### Action for Boston Community Development

Career and Life United in Boston (CLUB)

19 Temple Place

Boston, MA 02111

Phone: (617) 357-6000 ext. 7533

Fax: (617) 956-0899

Email: [downie@bostonabcd.org](mailto:downie@bostonabcd.org)

CLUB is a mentoring and support program for African American and Latino men ages 17 to 24. Members receive assistance with education, employment, family and court issues through individual mentoring and group meetings.

### Action for Boston Community Development

Good Guys

178 Tremont St., 4th floor

Boston, MA 02111

Web: [www.bostonabcd.org](http://www.bostonabcd.org)

Phone: (617) 357-6000

Email: [delgado@bostonabcd.org](mailto:delgado@bostonabcd.org)

Good Guys works to involve men with their children. The program brings together Head Start and Early Head Start male caregivers and children to share in sporting events, cultural and other activities. We help male caregivers to have a positive influence on their children and understand the importance of their involvement.

### Alliance for Young Families

105 Chauncy St. 8th Floor

Boston, MA 02111

Web: [www.youngfamilies.org](http://www.youngfamilies.org)

Phone: (800) 645-3750

Fax: (617) 482-9129

Email: [info@youngfamilies.org](mailto:info@youngfamilies.org)

The Alliance offers a free hotline for teen parents who have questions about public benefits i.e. TANF, food stamps, and day care, housing and other services. The agency also provides statewide leadership to prevent adolescent pregnancy and to promote quality services for pregnant and parenting teens and their children.

### Brookline Adult Education

16 Verndale St.

Brookline, MA 02446

Phone: (617) 731-8973

Fatherhood Workshop: For married, single, divorced, or absent fathers to become more involved in parenting, connecting with their children, and learning more about developmental changes of children and teens.

### Children's Hospital YPP/PHA

The Young Father's Program/PHA Children

300 Longwood Ave.

Boston, MA 02115

Phone: (617) 355-7521

Fax: (617) 739-5458

Email: [sherry@tch.harvard.edu](mailto:sherry@tch.harvard.edu)

The Young Father's Program offers individual and group services at the office or at home to fathers under age 26. Individual services include educational and job referral, court advocacy and health care. Group topics include self-sufficiency, fathering, and paternity acknowledgement. Bilingual/bicultural fathers' advocate and Spanish speaking social worker are available.

### Center for Families of North Cambridge\*

Department of Human Services Programs

The Fitzgerald School

70 Rindge Ave.

Cambridge, MA 02140

Web: [www.cicambridge.ma.us](http://www.cicambridge.ma.us)

Phone: (617) 349-6385

Fax: (617) 349-6386

Fathers' Morning Out provides an indoor playspace and a light breakfast. Fathers meet in a facilitated support group while staff take care of their children. The Daddy and Me program offers age-specific playgroups for fathers and children.

\* This fatherhood program receives funding from Children's Trust Fund.

**Community Care for Kids**

1509 Hancock St.  
Quincy, MA 02169  
Phone: (617) 471-6473 ext. 138  
Fax: (617) 773-5860  
Email: E.Jackson@Qcap.org

Community Care for Kids is a child care resource and referral agency for the South Shore communities. They assist families in finding quality and affordable child care along with determining eligibility for state subsidies. The program also acts as a support system for both families and providers.

**Comprehensive School-Age Program**

PO Box 776  
Boston, MA 02130  
Phone: (617) 524-4951  
Fax: (617) 524-7345

The Comprehensive School-Age Program is a non-profit agency which provides services for teen mothers and teen fathers at English High School, West Roxbury High School, Charlestown High School, Grover Cleveland Middle School, Horace Mann School for the Deaf & Hard of Hearing, and Edison Middle School. Student participation is completely voluntary and there is an open referral system. The program provides counseling, case management, advocacy, outreach, information and referral about day care, educational programs, health care, employment and benefits to teen parents.

**Concord Public Schools \***

Center for Parents & Teachers  
120 Meriam Road  
Concord, MA 01742  
Phone: (978) 318-1510 ext. 145  
Fax: (978) 318-1538  
Email: pnelson@colonial.net

Concord Public Schools offer programs for mothers and fathers of children aged birth through adolescence. Several programs are

designed specifically for fathers, including Dad and Me: A Saturday Morning Playgroup. Other programs include Raising Your Challenging Child, and How to Talk so Kids Will Listen and Listen so Kids Will Talk.

**Council For Children**

69 Curtis St.  
Somerville, MA 02144  
Phone: (617) 629-8700  
Fax: (617) 629-8700

Parents Count! is a parents group offering information, support, and leadership training to parents. Current groups include parents of infants and toddlers, parents of children with ADHD or similar symptoms. Supper Hour Workshops are free family-style dinners for parents and children, followed by interactive workshop on a selected parenting issue. Workshops offered in English, Spanish, and Haitian Creole. Sign language interpreter available with advance notice.

Also, a train-the-trainers class on peer counseling for parents teaches supportive listening skills.

**Crittenton Hastings House**

Ten Perthshire Road  
Boston, MA 02135  
Phone: (617) 782-7600  
Fax: (617) 2554-7966  
Email: jgomez@crit.net

The Crittenton Hastings House Young Father's Program works with young men to help them develop a sense of commitment and responsibility toward taking care of their child. The program also strives to help these young men stay in school to earn their high school diplomas or GED.

**Dimock Community Health Center**

Dimock Early Intervention Program

55 Dimock St.

Roxbury MA 02119

Phone: (617) 783-3141

Dimock Early Intervention provides numerous services for families and children including Healthy Families Massachusetts newborn home visiting program, and Project Star-Child Care Program for children affected by HIV/AIDS who are 3 months to 5 years old.

**Emerson Hospital**

First Connections

Community Agencies Building

Concord, MA 01742

Phone: (978) 287-0221

Fax: (978) 371-1463

Email: lmatthews@cafes.org

First Connections meets two Mondays every three months and focuses on parenting pre-school-age children. A male, licensed social worker facilitates the group. Fathers select topics such as balancing work, life and family life; defining roles and responsibilities of spouses; reconciling child-rearing differences; and discipline and communication.

**Family Day Care Program, Inc.**

Teen Parent Program

29 Harvard St.

Brookline, MA 02445

Individual and group work focuses on parenting and self. The program offers guidance in job skills, self-esteem, decision-making and life skills. Services offered in English and Spanish.

**Families First**

Families First Parenting Programs

99 Bishop Richard Allen Drive

Cambridge, MA 02139

Phone: (617) 868-7687

Fax: (617) 354-2902

Email: edinerman@families-first.org

Families First strengthens families of all backgrounds and life circumstances by providing parenting education and support through seminars, workshops, and consultations. It also trains professionals from diverse disciplines to enhance their capacity to support families.

**Healthy Families Massachusetts\***

See Statewide listing for program description.

**Parents Together for Healthy Families**

Codman Square Health Center

637 Washington Street

Dorchester, MA 02124

Phone: (617) 822-8369

Fax: (617) 825-6762

Email: Michelle.rue@codman.org

**Brighton/Brookline/Boston**

**Neighborhoods Healthy Families**

Crittenton Hastings House

10 Perthshire Road

Brighton, MA 02135

Phone: (617) 782-7600

Fax: (617) 254-7966

Email: lorip@crit.net

**Healthy Families at Dorchester Family Connections**

Dorchester CARES

200 Bowdoin Street

Dorchester, MA 02122

Phone: (617) 474-1256 x261

Fax: (617) 474-1261

Email: lfirreno@dcares.org

**Healthy Families Jamaica Plain/Roxbury**

Martha Eliot Health Center

75 Bickford Street

Jamaica Plain, MA 02130

Phone: (617) 971-2129

Fax: (617) 983-5887

Email: nolan\_b@A1.tch.harvard.edu

**Harbor Area Healthy Families**

ROCA, Inc.  
101 Park Street  
Chelsea, MA 02150  
Phone: (617) 889-5210 x219  
Fax: (617) 889-2145  
Email: virginia@rocainc.com

**Healthy Families of Cambridge and Somerville**

The Guidance Center  
Infant-Toddler Services  
61 Medford Street  
Somerville, MA 02143  
Phone: (617) 629-3919  
Fax: (617) 629-4644  
Email: focas@ziplink.net

**Healthy Families Melrose/Wakefield**

Hallmark Health  
585 Lebanon Street  
Melrose, MA 02176  
Phone: (781) 979-6550  
Fax: (781) 979-6551  
Email: lchockley@lmh.edu

**Healthy Families West Suburban**

Jewish Family & Children's Service  
1340 Centre Street  
Newton, MA 02459  
Phone: (617) 558-1278  
Fax: (617) 558-5250  
Email: sreidbord@jfcsboston.org

**Institute for Health and Recovery**

349 Broadway  
Cambridge, MA 02139  
Web: [www.healthrecovery.org](http://www.healthrecovery.org)  
Phone: (617) 661-3991  
Fax: (617) 661-7277  
Email: [bfr@healthrecovery.org](mailto:bfr@healthrecovery.org)  
Institute for Health and Recovery's mission is to develop a comprehensive continuum of care for families affected by substance abuse. This program targets fathers currently in substance

abuse treatment and will focus on learning how to re-connect with one's children. Shared meals, transportation, and child care are provided for participants.

**Jewish Family & Children's Service**

New Fathers Support Groups  
1340 Centre St.  
Newton, MA 02459  
Web: [www.jfcsboston.org](http://www.jfcsboston.org)  
Phone: (617) 558-1278  
Fax: (617) 558-5250  
Email: [pkaufman@jfcsboston.org](mailto:pkaufman@jfcsboston.org)  
New Fathers Support Groups are biweekly, free meetings that provide fathers the opportunity to share the excitement and concerns about being a new father. Dads exchange information and begin to build a network of support. Fathers and their babies enjoy a warm and nurturing environment. Groups are led by experienced dads.

**Massachusetts Society for the Prevention of Cruelty to Children - Metro Region**

Good Start  
63 Fountain St.  
Framingham, MA 01702  
Web: [www.mspcc.org](http://www.mspcc.org)  
Phone: (508) 872-8827  
Fax: (508) 820-3121  
Email: [gina\\_Battaglia@mspcc.org](mailto:gina_Battaglia@mspcc.org)  
This Good Start program has broadened its work with fathers over the last year. All home visitors have received training on how to work with dads. Home visits are often scheduled to include fathers in both intact and non-intact families. The program also broadened its cooperation with MSPCC's Family Counseling Center and offers fathers individualized support. It offers small group and conference trainings about working with men for providers and has the capacity to offer support groups, workshops, and one-on-one support for fathers with children aged birth through 4 years.

**Medford Public Schools\***

Medford Family Network  
Kennedy School  
215 Harvard St.  
Medford, MA 02155

Web: [www.medford.k12.ma.us](http://www.medford.k12.ma.us)  
Phone: (781) 393-2106  
Fax: (781) 393-2124  
Email: [mc2951@msn.com](mailto:mc2951@msn.com)

Father-focused programming supports fathers, guardians, and men in a fathering role of children pre-natal to age 6. Resources include recreational activities, fathers support meetings with guest speakers, special events, lending library, museum pass program, concerts, storytelling, babysitting exchange program, parent education workshops, STEP for dads, At-Home Dads group, and playgroups. All programs are free and include child care and transportation. Weekly and monthly meetings.

**Newton Community Service Centers**

492 Waltham St.  
W. Newton, MA 02465

Web: [www.ncscinc.com](http://www.ncscinc.com)  
Phone: (617) 969-5906  
Fax: (617) 964-3975

**Daily Dads**

Daily Dads supports all dads in playing a visible and nurturing role in the lives of their children. Services include Young Dads Night, Young Parents & Kids Saturday Playgroup, mentor programs and individual counseling.

Email: [BobAlonge@aol.com](mailto:BobAlonge@aol.com)

**Young Parents Healthy Families Program**

The centers offer young parents a comprehensive support network during pregnancy and early years of parenting, including educational and vocational counseling, job training opportunities, day-care placement and support, housing search and transitional housing.

