

Fanning the Fatherhood **FIRE**:

A National Fatherhood Summit
June 4-6, 2019 | Nashville, Tennessee



Family-focused  Interconnected
Resilient  Essential

W14 Healing the Father's Heart: Addressing the Anger Within

Presenter:

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Fathers Incorporated,
Dunwoody, Georgia**

Background

"Our mission is to engage, equip and empower a community network of fathers and families by creating an environment of support, parental education, positive societal narratives and a father-focused blueprint to elevate the awareness of responsible fatherhood."



FATHER AWARENESS

**A CLEAR VISION OF FATHERS AS
A SOCIAL GROUP AND AN
UNDERSTANDING OF DIFFERENT
COHORTS OF FATHERS.**



2012 Ad Council Survey on Fatherhood

- **Spending time with their children**
 - 64% of dads say that the one thing that they are most looking forward to this Father's Day is spending time with their children and family.
- **Feeling financial pressure**
 - 8 in 10 dads (81%) feel financial pressure because they are fathers.
- **Seeking parenting tips/advice**
 - 7 in 10 dads (70%) feel they could use parenting tips
 - 82% of dads seek parenting advice, largely from word of mouth sources.



National Online Survey Results
(Conducted by Ad Council, May 2012)



Current Fatherhood Conversations

1

In this country, fatherlessness has long since been viewed as one of the biggest contributors to many of our social ills.

2

The current racial climate has all but suffocated the progress made on the image of fathers, particularly young African American dads.

3

2013 Pew research confirms that African American fathers are the most engaged dads on a day-to-day basis with their children than any other cohort of fathers.

4

The conversation of fatherhood and fatherlessness is not confined to **ONLY** Black fathers. The numbers of **ALL** fathers living separate from their children is rising.



A thought to ponder...

**THE WAY YOU THINK AND
FEEL ABOUT DADS IS ROOTED
IN THE FOUNDATION OF WHAT
YOU KNOW ABOUT DADS**



HOW ARE YOU FEELING ABOUT FATHERHOOD?

Empowering

Frustrating

Empty

Inspirational

Painful

Loving

Enraged

No Feeling

Emotional

Defensive

Motivational

Confused



Conversational Foundation of Parenting

- FOR EVERY SINGLE MOM THERE IS A **SINGLE DAD**
- EVERY CHILD HAS A **FATHER**
- MOMS AND DADS LOVE EQUALLY, HOWEVER LOVE **DIFFERENTLY**
- YOU CAN COMPENSATE FOR AN ABSENT DAD, BUT HE CANNOT BE **REPLACED**
- A DAD CAN BE THE BEST DAD IN THE WORLD, BUT HE CAN'T BE A MOM; A MOM CAN BE THE BEST MOM IN THE WORLD BUT SHE CAN'T BE A **DAD**