**Norfolk Probate and Family Court**

649 High St.  
Dedham, MA 02026

Phone: (781) 326-4226  
Fax: (781) 461-8111

A support group for fathers who want to increase their responsible behavior toward their children. Fathers who complete the 12-session program can have their probation fees and/or time reduced and can have a more favorable order for visitation and custody.

**Parents Forum**

144 Pemberton St.  
Cambridge, MA 02140

Web: [www.parentsforum.org](http://www.parentsforum.org)  
Phone: (617) 864-3802  
Fax: (617) 253-8674  
Email: [info@parentsforum.org](mailto:info@parentsforum.org)

In group and individual sessions, Parents Forum offers effective ways to confront conflicts in family life. Parent groups also organize book and toy exchanges and other events.

**Quincy Community Action Programs, Inc.**

Quincy Family Network  
South West Community Center  
388 Granite St.  
Quincy, MA 02169  
Phone: (617) 471-0796 ext. 111  
Fax: (617) 471-4239  
Email: [mcampbel@qcap.org](mailto:mcampbel@qcap.org)

All parent-child activities and parenting workshops are open to fathers. The Dad & Tot group meets on Saturday mornings and holds occasional special events for fathers only.

**Resurrection Lutheran Church**

The Fatherhood Program  
94 Warren St.  
Roxbury, MA 02119  
Phone: (617) 427-2066  
Fax: (617) 427-8166

The Fatherhood Program works with groups of young fathers, who are on probation at the Roxbury District Court, in two 13-week cycles per year, enhancing their fathering skills and their responsibilities as men in the community.

**Somerville Early Head Start**

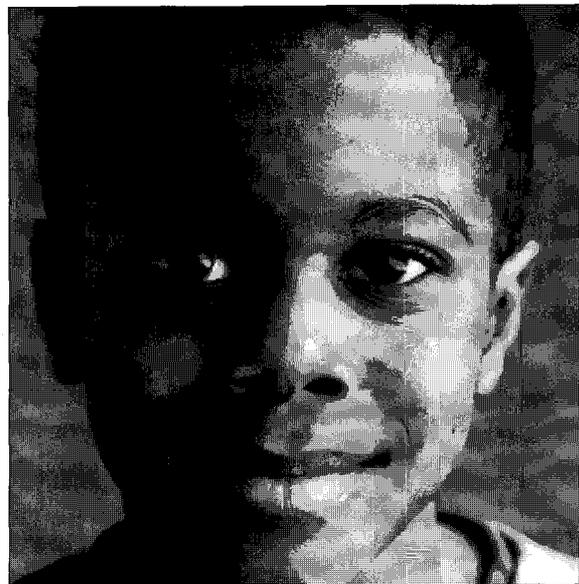
474 Broadway St.  
Somerville, MA 02145  
Phone: (617) 629-6652  
Fax: (617) 629-6644

Somerville Early Head Start is a comprehensive early education and health promotion program which provides home visits and center-based activities at no cost. The program provides resources and support to families which will contribute to the optimum physical, emotional, cognitive and social development of their infants and children. Services are multi-lingual.

**South Boston Neighborhood House**

521 E. Seventh St.  
South Boston, MA 02127  
Phone: (617) 268-1619  
Fax: (617) 268-4059

South Boston Neighborhood House offers ongoing parent education consultation services. Throughout the year, it provides opportunities for parents to participate in parent education and support groups, as well as topic focused workshops.



**STRIVE/Boston Employment Service**

651 Washington St.

Dorchester, MA 02124

Phone: (617) 825-1800

Fax: (617) 825-1896

STRIVE is an intense job readiness training program that focuses on attitude and skills training, provides job placement services upon graduation, and offers a minimum of two years of follow up service and lifetime graduate support assistance. STRIVE is a free program.

**The Family Nurturing Center**

The Nurturing Father's Program

200 Bowdoin St.

Dorchester, MA 02122

Phone: (617) 474-1143 ext. 251

Fax: (617) 474-1261

Email: [hshearer@familynurturing.org](mailto:hshearer@familynurturing.org)

The Nurturing Father's Program offers a structured group for dads to get a better understanding of themselves and their roles in the family. Each group explores family patterns in fathering, families as a team sport, problem-solving with co-parent, fathering sons and daughters, work and fathering plus other issues. Each session allows ample time for participants to share their experiences. The groups are facilitated by nurturing fathers once a week for 13 weeks and meet in various locations around Boston.

**The Medical Foundation**

For Fathering Project

95 Berkley St.

Boston, MA 02116

Web: [www.tmfnet.org](http://www.tmfnet.org)

Phone: (617) 451-0049ext. 285

Fax: (617) 451-0062

Email: [tpalomba@tmfnd.org](mailto:tpalomba@tmfnd.org)

For Fathering Project's mission is to support and celebrate responsible fathering. The project collaborates with existing agencies serving dads to increase access to successful, nationally respected program models and resources, and to increase the visibility and utilization of the existing resources and services for fathers. In addition to sponsoring and collaborating on educational programs, FFP sponsors an annual "Dads Make A Difference: A Celebration of Fathering and Families" on Father's Day at the Boston Common's Parade Ground.

**The Men's Seminar**

10 Langley Road, Suite 200

Newton, MA 02159

Phone: (888) 776-7613

Fax: (508) 693-5057

This inclusion-oriented men's group focuses on parenting, step-parenting, divorce, relationships and other issues in a safe, supportive, therapeutic environment.

**Watertown Family Network**

Dad and Me

460 Main St.

Watertown, MA 02472

Phone: (617) 926-1661

Fax: (617) 926-1603

Email: [mailbox@watertownfamilynetwork.org](mailto:mailbox@watertownfamilynetwork.org)

Monthly field trips, craft projects, or get-togethers provide dads and their children an opportunity for quality time.

## **Northeast Region**

### **At-Home Dad Network**

61 Brightwood Ave.

North Andover, MA 01845-1702

Web: [www.athomedad.com](http://www.athomedad.com)

Phone: (978) 685-7931

Email: [athomedad@aol.com](mailto:athomedad@aol.com)

The At-Home Dad Network acts as a peer support group for fathers who choose to stay at home and raise their children, and for fathers who are the head of single households. The network's web site lists playgroups for dads, offers a message board for at-home dads, and provides the At-Home Dad Newsletter with stories from other at-home dads. This group also sponsors the annual At-Home Dad convention in Chicago.

### **Beverly Hospital**

Boot Camp for New Dads

85 Herrick St.

Beverly, MA 01915

Web: [www.nhshealth.org](http://www.nhshealth.org)

Phone: (978) 927-9103

Boot Camp for New Dads is a special training course designed to build confidence and prepare first-time fathers for the challenges of parenthood. Boot Camp is a three-hour workshop taught by fathers preparing men to be dads in all aspects, beginning with holding and comforting a real baby, through the forming a new family.

### **Cape Ann Families of Wellspring House**

28 Emerson Ave.

Gloucester, MA 01930

Phone: (978) 281-3221

Fax: (978) 281-8800

Email: [cafam@wellspringhouse.org](mailto:cafam@wellspringhouse.org)

Cape Ann Families offers the Father's Group, an eight-week program held during spring. Other support and education groups for both genders are the Parent Connection and the Nurturing Program. The Parent Aide program

is a year long match with a community volunteer to offer support and a healthy friendship. Supper, transportation, and child care are available for evening programs.

### **Catholic Charities North\***

Young Fathers Program

55 Lynn Shore Drive

Lynn, MA 01902

Phone: (781) 593-2312

Fax: (781) 581-3270

Catholic Charities North provides comprehensive social services to those in need without regard for religion, race, sex, ethnicity or age. The Young Fathers Program helps young men identify their strengths as fathers as they are instructed in essential parenting skills. Participants learn as a group and are also linked with outreach workers who help them with individual employment, education or legal issues.

### **Child Development Programs**

120 Maplewood Ave.

Gloucester, MA 01930

Phone: (978) 281-2400

Fax: (978) 283-7485

Email: [annemarieb@cdpca.org](mailto:annemarieb@cdpca.org)

Child Development Programs arrange father-support groups for parents in Head Start, school-age care, and family child care. It also provides opportunities for father-child activities. Training is provided on issues important to males. A monthly meeting is held to plan activities.

### **Community Teamwork Inc. Head Start**

126 Phoenix Ave.

Lowell, MA 01852

Phone: (978) 454-5100 ext. 108

Fax: (978) 656-3906

Offers GED, ESL, basic computer instruction for fathers and father figures. Monthly father-child activities include sports and recreation.

**East Middlesex ARC**

20 Gould St.

Reading, MA 01867

Web: [www.theemarc.org](http://www.theemarc.org)

Phone: (781) 942-4888

Fax: (781) 942-0820

Email: [familysupport@theemarc.org](mailto:familysupport@theemarc.org)

Services for parents of young children with developmental disabilities include hands-on training and practical suggestions to make daily activities easier. A monthly series provides parents with information on services, supports and advocacy on behalf of their child.

**Healthy Families Massachusetts\***

See Statewide listing for program description.

**Healthy Families Lawrence**

Massachusetts Society for the Prevention of Cruelty to Children

439 South Union Street

Lawrence, MA 01843

Phone: (978) 681-9504

Fax: (978) 681-9508

Email: [maria\\_avila@mspcc.org](mailto:maria_avila@mspcc.org)

**Healthy Families Lowell**

Massachusetts Society for the Prevention of Cruelty to Children

175 Cabot Street, B-10

Lowell, MA 01854

Phone: (978) 937-3087

Fax: (978) 937-8695

Email: [jean\\_barrille@mspcc.org](mailto:jean_barrille@mspcc.org)

**Healthy Families North Shore**

Massachusetts Society for the Prevention of Cruelty to Children

330 Lynnway

Lynn, MA 01901

Phone: (781) 586-8350

Fax: (781) 586-8364

Email: [dava\\_davanis@mspcc.org](mailto:dava_davanis@mspcc.org)

**Healthy Families Haverhill**

VNA Care Network, Inc.

25 D Washington Square

Haverhill, MA 01830

Phone: (978) 372-1285 x 6104 or

(888) 663-3688 x6104

Fax: (978) 372-4586

Email: [family@tiac.net](mailto:family@tiac.net)

**Holy Family Hospital**

Responsible Fatherhood Program

70 East St.

Methuen, MA 01844

Web: [www.holyfamilyhosp.org](http://www.holyfamilyhosp.org)

Phone: (978) 687-0156 x4233

Fax: (978) 974-9050

Email: [dgaudett@cchcs.org](mailto:dgaudett@cchcs.org)

The Responsible Fatherhood Program is a 12-week program for custodial and non-custodial fathers who have been abusive to their intimate partners. Open and ongoing groups are facilitated by a clinician trained in the area of responsible parenting and domestic violence. Services are provided without cost.

**Lynn Economic Opportunity, Inc. Head Start Programs**

Good Guys in Head Start

113 Munroe St.

Lynn, MA 01901

Phone: (781) 581-7220 ext. 218

Fax: (781) 595-2077

Email: [leohdstrt@aol.com](mailto:leohdstrt@aol.com)

Good Guys in Head Start seeks to increase the involvement of fathers and other significant males in Head Start. Activities include workshops and special events such as December holiday parties, bowling parties, father-child craft activity evenings, summer outings. A committee of fathers and other significant males works with staff to plan activities.

**North Shore Head Start**

30 Tozer Road

Beverly, MA 01915

Phone: (978) 524-0042

Fax: (978) 524-0130

Email: headstrt@concentric.net

Program offers monthly activities for fathers and their children, including suppers, breakfasts, story nights, cooking classes, woodworking classes and discipline workshops for fathers only. Field trips and other weekend family events are offered

**North Suburban Family Network**

39 Pleasant St.

Stoneham, MA 02180

Phone: (781) 481-9389

Fax: (781) 481-9139

Email: nsfamilynet@hallmarkhealth.org

North Suburban Family Network offers activities for fathers and children such as hikes, play groups, and visits to libraries and fire stations.

**Visiting Nurse Association Care Network**

25-D Washington St.

Haverhill, MA 01830

Phone: (978) 372-1285

or (888) 663-3688

Fax: (978) 372-4586

Email: family@tiac.net

Home-based parenting support through First Steps and Healthy Families programs. The weekly Amesbury Young Parents Support Group is open to teen fathers. The monthly Haverhill Parent & Child Playgroup is open to all fathers.