One Way of Looking a Fatherhood

Liability

Asset

Responsible Fatherhood



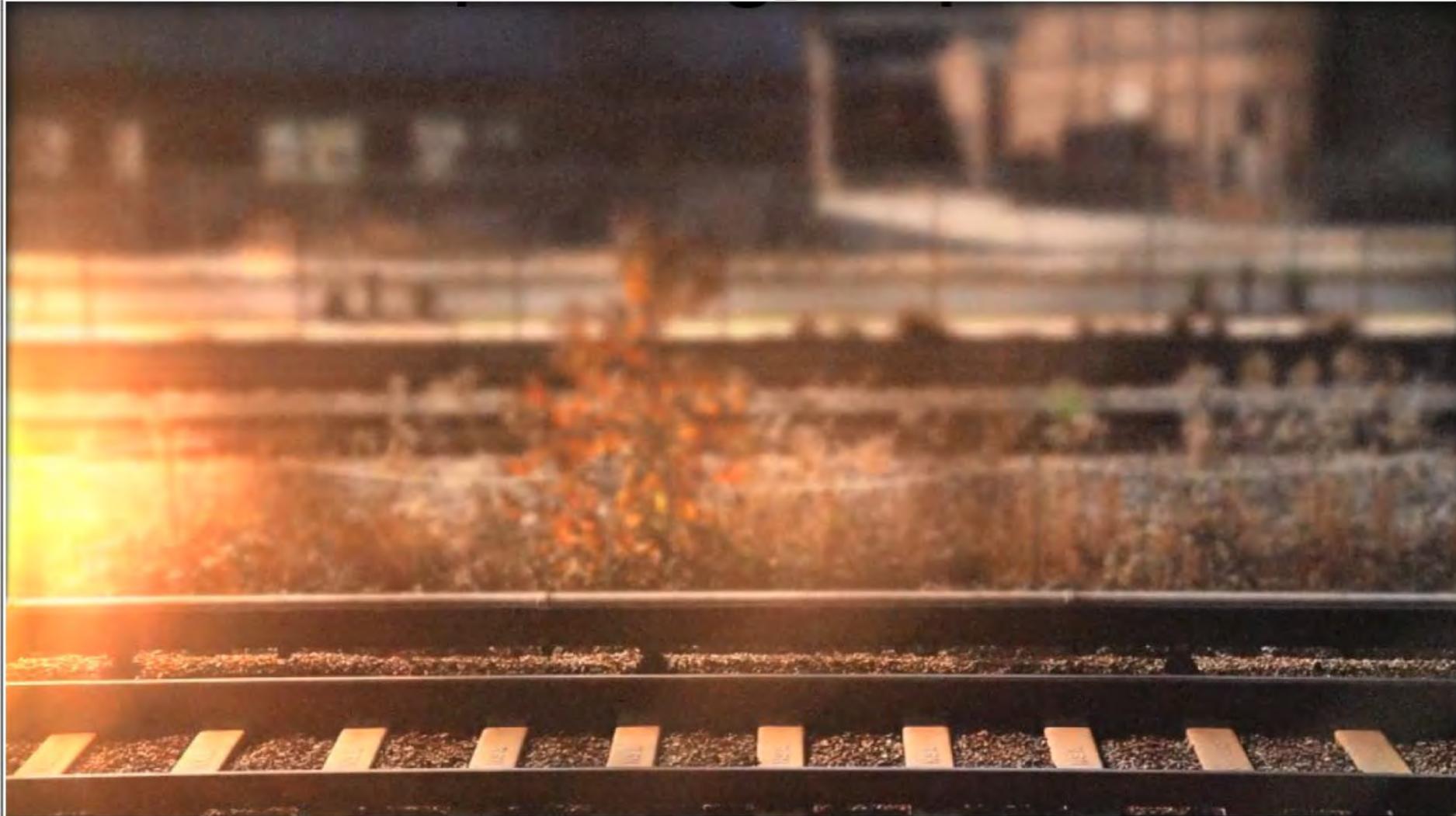
What Say You? - Value Voting



1. In general, there is anger associated with the word, “father”?
2. Most fathers don’t take care of their children?
3. You would like to see boys become “great” fathers?
4. Fathers are important to raising girls?
5. Father absent children should just “Get Over it”?



Spit'in Anger Clip



<https://youtu.be/staKIOYXOUc>



A thought to ponder...