**Southeast Region**

**Attleboro School Department**

Project Connect Family Network

908 Oak Hill Ave.

Attleboro, MA 02703

Phone: (508) 226-2883

Fax: (508) 223-4974

Email: cschoch@attleboroschools.com

The school department offers parent education, support and activities for families in Attleboro with children 0-3 years old.

Programs for fathers include Daddy and Me playgroups and Positive Parenting for Fathers.

**Barnstable District Court\***

Probation Department

Barnstable Fatherhood Program

Route 6A

Barnstable, MA 02630

Phone: (508) 375-6807

Fax: (508) 362-1130

The Barnstable Fatherhood Program serves probationers who are fathers. The program educates the men on principles of fatherhood, and utilizes educational materials, videos, and weekly guest speakers from a number of different professions and community agencies. Two presiding judges address the group. Weekly topics include: Child Support Enforcement, Probate & Family, Spirituality, Substance Abuse, Job Training & Employment, Communication Without Violence, Domestic Abuse, Marriage Encounter, Parenting Skills, Financial Planning, and Attitude.

**Healthy Families Massachusetts\***

See Statewide listing for program description.

**Greater Brockton Healthy Families Programs**

Health Care of Southeastern Mass.  
486 Forest Avenue  
Brockton, MA 02301  
Phone: (508) 894-8543  
Fax: (508) 580-2015  
Email: sybilhf@ix.netcom.com

**Blue Hills Healthy Families**

Health Care of Southeastern Mass.  
10 Downer Avenue  
Hingham, MA 02043  
Phone: (781) 749-2882  
Fax: (781) 749-9776  
Email: ninaleek@ix.netcom.com

**Cape Cod Healthy Families Early Childbearing Program**

Health Care of Southeastern Mass.  
350 Gifford Street  
Falmouth, MA 02540  
Phone: (508) 540-2968  
Fax: (508) 457-6525  
Email: terrypacheco@ix.netcom.com

**Healthy Families Massachusetts Young Parents Program**

Health Care of Southeastern Mass.  
29 Broadway, 3<sup>rd</sup> Floor  
Taunton, MA 02780  
Phone: (508) 822-7700  
Fax: (508) 828-5805  
Email: aayoub@ix.netcom.com

**Healthy Families New Bedford**

Kennedy-Donovan Center  
389 County Street  
New Bedford, MA 02740  
Phone: (508) 997-1570  
Fax: (508) 997-5370  
Email: gail\_brennan@kdc.org

**Healthy Families Plymouth**

Kennedy-Donovan Center  
64 Industrial Park Road  
Plymouth, MA 02360  
Phone: (508) 747-2012  
Fax: (508) 747-4898  
Email: jan\_porter@kdc.org

**Greater Fall River Healthy Families Collaborative**

People, Inc.  
636 Rock Street  
Fall River, MA 02720  
Phone: (508) 679-3078  
Fax: (508) 672-6024  
Email: peoplein@tiac.net

**Jordan Health Systems, Inc.**

Boot Camp for New Dads  
275 Sandwich St.  
Plymouth, MA 02360  
Phone: (800) 750-5343  
Fax: (508) 830-2511

Boot Camp for New Dads is a special training course designed to build confidence and prepare first-time fathers for the challenges of parenthood. Boot Camp is a three-hour workshop taught by fathers preparing men to dads in all aspects, beginning with holding and comforting a real baby, through the forming a family.

**Martha's Vineyard Community Services, Inc.\***

The Family Network/ Family Center  
PO Box 369  
Vineyard Haven, MA 02568  
Phone: (508) 693-7900  
Monthly father-child outings are planned to such places as the skating rink and in-door pool. Activities are open to all fathers with at least one child under age 6. All children in the family are encouraged to participate. Fathers attend monthly pot-luck suppers.

**New Hope, Inc.**

140 Park St.

Attleboro, MA 02703

Web: [new-hope@new-hope.org](mailto:new-hope@new-hope.org)

Phone: (508) 226-4015

Fax: (508) 226-6917

New Hope works to make families stronger and children and parents safer through mentoring, prevention, intervention and treatment services. Services include supervised family visitation, home-based parent aide services, parent education workshops and support groups.

**Parents & Provider Network Association**

848 Main Street

P.O. Box 1721

Brockton, MA 02301

Phone: (508) 587-7769

Fax: (508) 583-2940

PPNA offers support to dads of all ages, with a focus on bringing about an understanding of the job that dads must perform. Round-table discussions are held in a nonjudgmental atmosphere.

**People, Inc.**

636 Rock St.

Fall River MA 02720- Web:

Phone: (508) 679-3078

Fax: (508) 672-6024

Email: [peopleinc@tiacnet](mailto:peopleinc@tiacnet)

People, Inc. provides services and support to young fathers during home visits, parent-child groups and special events. A male home visitor works specifically with the fathers of children involved with Healthy Families Massachusetts newborn home visiting program.

**Plymouth Family Network**

91 Carver Road

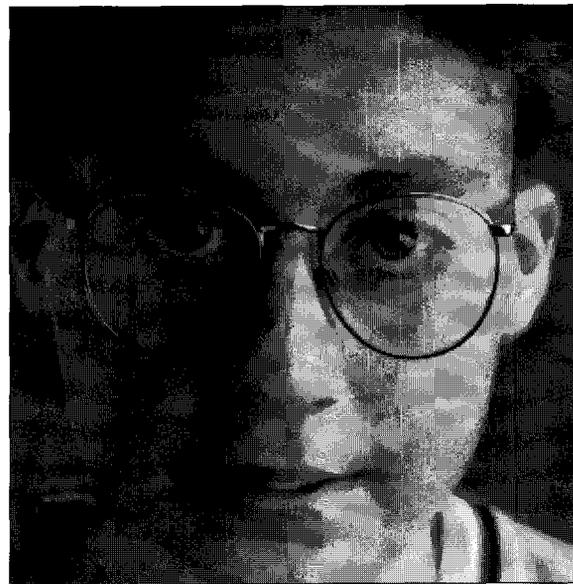
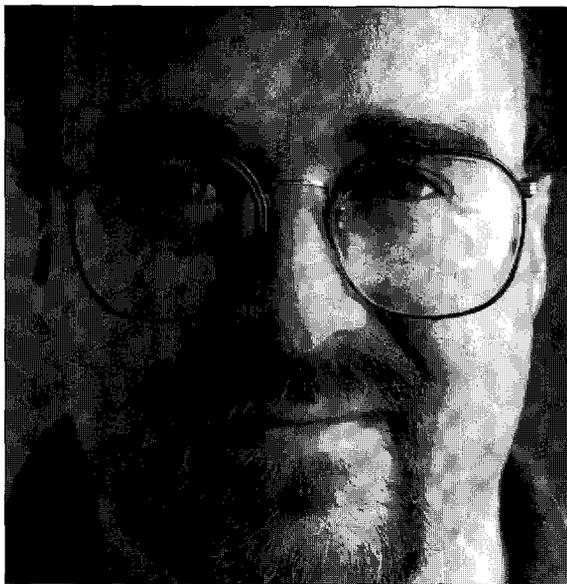
Plymouth, MA 02360

Phone: (508) 732-0166

Fax: (508) 732-0299

Email: [pfnpops@rcn.net](mailto:pfnpops@rcn.net)

The Plymouth Family Network helps to support families in the demanding job of raising children ages 0 to 3 years. PFN provides parents of young child with opportunities to meet and share information. The program is funded by a grant from the Massachusetts Department of Education to the Plymouth Public Schools.



**Self Help Inc.**

**Dad's Program**

The Dad's Program is a confidential, monthly group for sharing of new ideas and activities to enrich the fathers' bonds with their children and other persons in their lives.

**Brockton program**

311 Quincy St.  
Brockton, MA 02302  
Phone: (508) 588-5190  
Fax: (508) 580-6409

**Avon Program**

Crowley School  
One Fagan Drive  
Avon, MA 02322  
Phone: (508) 588-0447

**Self Help Inc. Head Start**

Self Help Inc.'s Head Start offers monthly confidential groups where fathers can meet new friends and peers and talk about concerns and learn creative ideas and activities to enrich their bonds with the children and persons in their lives.

**Norton Program**

77 E. Main St.  
Norton, MA 02706  
Phone: (508) 285-5021

**Whitman Program**

168 Whitman Ave.  
Whitman, MA 02382  
Phone: (508) 587-1716 ext. 137

**Self Help Inc.\***

MELD Young Dads-Brockton  
425 Pleasant St.

Brockton, MA 02301  
Phone: (508) 559-8704  
Fax: (508) 587-6118  
Email: meld@shore.net

MELD Young Dads/Brockton program is a parent education and support group for eligible Healthy Families participants or partners of enrolled Healthy Family participants. The MELD curriculum covers child development, child guidance, health family management and personal growth. Weekly meetings are facilitated by men who were teen dads themselves.

**South Shore Hospital**

Boot Camp for New Dads  
55 Fogg Road  
South Weymouth, MA 02190

Web: www.sshosp.org  
Phone: (781) 340-8332

Recent dads and their babies meet with first time expectant dads to prepare them for the huge transition. Classes are lead by two male facilitators and are offered once per month.

**United Front Child Development Program**

Achieving Manhood Teen Fathers Program  
145 Arnold St.  
New Bedford, MA 02740

Phone: (508) 991-5907 or  
(508) 984-3392  
Fax: (508) 991-5901  
Email: MariaR@UFCDP.zzn.com

The Achieving Manhood Teen Fathers Program provides support and advocacy in the areas of parenting skills, education, job training, and relationship building. The program provides teen fathers with information and skills development necessary to improve their self-awareness and self-esteem.

## Central Region

### Family Development Associates

40 School St.

Framingham, MA 01701

Phone: (508) 877-3660 ext. 15

Fax: (508) 877-7331

Email: jefparks@aol.com

Education, advocacy and counseling available for men experiencing change in their families, such as new fathers, divorcing fathers, fathers of teens, stepfathers, non-custodial fathers, and fathers wanting reunification with their children. Programs include Father's Together, a men's group offering new choices for non-custodial and single fathers. Sliding fee scale and insurance accepted.

### Family Services of Central Massachusetts\*

Parenting for Fathers: Connecting with your Kids

31 Harvard St.

Worcester, MA 01609

Phone: (508) 756-4646

Fax: (508) 7914755

Email: fscm@ma.ultranet.com

Parenting for Fathers is designed to support the role of fathers in the Worcester area, through group and individual counseling services. The program focuses on building current parenting skills, helping fathers to develop a vision of the dads they want to be, and understanding their and their children's needs. The program incorporates a social-recreational component, where fathers can attend community events with their children. Family Services of Central Massachusetts also convenes the Central Massachusetts Fathers and Family Network in conjunction with the Massachusetts Children's Trust Fund.

### Gardner Visiting Nurses Association\*

34 Pearly Lane

Gardner, MA 01440

Phone: (978) 632-1230

Fax: (978) 665-9231

Email: dvnawin@net1plus.com

A male support worker provides home visiting services and support to participants of North Worcester County Healthy Families Collaborative (NWCHFC). Activities promote positive parenting skills, child development and interaction, healthy relationships, and education. Services are offered in Spanish and English. Special events are sponsored by the NWCHFC to include young fathers throughout the communities.

### Healthy Families Massachusetts\*

See Statewide listing for program description.