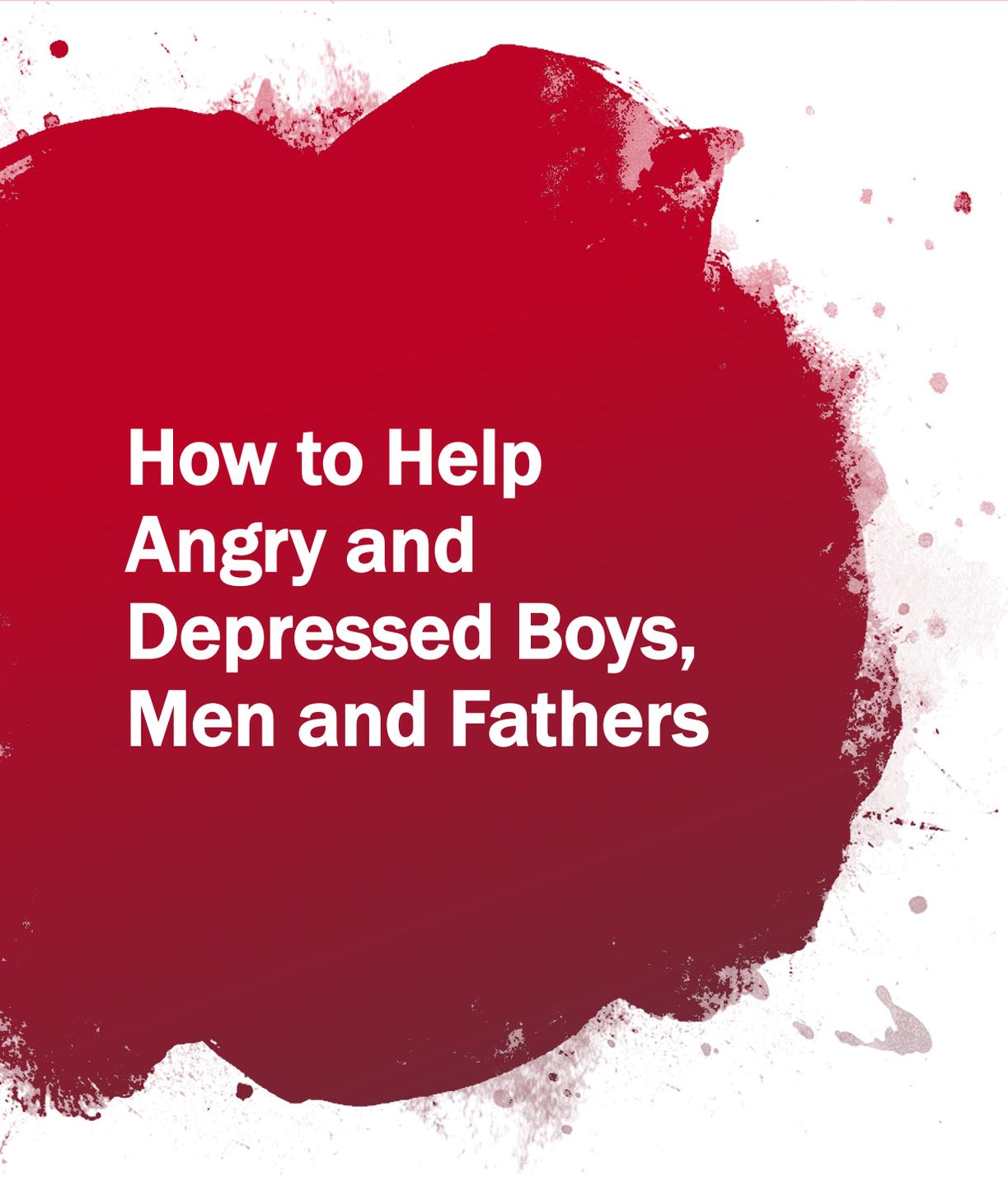
**ANGER IS A SECONDARY
EMOTION!**



Your Emotional Response

- BITTERNESS IS AN EMOTIONAL REACTION TO PERCEPTIONS
- ANGER HAS AT ITS ROOT: FRUSTRATION OF A GOAL OR EXPECTATION
- ANGER HAS A BEGINNING
- HOW YOU INTERPRET SITUATIONS DETERMINES YOUR EMOTIONAL REACTION
- ANGER NEVER GOES AWAY ON ITS OWN





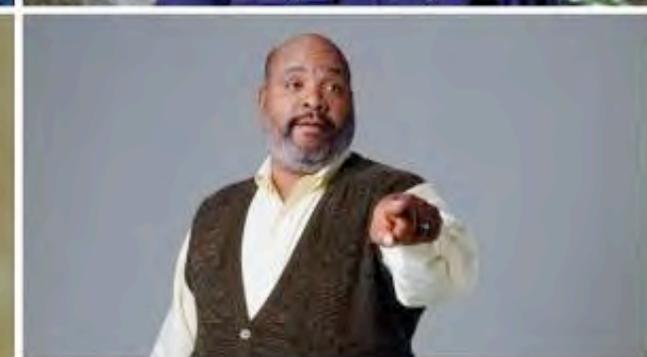
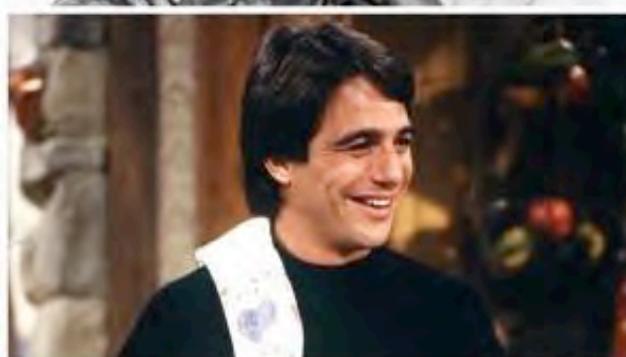
How to Help Angry and Depressed Boys, Men and Fathers

- Get them to deliberately *confront* the root of their anger. Help them to know that confrontation is not a curse, instead it is a benefit; especially if it leads to HEALTHY manhood, fatherhood and family recovery and stability.
- Get them to *understand* what it means to express healthy anger vs. unhealthy anger. Help them to remember if it seems like everything is against them– it's just a temporary reality. Things will work out.

Who Can Help You to Alleviate Your Anger and Depression?

- YOU – It starts with you and your willingness to be anger free
- Supportive Parents – Sometimes it is one of the two parents. Sometimes it is both parents. Sometimes it takes a caregiver, a step-parent or even a foster-parent.
- Your Pastor, Priest or other Clergy
- A Counselor
- An Anger Management Coach
- A Friend
- Your Family Doctor
- Fathers Incorporated







Questions and Answers



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Stay in touch with us!

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