#### Healthy Families Milford

Center for the Development of Human Services

150 Main St.

Milford, MA 01757

Phone: (508) 482-5939

Fax: (508) 482-5940

Email: hfammilf@kersur.net

#### Healthy Families Framingham

Center for the Development of Human Services

100 Concord St., 1<sup>st</sup> Floor

Framingham, MA 01702

Phone: (508) 620-6587 x230

Fax: (508) 620-9312

Email: hfamfram@earthlink.net

**Northern Worcester County Collaborative Healthy Families**  
HealthAlliance DVNA  
Healthy Directions  
375 Nichols Road  
Fitchburg, MA 01420  
Phone: (978) 348-1702  
Fax: (978) 345-6473  
Email: carrol@dvna.org

**Healthy Families of Greater Worcester**  
Massachusetts Society for the Prevention of Cruelty to Children  
286 Lincoln St.  
Worcester, MA 01605  
Phone: (508) 753-2967  
or (800) 442-3035  
Fax: (508) 767-3007

**Healthy Families Program of Southern Worcester County**  
Worcester Community Action Council  
176 Main St.  
Southbridge, MA 01550  
Phone: (508) 909-0045  
Fax: (508) 909-0050  
Email: wcaccarolc@hotmail.com

**Massachusetts Society for the Prevention of Cruelty to Children – Worcester**  
The Father's Support Program  
286 Lincoln St.  
Worcester, MA 01605  
Phone: (508) 767-3032  
Fax: (508) 753-5540  
The Father's Support Program offers services to fathers of all ages. Individual home visiting services and a weekly Parenting Support Group is available to participants of Healthy Families Massachusetts and other fathers under the age of 25. The Good Start Father's Parenting Support Group is for fathers over the age of 25, and is designed to help fathers learn parenting skills and identify productive

steps to becoming more involved in their child's life. This group is open to custodial and non-custodial fathers and runs throughout the year. All services are in English and Spanish.

**Milford Family Network Project**  
Milford Public Schools  
31 W. Fountain St.  
Milford, MA 01757  
Phone: (508) 634-2356  
Fax: (508) 634-2385  
Home visiting is offered to both parents and caregivers of children under age 4. My Pal and Me program is an evening playgroup for children and a significant male in their life. Little Feet is a non-competitive movement education program for men.

**Montachusett Opportunity Council**  
Childcare and Head Start Services  
68 Coleman St.  
Gardner, MA 01440  
Phone: (978) 630-2290  
Fax: (978) 632-2294  
Throughout the school year, events provide opportunities for dads to spend time with their children and to gain support from other fathers. Referral are available for individuals. Discussion groups include topics such as teen fathering, father relations with our fathers, changing masculine identities, and discipline.

**School Linked Services**  
Eagle House  
Memorial Drive  
Lunenburg, MA 01462  
Phone: (978) 582-4129  
Weekly playgroups allow parents to interact with their children and other parents in a friendly and safe environment. Activities include free play, a craft table, song and story time for parent and children ages birth to six. Morning and evening workshops address con-

cerns to parents with young children, such as discipline, self esteem, communicating with children, sibling rivalry. Childcare is provided for morning workshops. Special events include entertainment, parents night out, family potluck suppers. All programs are free. Special events and programs for dads.

**The Family Partnership Center**

Page Hilltop School

115 Washington St.

Ayer, MA 01432

Phone: (978) 772-8600 ext 409

Fax: (978) 772-1863

Email: [kjcowie@ayer.mec.edu](mailto:kjcowie@ayer.mec.edu)

Programs enable fathers to improve parenting and life skills. The eight-week group for incarcerated fathers is an intensive parenting class. After release from prison fathers receive ongoing support, referrals, and resource assistance to help them play a positive role in their children's lives

**Worcester Public Schools**

Title 1 Programs

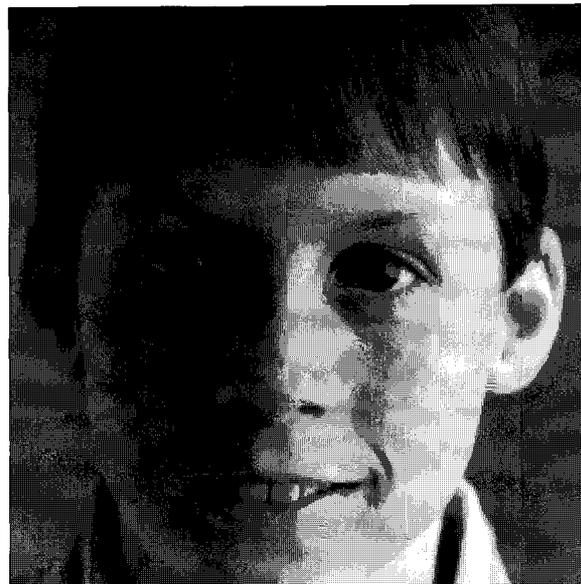
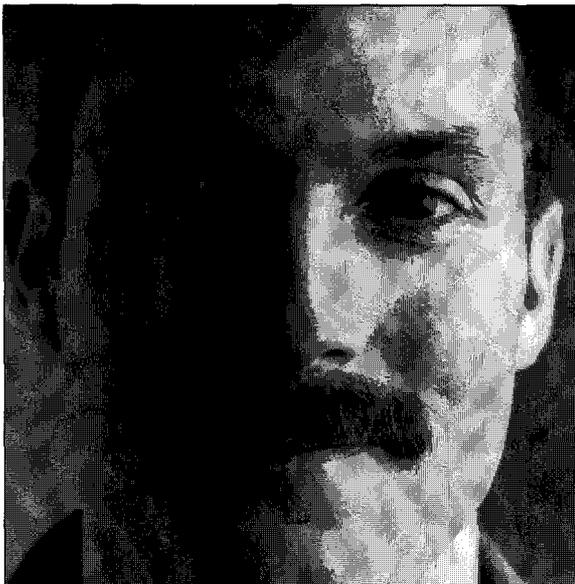
20 Irving St.

Worcester, MA 01609

Phone: (508) 799-3110

Fax: (508) 799-3621

The Worcester Public Schools Title 1 offers two programs. The Parent Child Home Program helps families prepare their two-year-old children for pre-school. The Family Centers Program provides activities and workshops in 17 of 40 of the city's elementary schools.



## West Region

### Baystate Medical Center

Boot Camp for New Dads

759 Chestnut St.

Springfield, MA 01199

Phone: (413) 794-5515

Fax: (413) 794-8166

Email: [convy.stahl@bhs.org](mailto:convy.stahl@bhs.org)

Boot Camp for New Dads uses a man-to-man training approach in which veteran fathers orient new dads in a three-hour workshop. Boot Camp prepares men to be dads, beginning with holding and comforting a real baby. Veteran dads demonstrate burping, changing, and swaddling babies while telling about their experiences and giving advice to first-time dads.

### Child & Family Service of Pioneer Valley, Inc.

278 Main St., Suite 411

Greenfield, MA 01301

Web: [www.cfs.org](http://www.cfs.org)

Phone: (413) 774-6892

Fax: (413) 773-0477

Activity-based groups for at-risk teens aged 11 to 16 years and their parents. There are seven, weekly groups in the series which include one teens-only and one parents-only group. Activities, games, and problem solving help parents and teens to improve communications, and to support and build their strengths.

### Children's Aid and Family Service

Fathers Connection

8 Trumbull Road

Northampton, MA 01060

Web: [www.javeanet.com/cafs](http://www.javeanet.com/cafs)

Phone: (413) 584-5690

Fax: (413) 586-9436

Email: [cafs@javanet.com](mailto:cafs@javanet.com)

Children's Aid and Family Service is a human service agency providing parent support services to families of Hampshire County. Fathers Connection provides education, support, and recreation through monthly meetings for

young fathers. Food, transportation and child care are provided as needed.

### Community Education Project

300 High St.

Holyoke, MA 01040

Phone: (413) 538-5770

Email: [ceproj@massed.net](mailto:ceproj@massed.net)

The project offers Spanish language literacy and ESL classes for Latino parents. Themes include topics relevant for fathers, such as employment preparation, working with our children's teachers and schools, Latino and Anglo family cultural dynamics.

### Cooley Dickinson Hospital

Parent Education Program

30 Locust St.

PO Box 5001

Northampton, MA 01061-5001

Phone: (413) 582-2736

Fax: (413) 582-2950

Beyond Birth: Parenting Your Newborn classes are for parents with babies up to 4 months old. Weekly support meetings combine information with friendship with the goal of strengthening the parent's self-confidence and encouraging relationships to grow amongst parents.

### Environments For Children

Growing Non-Violent Boys

14 Mountain Laurel Path

Florence, MA 01062

Phone: (413) 584-1323

Email: [farkas@umassk12.edu](mailto:farkas@umassk12.edu)

Growing Non-Violent Boys is a training program for parents, parent educators and teachers on raising and working with boys. It looks at the psychology of boys, and brainstorms ways to meet their needs and guide them toward positive behaviors.

**Family Empowerment**

243 King St., Suite 248  
Northampton, MA 01060

Web: [www.theasn.org](http://www.theasn.org)

Phone: (413) 586-8196

Fax: (413) 582-9098

Family Empowerment serves families of individuals with developmental disabilities. The program provides a variety of services including information and referral, financial support, and case management in the Franklin and Hampshire counties area of the state Department of Mental Retardation.

**Family Network of Children's Health Program, Inc.\***

940 S. Main St.

PO Box 30

Great Barrington, MA 01230

Phone: (413) 528-0721

Fax: (413) 528-6027

Email: [claudettecallahan@hotmail.com](mailto:claudettecallahan@hotmail.com)

The program provides father-child playgroups and activities, parent education workshops, a parent-to-parent volunteer program, and a library containing books and videos especially for fathers.

**Father's Network**

Two North Road

Westhampton, MA 01027

Phone: (413) 529-9226

Fax: (413) 529-9226

The Father's Network offers individual consultation workshops and training to agencies, groups and individuals to support their efforts effectively while supporting and integrating fathers into their programs.

**Franklin County Family Network of FCAC**

Greenfield Family Center

393 Main St.

Greenfield, MA 01301

Web: [www.fcac.net/community/fcfn](http://www.fcac.net/community/fcfn)

Phone: (413) 774-4994 or

(413) 773-9309

Fax: (413) 774-2210

Email: [familynetwork@fcac.net](mailto:familynetwork@fcac.net)

Fathers are welcome at all of the activities at the Greenfield Family Center, including playgroups, teen support groups and workshops. Dads and Kids pizza nights are held monthly.

**Greenfield Public School and Greenfield CPC Preschool Program**

141 Davis St.

Greenfield, MA 01301

Phone: (413) 772-1327

Fax: (413) 774-7940

Email: [ssutton@greenfield.mass.edu](mailto:ssutton@greenfield.mass.edu)

Parenting workshops focus on early learning for all children including family literacy activities and parenting developmentally delayed children and children with special education needs. Family fun night events occur one to two times per year. Educational family fun nights are held with refreshments after the event to allow time for parents to talk with one another.

**Hampden-Wilbraham Regional School District**

621 Main St.

Wilbraham, MA 01095

Phone: (413) 596-9011

Email: [gKahn@hwrds.org](mailto:gKahn@hwrds.org)

Monthly information topics or parent workshops are held for moms and dads of preschoolers and kindergartners.

**Hampshire Community Action Commission**

56 Vernon St.

Northampton, MA 01060

Web: [www.hcac.org](http://www.hcac.org)

Phone: (413) 582-4200

Fax: (413) 582-4202

Email: [admin@hcac.org](mailto:admin@hcac.org)

The Hampshire County Family Network provides support activities to enhance parenting skills and address emergency needs. Head Start and the child-care programs offer early education and family support activities. First Steps provides home visits to at-risk families with young children. Hilltown Social Services offers support ranging from emergency needs to family activities.

**Father's Support Group**

PO Box 9541

N. Amherst, MA 01059

Phone: (413) 549-4969

Fax: (413) 549-4412

Email: [mrives@hcac.org](mailto:mrives@hcac.org)

The Father's Support Group is a six-to eight-week program for dads.

**HCAC Northern Hilltown Social Services**

337 Berkshire Trail

PO Box 81

Cummington, MA 01026

Phone: (413) 634-0261

Fax: (413) 634-8019

Email: [mmacdonald01@hotmail.com](mailto:mmacdonald01@hotmail.com)

Drop-in center for parents with children under age 6 to provide activities and socialization for children and ongoing support groups and workshops for parents. Serves the northern hilltowns of Hampshire County.

**Healthy Families Massachusetts\***

See Statewide listing for program description.

**Passages Healthy Families North Adams**

Child Care of the Berkshires, Inc.

210 State St.

North Adams, MA 01247

Phone: (413) 664-6104

Fax: (413) 664-6253

Email: [passages@bcn.net](mailto:passages@bcn.net)

**Passages Healthy Families Pittsfield**

Child Care of the Berkshires, Inc.

152 North St.

Suite 135

Pittsfield, MA 01201

Phone: (413) 445-4324

Fax: (413) 443-7442

Email: [passages@berkshire.net](mailto:passages@berkshire.net)

**Healthy Families Hampshire County**

Children's Aid & Family Service

8 Trumbull Road

Northampton, MA 01060

Phone: (413) 584-5690

Fax: (413) 586-9436

Email: [cafs@javanet.com](mailto:cafs@javanet.com)

**Healthy Families Franklin County**

Franklin Community Action Corp.

393 Main St.

Greenfield, MA 01301

Phone: (413) 376-1119 for

Franklin County residents

(978) 544-5423 x 122 for

North Quabbin residents

Fax: (413) 773-3834

Email: [adoherty@fcac.net](mailto:adoherty@fcac.net)

**Healthy Families Massachusetts\* (continued)**

**Healthy Families Holyoke**

Massachusetts Society for the Prevention  
of Cruelty to Children  
113 Hampden St.  
Holyoke, MA 01040  
Phone: (413) 532-9446  
Fax: (413) 533-1598  
Email: mark\_jimerson@mspcc.org

**Healthy Families Springfield**

Northern Educational Service, Inc.  
870 State St.  
Springfield, MA 01109  
Phone: (413) 787-2101  
Fax: (413) 732-0116  
Email: gwen4nes@hotmail.com

**Heritage Child Development Center**

The center provides early intervention program for children under age 4 and their families, including children who are developmentally delayed or at-risk of being delayed.

**Palmer program**

1581 North Main St.  
Palmer, MA 01069  
Phone: (413) 283-3267  
Email: hcdc@ultranet.com

**South Hadley program**

Five Ferry St.  
South Hadley, MA 01075  
Phone: (413) 533-7140  
Fax: (413) 538-9757  
Email: hcdc@ultranet.com

**Holyoke, Chicopee, Springfield Head Start, Inc**

Springfield Summit  
30 Madison Ave.  
Springfield, MA 01105  
Phone: (413) 788-6522  
Fax: (413) 788-6679

The Springfield Summit's subcommittee on father programs is coordinating the "Dads make A Difference" Father's Day event. The day consists of a parade with fathers and their children, illustrations by preschoolers, essays from Springfield students, and presentations from various members of the community in honor of fatherhood. This is a day to celebrate men in the lives of children.

**Holyoke Public Schools**

500 Beech St.  
Holyoke, MA 01014  
Phone: (413) 534-2020

Daily class helps pregnant and parenting, male and female students accept the responsibilities of the parenting role. The course includes units on health and child care, nutrition, family living, sexuality, money management, safety, meeting the child's emotional and physical needs, and discipline as a parent.

**Montague Catholic Social Ministries**

41 Third St.  
Turners Falls, MA 01376  
Phone: (413) 863-4805  
Fax: (413) 863-85930  
Email: mcsm@shaysnet.com

The Montague Catholic Social Ministries sponsors the Turners Falls playgroup for children aged 0 to 4 years and the Kids Place afterschool program for children in grades K to 5. All programs are free. The ministries also offer information and resource services, parent support groups, a parent resource library, computer lab, and a free children's clothing exchange.

**Massachusetts Prevention Center of Northampton\***

10 Main St.  
Florence, MA 01062

Web: [www.westernmassprevention.org](http://www.westernmassprevention.org)  
Phone: (800) 850-3880  
Fax: (413) 586-6132  
Email: [info@westernmassprevention.org](mailto:info@westernmassprevention.org)

Center offers a public health resource library with videos, books, curricula, and pamphlets on a variety of health topics, including parenting. It hosts the Massachusetts Children's Trust Fund's satellite library. It provides training and consulting on health and organizational development topics.

**Massachusetts Society for the Prevention of Cruelty to Children of Greenfield**

479 Main St.  
Greenfield MA 01301

Phone: (413) 773-3608  
Email: [cynthia.johnson@mspcc.org](mailto:cynthia.johnson@mspcc.org)

The Children's Visitation Program offers a safe space for non-custodial parents to visit their children. Staff members supervise visits at multiple sites, primarily in Franklin County. Saturday visits occur at a day care site where security is available. Supervised visitation on and off site is available as well as therapeutic visitation. Sliding fee scale for visits.

**Massachusetts Society for the Prevention of Cruelty to Children of Holyoke**

113 Hampden St.  
Holyoke, MA 01040

Phone: (413) 532-9446  
Fax: (413) 533-1598  
Email: [mark\\_jimerson@mspcc.org](mailto:mark_jimerson@mspcc.org)

Healthy Families Holyoke provides individualized home visiting services for young dads as well as weekly education and support groups. Special projects, family events, and recreational activities are scheduled at various times to encourage participation by young fathers.

**Men's Resource Center of Western Massachusetts\***

236 N. Pleasant St.  
Amherst, MA 01002

Web: [www.mensresourcecenter.org](http://www.mensresourcecenter.org)  
Phone: (413) 253-9887 ext. 10  
Fax: (413) 253-4801

Email: [aarnaboldi@mensresoucecenter.org](mailto:aarnaboldi@mensresoucecenter.org)

The Men's Resource Center (MRC) offers a range of services for men, including support groups, resources, referrals, and fathering issues. The MRC is coordinator of the Children's Trust Fund's Fathers and Family Network in western Massachusetts, providing four programs a year on fathering issues for service providers in the region. In their quarterly magazine, *Voice Male*, the center regularly run "Fathering" columns, as well as book reviews and resource listings about fathers and fathering. It also offers a 10-week series for young, at-risk fathers ages 16 to 23, with children under the age of 5. Presentations and workshops on various men's issues including fathering concerns are available upon request.

**Northampton Parents Center**

297 Main St.  
Northampton, MA 01060

Phone: (413) 582-2636

The center provides services to facilitate parent-to-parent exchange, to strengthen families' connectedness within the community, and to be a source of information, enjoyment, and encouragement.

**Spectra Management Services, Corp./Parents' Fair Share**

136 William St.  
Springfield, MA 01105  
Phone: (413) 737-9544  
Fax: (413) 737-4455

Parents' Fair Share is designed to address two interrelated issues: poverty among children in single-parent families and declining earnings among disadvantaged men. Parents' Fair Share provides pre-employment training, job development and placement, and peer support/parenting classes to non-custodial parents unable to meet their child support obligation.

**Springfield Family Support Programs**

PO Box 1489  
Springfield, MA 01101  
Phone: (413) 733-7699  
Fax: (413) 737-2321  
Email: spfldfsc@aol.com

Specialized support groups for young fathers held once a week. Parent educational programs are held once a month. Specialized activities and playtime are held twice a month with father and child. Home visits and follow up to ensure consistent participation by young fathers. These programs also have field trips twice per year. Referral services are provided to fathers and their families. Both are using the same curriculum and supportive staff from Baystate Medical Center.

**Springfield Rescue Mission**

19 Bliss St.  
Springfield MA 01105- Web:  
Phone: (413) 732-0808  
Fax: (413) 732-5512  
Email: srm@spfldrescuemission.or  
The mission's Men's New Life Program is a one-year program for men seeking victory over their addiction. The mission serves greater Springfield and Hampden County.

**Tapestry Health Systems**

**SAFE Youth Programs**  
365 Bay St.  
Springfield, MA 01109  
Phone: (413) 737-9774  
Fax: (413) 737-6604  
Email: dea.sasso@verizon.net

SAFE Youth Programs offer academic education leading to a high school equivalency diploma (GED), parenting and life skills training, counseling, job training, and job placement. Day care is offered for the infants and toddlers of the teen parents. SAFE also has several community outreach programs such as home visiting to first-time parents under age 21. Peer leaders provide street outreach to at-risk youth or HIV/AIDS youth, pregnancy prevention, tobacco, and other issues. Some outreach is targeted to young men and gay, lesbian and bisexual youth.

**Valuing Our Children\***

217 Walnut St.  
Athol, MA 01331  
Phone: (978) 249-8467  
Fax: (978) 249-8228  
Email: khardie1@aol.com  
Valuing Our Children offers a 12-week fathering group focusing on non-violent parenting and positive parenting philosophy and techniques. Fathers are encouraged to support one another in their fatherhood roles.

**YMCA of Greater Springfield**

275 Chestnut St.  
Springfield, MA 01104  
Phone: (413) 739-6951  
Fax: (413) 736-4861  
The YMCA offers programs for fathers and their children, including parent-child exercise classes, swim lessons, youth and preschool sports, parent workshops with child care. Scholarships are available for all programs

# National resources and programs

**T**his section contains a sampling of national and state model programs which may be helpful to launch or expand a fatherhood program.

## **Bay Area Male Involvement Network**

199 Porteous Ave.  
Fairfax, CA 94930

Web: [www.bamin.org](http://www.bamin.org)  
Phone: (415) 454-1811  
Fax: (415) 454-1752

The Bay Area Male Involvement Network is a partnership of several child serving agencies who are working to increase the involvement of fathers and other significant men in the lives of children in the San Francisco Bay Area.

## **Boot Camp for Dads**

4605 Barranca Parkway, Suite 205  
Irvine, CA 92604

Web: [www.newdads.com](http://www.newdads.com)  
Phone: (949) 786-3146  
Fax: (949) 786-9276  
Email: [debbie@newdads.com](mailto:debbie@newdads.com)

National education program for expectant and new dads. Boot Camp was formed to bring out the best in new dads and help them feel confident when their first baby arrives.

## **Center For Successful Fathering, Inc.**

13740 Research Blvd. G4  
Austin, TX 78750

Web: [www.fathering.org](http://www.fathering.org)  
Phone: (800) 537-0853  
Fax: (512) 336-5861  
Email: [info@fathering.org](mailto:info@fathering.org)

Reconnects fathers with their children and with traditions of responsible fatherhood. In October 1998, the CSF launched the Texas Fatherhood Initiative. In partnership with Texas Education Agency the CSF trains parent

educators to implement father involvement programs in schools. Using its curriculum "Accepting the Challenges of Fatherhood", the CSF has trained over 250 parent educators and has worked with thousands of dads, moms, children and professionals. The CSF has recruited Hispanic, African American, and Anglo dads who represent custodial, non custodial, single parent, teen and incarcerated fathers. In 2001, CSF released "Bonding Through Play," a video and curriculum set for use with Fathers of Children ages 0-5.

## **Center on Fathering**

325 North El Paso St.  
Colorado Springs, CO 80903

Phone: (719) 634-7797 or  
(800) Mydad34  
Fax: (719) 634-7852  
Email: [ctrfthring@aol.com](mailto:ctrfthring@aol.com)

Provides programs and services that strengthen, encourage and support fathers to be actively and positively involved in the care and development of their children.

## **Children's Friend & Service**

153 Summer St.  
Providence, RI 02903

Web: [www.childrensfriendservice.org](http://www.childrensfriendservice.org)  
Phone: (401) 331-2900  
Fax: (401) 331-3285  
Email: [sfranklin@childrensfriendservice.org](mailto:sfranklin@childrensfriendservice.org)

Home visiting and drop-in services for parents. Services include: assistance with parenting and child development, counseling, ESL and family literacy, resource linkage and drop-in services, emerging assistance, and parent groups. All services are in English and Spanish.

**Great Dads**

PO Box 7537  
Fairfax Station, VA 22039-7537  
Web: [www.greatdads.org](http://www.greatdads.org)  
Phone: (703) 830-7500  
Fax: (703) 968-2811  
Email: [grtdads@aol.com](mailto:grtdads@aol.com)

This organization provides seminars to dads on "The 6 Basics of Being a Great Dad" that are hosted by companies, churches, and other organizations across America.

**Illinois Fatherhood Initiative**

20 Northwacker Drive, Suite 1441  
Chicago, IL 60606  
Web: [www.4fathers.org](http://www.4fathers.org)  
Phone: (800) 996-DADS  
Fax: (312) 950-9591

Illinois Fatherhood Initiative promotes responsible fathering and helps to equip men to become better fathers and father figures. Program objectives include: raising the awareness of the important role of fathers among state and community leaders and the general public; improving collaboration among advocates for children; encouraging fathers to make family a higher priority, and to take a more active role parenting their children; achieving measurable improvement in the awareness of the importance of fathering skills and the ability of fathers to practice those skills.

**MAD DADS**

PO Box 4473  
Omaha, NE 68104  
Web: [www.maddadsnational.com](http://www.maddadsnational.com)  
Phone: (402) 510-2969

MAD DADS is an acronym for Men Against Destruction-Defending Against Drugs and Social-Disorder. MAD DADS, INC. was founded in May 1989 by a group of concerned Omaha parents who were fed up with gang violence and the flow of illegal drugs.

**Manchester Memorial Hospital**

Fatherhood Group  
Family Development Center  
71 Haynes St.  
Manchester, CT 06040  
Phone: (860) 646-1222 ext. 2471  
Fax: (860) 533-3413  
Email: [ioseni@mmhosp.chime.org](mailto:ioseni@mmhosp.chime.org)

The Fatherhood Group works on the concept of an agency-designed program titled: "Break it Down, Make it Better, and Pass it On," which addresses the style of parenting that one received, improves upon it, and passes this better parenting style on to one's children.

**Match/Patch Program**

Bexar County Adult Detention Center  
200 N. Comal  
San Antonio, TX 78207  
Phone: (210) 270-6330  
Fax: (210) 270-6118  
Email: [match.patch@juno.com](mailto:match.patch@juno.com)

The Match/Patch programs provide parents in jail with parenting and knowledge of life skills. Participants earn a weekly contact visit with their children by attending a series of classes throughout the week and maintaining good behavior in the facility.

**MELD for Young Dads**

219 N. Second St., Suite 200  
Minneapolis, MN 55401  
Web: [www.meld.org](http://www.meld.org)  
Phone: 612-332-7563  
Fax: 612-344-1959

MELD for Young Dads is a parenting information and support program which offers long-term group services to fathers. The program serves fathers in 24 communities in 12 states. Curricula creates opportunities for fathers to break the isolation and lack of access to competent parenting skills, attitudes, and behaviors. Program evaluation of attendance and parent satisfaction is high.

**National Center for Fathering**

10200 W. 75th St. Suite 267  
Shawnee Mission, KS 66204

Web: [www.fathers.com](http://www.fathers.com)

Phone: (913) 384-4661

Fax: (913) 384-4665

Email: [dads@fathers.com](mailto:dads@fathers.com)

The mission of the National Center for Fathering is to inspire and equip men to be better fathers. Founded in 1990 by research scholar Dr. Ken Canfield, the center maintains one of the nation's largest archives of research on fathers and fathering. It offers a full range of training programs for fathers and train-the-trainer programs.

**National Center on Fathers and Families**

University of Pennsylvania  
3440 Market St., Suite 450  
Philadelphia, PA 19104

Phone: (215) 573-5500

Web: [www.ncoff.gse.upenn.edu](http://www.ncoff.gse.upenn.edu)

Based in the Graduate School of Education, the center works to improve the well-being of children through the positive involvement of fathers and to build the efficacy of families, particularly those most vulnerable to hardship.

**National Fatherhood Initiative**

101 Lake Forest Blvd Suite 360  
Gaithersburg, MD 20877

Web: [www.fatherhood.org](http://www.fatherhood.org)

Phone: (301) 948-0599

Fax: (301) 948-4325

Email: [info@fatherhood.org](mailto:info@fatherhood.org)

The National Fatherhood Initiative was founded in 1994 to stimulate a society-wide movement to confront the growing problem of father absence. NFI's mission is to improve the well-being of children by increasing the number of children growing up with involved, committed, and responsible fathers in their lives. This is done by providing curricula, training, and technical assistance, by forming

strategic partnerships and alliances, and through public awareness campaigns, research and other resources.

**National Latino Fatherhood and Family Institute**

5252 Beverly Blvd.  
Los Angeles, CA 90022

Phone: (323) 728-7770

or (323) 728-9577

Fax: (323) 728-8666

Web: [www.bienvenidos.org/nlffi](http://www.bienvenidos.org/nlffi)

The goal is to address the needs of Latino males as it relates to their positive involvement in their families and community.

**National Parenting Association**

PO Box 77  
New York, NY 10113

Web: [www.prentsunite.org](http://www.prentsunite.org)

Phone: (212) 229-5400

Fax: (212) 229-5404

Email: [info@parentsunite.org](mailto:info@parentsunite.org)

The National Parenting Association works to make parenting a higher priority in Americans' private lives and on the public agenda through research, communications and non-partisan advocacy.

**National Practitioners Network For Fathers and Families**

1003 K Street, NW, Suite 565  
Washington, DC 20001

Web: [www.npnff.org](http://www.npnff.org)

Phone: (800) 346-7633

Fax: (202) 737-6683

Email: [info@npnff.org](mailto:info@npnff.org)

The National Practitioners Network for Fathers and Families, Inc. is the national individual membership organization whose mission is to strengthen supports to children in fragile families by enhancing the involvement of fathers and to foster communication, program development, education, and collabora-

tion among service providers. NPNFF's goal is to build the profession of practitioners working to increase the responsible involvement of fathers in the lives of their children. Through publications, conferences, advocacy, training and technical assistance, collaboration with other fathers and family organizations, and the creation of networking opportunities for practitioners, NPNFF seeks to strengthen fatherhood program practitioners in their day-to-day work.

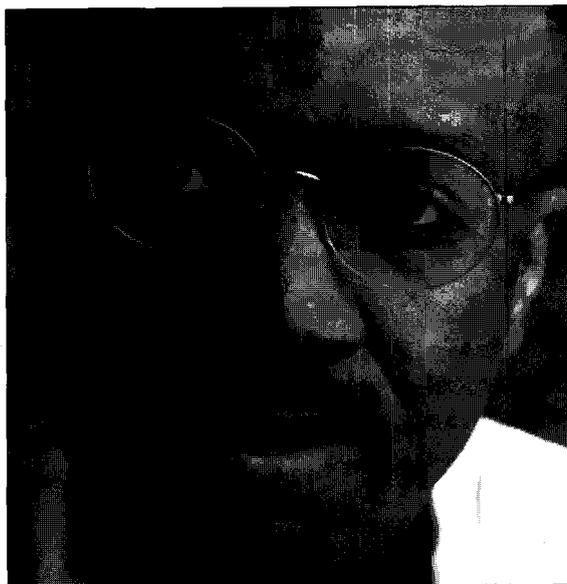
**The Fatherhood Project**

Families and Work Institute  
330 Seventh Ave., 14th floor  
New York, NY 10001

Web: [www.fatherhoodproject.org](http://www.fatherhoodproject.org)

Phone: (212) 465-2044

The Fatherhood Project is a national research and education project that is examining the future of fatherhood and developing ways to support men's involvement in child rearing. Its books, films, consultation, seminars, and training all present practical strategies to support fathers and mothers in their parenting roles. The Fatherhood Project is the longest-running national initiative on fatherhood - founded in 1981 at the Bank Street College of Education in New York City by Dr. James A. Levine, and relocated in 1989 to the Families and Work Institute.



# Internet resources on fatherhood

**A**lso check the state and national listings for Internet sites pertaining to fathers.

**www.aafc.org**

American Coalition for Fathers and Children publishes studies and reports, membership information, legal resources and surveys for all fathers concerned with their rights.

**www.familyinternet.com/dad/dad.html**

At-Home Dads is an on-line quarterly newsletter with articles focused on kids, networking with other dads and starting a home business.

**www.newdads.com**

Boot Camp for New Dads provides programs teaching men to be dads.

**www.fathering.org**

The Center for Successful Fathering promotes the benefits of involved fathers. Info available on seminars, research and other materials.

**www.learnfree-parenting.com/baby/dadtricks**

Dad Tricks helps new fathers ease into fatherhood and entertain baby with silly mouth sounds and goofy games.

**www.daddyshome.com**

Daddy's Home features articles, resources, parenting tips and cooking recipes for stay-at-home dads.

**www.teleport.com/~dads/**

Dads Against Discrimination, USA. Membership info, resources on custody issues and articles on the impact of divorce.

**www.dadscan.org**

Dads Can looks to build father involvement through fathering tools, chat room, an information network directory, and related links.

**www.dadsdivorce.com**

Dads Divorce is for divorced and divorcing dads seeking to maximize their role in their kids' lives. Local referrals and legal advice.

**www.adopt.org**

The Dave Thomas Foundation for Adoption features news, a photo listing, and information on the adoption quest.

**www.geocities.com/Heartland/Meadows/1259**

The Divorced Dad's site is a forum for discussion, letters and a source of information for divorced fathers.

**www.divorcedfather.com**

Divorced Fathers is an online support group for separated/divorced/non-custodial fathers.

**www.fatherhoodproject.org**

Families & Work Institute examines the future of fatherhood. Website offers insights into fatherhood and links to other support services.

**www.famres.org/friend/ntap2.htm**

The Family Resource Coalition of America and the National Center on Child Abuse and Neglect team up to provide resource info, education, technical assistance, and a virtual resource center.

**www.fiber.net/users/familysolutions/index.html**

Family Solutions—Just for Dads. Includes selections on topics such as step-families, divorce, single parents, and disciplining children.

**www.familyuniversity.com**

The Family University offers information on Colleges of Fathering, Mothering, and Single, Step, and Grand Parenting.

**www.fathermag.com**

Fathermag provides articles, stories, and news with a guide to materials of interest to fathers and links to other father sites.

**www.cyfc.umn.edu/Fathernet/index.html/**

Fathernet: From the University of Minnesota, this site provides research and opinion on the role of men in children's lives and electronic discussion groups.

**www.parentsplace.com/readroom/fathers**

The Fathers Forum provides programs for new and expectant fathers.

**www.parentsplace.com/readroom/fulltdad**

The Fathers Page offers resources, essays, books, excerpts, and articles. Also provides links to other organizations.

**www.slowlane.com/frc/**

The Father's Resource Center's site includes a list of programs and locations, the Fathers Times newsletter, and links to other sites.

**www.dadsrights.org**

Fathers' Rights & Equality Exchange advocates for unwed fathers who want to parent their children and become positive influences in their children's lives.

**www.dadsusa.com**

Fathers Supporting Fathers claims to be America's largest fathers' rights organization. It provides information, help line, national publications and paralegal services.

**http://fathersworld.com/fulltimedad/**

Full-Time Dad is a magazine published online for all fathers who want to enhance their role in family and society.

**www.domani.net/richard/gaydads.html**

Gay Dads is a guide for gay fathers and their family, including books, support groups, personal accounts and related links.

**www.milepost1.com/~gaydad/index.html**

The Gay Dad is for all gay and bisexual men who are fathers. Includes related links, mailing list and stories. Part of Gay and Lesbian Family Values.

**www.greatdads.org**

Great Dads provides seminars to dads on "The Six Basics of Being a Great Dad" that are hosted by companies, churches, and other organizations across the United States.

**www.4fathers.com**

The Illinois Fatherhood Initiative provides fathering tips and resources, and info on their publication "What My Father Means to Me."

**www.responsiblefatherhood.org**

The Institute for Responsible Fatherhood & Family Revitalization is dedicated to promoting fathers to become involved in the lives of their children in a loving, compassionate, and nurturing way.

**www.maddadsnational.com**

MAD DADS is Men Against Destruction-Defending Against Drugs and Social-Disorder. Site has info on the organization, state chapters, and their program providing positive adult male role models on urban streets.

**www.mctf.org**

The mission of the Massachusetts Children's Trust Fund is to mobilize all segments of the community to prevent child abuse and neglect by strengthening and supporting families. Its web site provides information about the organization, its history, achievements, financial information, board of directors, publications, news, and upcoming events. The Fatherhood Kit is available on the web site as a downloadable Adobe PDF file.

**[www.members@aol.com/meldctrl/](http://www.members@aol.com/meldctrl/)**

MELD for Young Dads is a parenting information and support program which offers long-term group based services to fathers.

**[www.ctfalliance.org](http://www.ctfalliance.org)**

National Alliance of Children's Trust and Prevention Funds provides links to state Children's Trust Funds.

**[www.fathers.com](http://www.fathers.com)**

National Center for Fathering offers practical tips for dads, humor, and info on services.

**[www.ncoff.gse.upenn.edu](http://www.ncoff.gse.upenn.edu)**

National Center on Fathers and Families is based in the Graduate School of Education at the University of Pennsylvania. Its mission is to improve the well-being of children through positive involvement of fathers and to build the efficacy of families, particularly those most vulnerable to hardship.

**[www.nlffi.org](http://www.nlffi.org)**

National Latino Fatherhood and Family Institute works to promote the involvement of Latino men in the lives of their children.

**[www.fatherhood.org](http://www.fatherhood.org)**

National Fatherhood Initiative is a non-profit organization that promotes responsible fatherhood through resources for dads, such as Dad's Columns, fatherly advice, tips, and links.

**[www.fathersnetwork.org](http://www.fathersnetwork.org)**

National Fathers' Network provides support and resources for fathers and families of children with special needs. Includes articles by men, disability links, and a providers' section.

**[www.ag.ohio-state.edu/~ohioline/lifetime/lifetime.html](http://www.ag.ohio-state.edu/~ohioline/lifetime/lifetime.html)**

Ohio State University's site provides articles on child care, single parenting, balancing work and life.

**[www.parentsunite.org](http://www.parentsunite.org)**

National Parenting Association is spearheading a parents' movement to give mothers and fathers a greater voice in the public arena.

**[www.npnff.org](http://www.npnff.org)**

National Practitioners Network For Fathers and Families' mission is to strengthen supports to children in fragile families by enhancing the involvement of fathers and to foster communication, program development, education, and collaboration among service providers.

**[www.scfn.org](http://www.scfn.org)**

Single & Custodial Father's Network, Inc. is an international nonprofit network that provides support through research, publications, and interactive communications.

**[www.fathersunited.com](http://www.fathersunited.com)**

United Fathers of America is a nonprofit organization dedicated to educating divorced or custodial fathers about their rights. Offers court assistance, legal advice, and related links.

**[www.women4fatherhood.org](http://www.women4fatherhood.org)**

Women for Fatherhood promotes the concept of families and fatherhood, as well as to ensure protection for second families and all non-custodial parents.

# Books about fathering

This section includes a listing of books and other publications on the issues of fatherhood. Categories are: Community building; Parenting and child development; Social and cultural issues, and General reading.

## Community building

*Creating a Father Friendly Neighborhood.* (1995) Lancaster, PA: National Fatherhood Initiative.

*Getting Men Involved: Strategies for Early Childhood Programs.* Levine, J.A. Murphy, T., and Wilson S. (1993). New York: Scholastic, Inc., Early Childhood Division. (800) 631-1586. Available from Families and Work Institute: (212) 465-2044.

*Working Fathers: New Strategies for Balancing Work and Family.* Levine, James A. and Todd Pittinsky (1998). San Diego, CA: Harcourt.

*New Expectations: Community Strategies for Responsible Fatherhood.* Available from Families and Work Institute: (212) 465-2044.

*Teenage Fathers.* Robinson, Bryan (1990). Massachusetts: D.C. Heath, Lexington Books.

*Working With Fathers.* The Minnesota Fathering Alliance. Stillwater, MN: Nu Ink Unlimited.

## Parenting and child development

*The Father's Guide: Raising a Healthy Child.* Barkin, R. (1998). Golden, CO: Fulcrum.

*The Seven Secrets of Effective Fathers.* Canfield, K. (1992). Wheaton, IL: Tyndale.

*The Heart of the Father.* Canfield, K. (1996) Chicago, IL. Northfield. Available from National Center for Fathering. (800) 593-DADS.

*Finding the Time for Fathering.* Gurian, M. and Golant, S. (1992). New York: Fawcett.

*The Wonder of Boys.* Gurian, M. (1996). New York: Putnam.

*The Role of the Father in Child Development.* Lamb, M. E. (1996). 3rd edition. New York: John Wiley and Sons.

*Between Father and Child.* Levant, R. and Kelly, J. (1991). New York: Penguin.

*Fathers and Toddlers.* (1994) and *Fathers and Babies.* (1993) Marzollo, Jean. New York: HarperCollins

*Fathers of Children with Special Needs.* May, J. (1991). New Horizons. Bethesda, MD: Association for the Care of Children's Health.

*Being a Father.* Pederson, A. and O'Mara, P. (1990). New York: W.W. Norton.

*Fathers, Sons, and Daughters.* Scull, C. (editor). (1992). Los Angeles: Tarcher.

## Social and cultural issues

*Boyhood - Growing up Male: A Multicultural Anthology.* Abbot, F. (1993). Freedom, CA: The Crossing Press.

*Fatherhood and Families in Cultural Context.* Bozett, F. and Hanson, S. (Eds) (1998). New York: Springer.

*Fatherhood Today: Men's Changing Role in the Family.* Brownstein, P. and Cowan, C.P. (Eds). (1998). New York: John Wiley and Sons.

*Father-Child Relations: Cultural and Biosocial Contexts.* Hewlett, B.S. (Ed.) (1992). New York: Adline de Gruyter.

*Black Fatherhood: The Guide to Male Parenting.* Hutchinson, E.O. (1995). Los Angeles, CA: Middle Passage Press.

*Nurturing Young Black Males: Challenges to Agencies, Programs and Social Policy.* Mincy, R.B. (1994). Washington, D.C.: Urban Institute Press.

**General reading**

*The Father Factor.* Biller, H.B. and Trotter, R.J. (1994). New York: Simon and Schuster.

*The Prodigal Father: Reuniting Fathers and their Children.* Bryan, M.A. (1998). New York: Clarkson Potter.

*The Dad Zone: Report from the Tender, Bewildering and Hilarious World of Fatherhood.* Burkett, M. (1993). New York: Simon and Schuster.

*Fatherhood.* Cosby, W. (1986). New York: Dolphin.

*The Gift of Fatherhood: How Men's Lives are Transformed by their Children.* Hass, A. (1994). New York: Simon and Schuster.

*Father's Rights.* Leving, J.M. (1997). New York: Basic Books.

*Fatherlove: What We Seek; What We Must Create.* Louv, R. (1993). New York: Pocket.

*Father's Day.* McCoy, W. (1995) New York: Times Books.

*Out of the Shadows: Birthfathers' Stories.* Mason, M. (1995). Edina, MN: O.J. Howard Publishing.

*Boys will be Boys: Breaking the Link Between Masculinity and Violence.* Miedzian, M. (1991). New York: Doubleday.

*Passions of Fatherhood.* Osherson, S. (1995). New York: Fawcett.

*Throwaway Dads.* Parke, R. D., & Brott, A. (1999). Boston: Houghton-Mifflin.

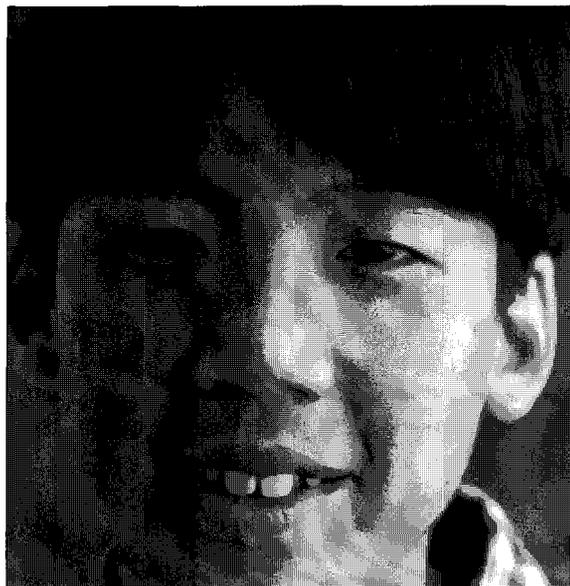
*Fatherhood.* Parke, R. D. (1996). Cambridge: Harvard University Press.

*The Nurturing Father.* Pruett, K. (1987). New York: Warner Books.

*Father's Day.* Schnur, S. (1990). New York: Avon.

*The Measure of a Man: Becoming the Father You Wish Your Father Had Been.* Sapiro, J.L. (1993). New York: Delacorte Press.

*Adapted from a listing compiled by The Children, Youth and Family Consortium.*



# Ten ways to be a better dad

## 1. Respect your child's mother.

If you are married, keep your marriage strong and vital. If you aren't married, it is still important to respect and support the mother of your children.

## 2. Spend time with your children.

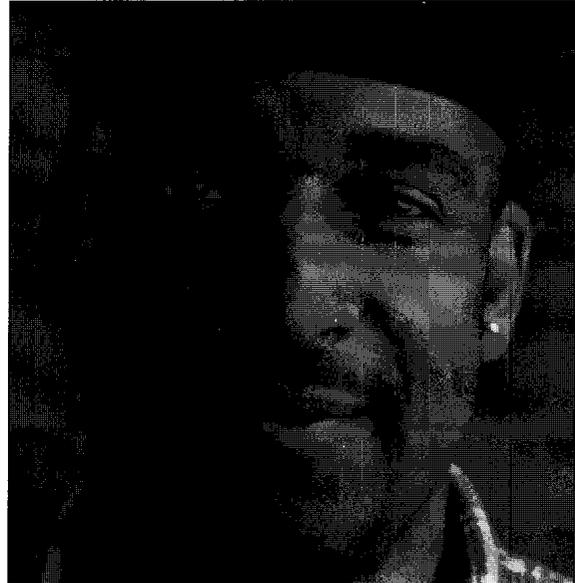
How a father spends his time tells his children what's important to him. Kids grow up so quickly ... missed opportunities are forever lost.

## 3. Earn the right to be heard.

Too often a father only speaks to his children when they have done something wrong. Begin talking with your kids when they are young, praise them often and take time to listen to their ideas and problems.

## 4. Discipline with love.

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for good behavior.



## 5. Read to your children.

Begin reading to your children when they are very young. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

## 6. Show affection.

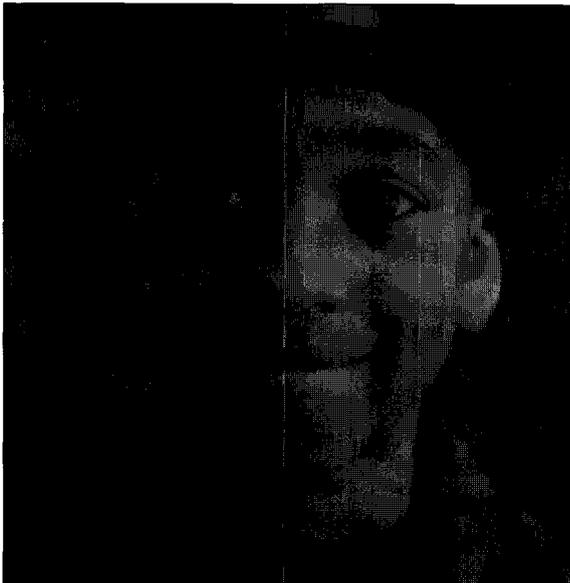
Children need the security that comes from knowing they are wanted and loved by their family. Parents, especially fathers, need to feel comfortable and willing to hug their children. Showing affection every day is the best way to let your children know that you love them.

**7. Eat together as a family.**

Sharing a meal together can be an important part of family life. It gives kids the chance to talk about what they are doing and is a good time for fathers to listen and give advice.

**8. Be a teacher and role model.**

A father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. As a role model, fathers can show their children what is important in life by demonstrating honesty, humility and responsibility. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect.

**9. Realize that a father's job is never done.**

Even after children are grown and leave the home, they will still look to their fathers for wisdom and advice. Fathers continue to play an essential part in the lives of their children as they make decisions about schooling, jobs, marriage and starting their own families.

**10. Join a fathers group.**

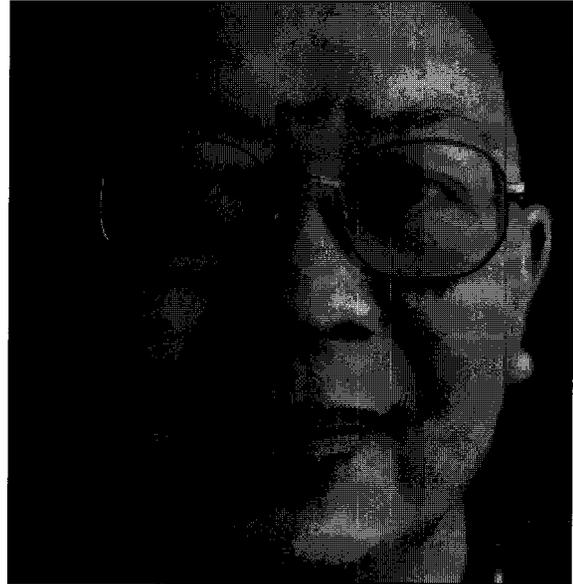
Take your responsibilities as a dad seriously and equip yourself with the tools to do the job right. By meeting with other fathers you gain guidance and connection with men who share the same experiences as you.

*Adapted from the National Fatherhood Initiative.*

# Awareness of your child

How well do you know your child?  
Here are a few questions you can ask  
to get to know him or her better:

- Who is your child's all time hero?
- What are your child's most prized possessions?
- Who is your child's closest friend?
- What causes your child the greatest stress?
- What is your child's most prized accomplishment?
- What was your child's biggest discouragement this past year?
- What is your child's favorite food?
- What would your child like to be when she grows up?
- What does your child like to do in her spare time?



- What is something that really upsets your child?
- What does your child like to do with you?
- What is the most important thing you need to discuss with your child in the next six months?

*Adapted from the National Center on Fathering.*

# Activities to do with your children

## For infants and toddlers

- Babies love to be held close to their father's chest. Holding and rocking your baby helps your baby feel secure.
- Sing favorite songs to your baby.
- As your baby grows, talk to your baby and repeat the sounds that your baby makes. This helps them learn language skills more quickly.
- Babies like to look at faces. Try nodding your head, talking quietly, and smiling. Make a homemade book of faces cut from magazines.
- Say "I love you" often. Talk with your children about people, colors, food, animals, feelings. Babies like to hear you talk and learn language by listening to your voice.
- Babies love to watch you and copy what you do. Get down on the floor and do some exercises. Make sure they are movements that your baby can copy, such as lifting head and arms off the floor like push-ups.
- Take your baby outside for walks. Talk about what you see in your neighborhood.
- This age is when humans experience the fastest rate of brain development. Language is an important part of this growth. Read to your child. It may seem that very young children don't understand what you're saying. But, the more language that babies hear, the more their brains grow and develop.



*Adapted from Positive Parenting: Tips on Fathering, the Wisconsin Children's Trust Fund*

# Activities to do with your children

## Two to three year olds

- Provide a safe place for your child to run and play. Take your child outside as much as you can to play in the yard or the park.
- Read to your child every day. Don't worry if they're not following along with every word. At this point, it's still your voice, not the text, that interests them. Picture books are perfect.
- Play ball with your child. Children of this age can begin to run and kick a ball. They can throw balls with a fair amount of accuracy and can catch, too.
- All children will have potty accidents. Help them get cleaned up. Praise them for trying their best. Assure them that accidents happen, but soon they can stay dry almost all the time. Toilet training is a very difficult development task to master. Never punish a child for an accident.
- Say "I love you" often. Talk with your children about people, colors, food, animals, feelings. Listening to you helps develop their language skills.
- Answer your child's questions in short, simple sentences. Try to be patient with a child who asks "why" over and over again.
- Try not to respond to "potty" words and swear words. If ignoring is not your style, quietly explain that you do not like to hear such language. The truth is you'll probably hear it again before the child grows out of this stage.
- Because they have vivid imaginations, many children develop fears at this age. Tuck your child in bed at a regular time each night. Give your child a night light, a special blanket, and a stuffed animal if the child is feeling insecure at bedtime. Do not minimize these fears - they are real. Send your child to sleep knowing they are safe and loved. Promise to check on them often.

# Activities to do with your children

## Four years and older

- During meals, ask everyone to share a thought from that day.
- Go for walks together.
- Get to know your child's friends and their families.
- Volunteer in your child's school or classroom. Meet her teacher. Chaperone a field trip.
- Watch your child as he plays; observe his creativity and join in the fun.
- Introduce your children to other cultures by inviting ethnic and international friends to your home.
- Kids love to copy you. Include your child in an activity that he would like to learn.
- Put an encouraging note in the textbook of your child's worst subject.
- Go to the library and give your child time to browse and check out books. Most libraries offer family passes to area museums. Plan a family visit.
- Share a funny or important story about your life at his age.
- Discuss some goals for the school year - hers and yours. Ask her about ways she would like to achieve these goals.
- Listen to your child's favorite music. Ask him what he likes about it. Introduce him to music you enjoy.
- Encourage your children to join various clubs and organizations.
- Read with your child. Even when your child can read on her own, she'll still enjoy sharing a book with her dad.
- Ask your child what he wants to be as an adult. Visit such a work place.
- Discuss an area in which you and your child disagree - and listen!
- Teach your older children to check and add oil to the car.

*Reprinted with permission from the Colorado Father's Resource Guide.*

# Tips for non-married parents

- Children need to feel loved by both parents and know that they do not have to choose one parent over the other.
- Keep a flexible routine and leave time for spontaneity. Help your child feel that he has two homes, mom's and dad's, where he feels free to come and go. Live as close to each other as possible.
- Share time with your child. Schedule visits, excursions and trips. Have lunch or dinner together frequently. Talk over the phone and create a schedule of regular telephone calls.
- Help to prepare your child for visits. Be positive about the experience.
- Talk directly to the mother of your children and keep the discussion focused on your children. Children should not serve as the line of communication between the two of you.
- Take the anger out of your communications. Do not use your child as a way to get back at each other or validate your anger with each other.
- Get help dealing with the inevitable anger from a broken relationship. You may wish to join a support group or talk to a counselor. Learn to communicate in a less reactive, more proactive, way.
- Share information. Have a calendar with all the family engagements written on it and let the other parent know of any changed plans.
- Set up a system for monthly phone calls or meetings with your child's mother to discuss performance in school, health, activities, schedules and other issues.
- Never talk badly about the other parent in front of your children.

*Reprinted with permission from the Colorado Father's Resource Guide.*

# Books to share with your children

**D**ads are great story tellers and storytime can be anytime you and your child are together. Take a break before dinner time, lazy afternoon time, bedtime ... anytime is right for sharing a story or reading a book.

Visit your local public library to choose one of the books on this list or ask the librarian to help you find something else just right for your family.

*Taxi! Taxi!* Best, Cari. (1994) Tina spends each Sunday with her father, a taxi cab driver.

*The Summer My Father was Ten.* Brisson, Pat. (1998) A father tells his daughter the story of how he damaged a neighbor's tomato garden when he was a boy, and what he did to make amends to old Mr. Bellavista.

*If I were Your Father.* Park-Bridges, Margaret. Warm and humorous conversation between a boy and father. The boy offers his fantastic wisdom of what a father might do.

*Born in the Gravy.* Cazet, Denys. (1993) A young Chicana tells her father all the things she did on her first day of Kindergarten.

*Room for a Stepdaddy.* Cook, Jean Thor. (1995) Joey has trouble accepting his new stepfather but the constant love of his father, mother and stepfather finally convince him that there is love enough for everyone.

*Night Driving.* Coy, John. (1996) As father and son drive into the night, they watch the sunset, talk about baseball, sing cowboy songs, and even change a flat tire before pitching camp at daybreak.

*Papa Lucky's Shadow.* Daly, Niki. (1992) With his granddaughters help, Papa Lucky takes his love of dancing onto the street and makes some extra money.

*I'll See You When the Moon is Full.* Fowler, Susi Gregg. (1994) Abe will miss his father when he takes off on a business trip, but is reassured of his return in two weeks when the crescent moon is full.

*The Father Who Had 10 Children.* Guettier, Benedicte. Loving story of a dad caring for his 10 children and, even when he takes time for himself he still misses his children, shortens his trip and hurries back.

*Rock-a-bye Farm.* Hamm, Diane Johnston. (1992) Celebrates the affection and trust between a daddy and his "charges".

*Dad's Dinosaur Day.* Hearn, Diane Dawson. Sometimes even dad needs a break!

*Father's Rubber Shoes.* Heo, Yumi. (1995) Yungsu misses Korea terribly until he begins to make friends in America.

*Papa Tells Chita a Story.* Howard, Elizabeth Fitzgerald. (1995) An African American girl shares time with her father as he tells her about when he was a soldier in Cuba during the Spanish American War.

*Me, Dad and Number 6.* Jennings, Dana Andrew. (1997) A father, his friends and his six year old son rebuild an old car together and drive it in races.

*Your Dad was Just Like You.* Johnson, Dolores. (1993) While visiting his grandfather, an African American boy hears a story about his father's childhood that helps him understand his father.

*Finding a Job for Daddy.* Maslac, Evelyn. (1996) A young girl helps her father look for a new job and lets him know he will always have the important job of being her daddy.

**Books to share with your children** (continued)

*Guess How Much I Love You.* McBratney, Sam. (1994) Baby Nutbrown hare wants to show his Daddy how much he loves him - but love as big as this is very hard to measure.

*Daddy Will You Miss Me?* McCormick, Wendy. (1999) When a daddy must leave on a trip, a father and son help ease the pain of separation by creating rituals for each passing day. These simple activities help them remain close in their hearts while they are apart.

*Just Me and My Dad.* Meyer, Mercer. (1977) Lil' Critters camping trip with his Dad shows his attempts to be bigger than his Dad, with illustrations showing us different.

*Can't Scare Me!* Milich, Melissa. (1995) Two African American friends often share time in the evenings when ghost stories can be frightening. But a girl and a special ghost story help Mr. Munroe stop being afraid.

*Love You Forever.* Munsch, Robert. (1986) A little boy goes through the stages of childhood and becomes a man. Through each stage his mother takes special care of him. In the end he must reverse the care and provide nurturing for his aging mother. An incredible story of the enduring nature of a parents love, and how it crosses generations.

*My Daddy.* Paradis, Susan. (1998) The bond between a boy and his father is profound. Exploring it from the point of view of a child, the wealth of feelings evoked by every day events is depicted in simple words, and deeply moving pictures.

*The Car Washing Street.* Patrick, Denise. (1993) Even though his parents do not own a car, Matthew looks forward to Saturday mornings when all the people on his street wash their cars.

*I Love My Daddy Because...* Porter-Gaylord, Laurel. (1991) Clever text borrows simple phrases from a child's experience with her Daddy to show that animal daddies take care of their young, too.

*Kevin and His Dad.* Smalls, Irene. A young boy spends a whole day with his Dad. This lovely picture book celebrates the excitement, pride, love and pleasure a boy can experience with a father who includes him in both work and play.

*Home Field.* Spohn, David. (1993) Matt and his father play baseball together early one Saturday morning on their own home farm-yard field.

*In Daddy's Arms I am Tall: African Americans Celebrating Fathers.* (1997) A collection of poems celebrating African American fathers by Angela Johnson, E. Ethelbert Miller, Carole Boston Weatherford, and others.

*Little Bean.* Wallace, John. (1996) Little Bean's daddy is too busy to play with her before his trip, but makes up for it when he comes home.

*Daddy and Me.* Weir, Catherine Daly. Actual photos of dads and children involved in daily fun.

*Dennis Always My Dad.* Wyeth, Sharon. (1995) Although she does not get to see her father very often, an African American girl enjoys the time she and her brothers spend with him one summer while they are visiting their grandparents' farm.

*Daddies are for Catching Fireflies.* Ziefert, Harriet. Inexpensive, flip-flap book with delightful ways of daddies.

*Adapted from a listing compiled by FatherNet.*

## **Children's Trust Fund**



Strengthening Families \* Preventing Child Abuse

294 Washington St., Suite 640  
Boston, MA 02108  
(617) 727-8957

Toll free in Massachusetts:  
(888) 775-4KIDS

Web: [www.mctf.org](http://www.mctf.org)



March 2002