

Card 1: What kind of dad group?

"Because children are our most valuable investment"

Danish organization Baba (baba.dk)

Introduction

The dad group is a place where fathers can discuss their role as fathers together. Sometimes dads can feel a bit left out of parenthood or feel that they would like to be a bigger part of their own family life. Other times one can just feel the need to discuss experiences of parenting with others, or just meet other in the same situation.

In the dad group fathers can meet and talk about things concerning parenthood. By discussing different topics in the group new perspectives can emerge.

Introduce yourself: Why did you pick the shirt or shoes you are wearing today and how many children do you have?

Goal for first meetup

Get to know other dads and feel safe to start discussing things in the group.

To discuss what the needs of the group are, what the group wants to do.

Introduction to equal parenting.

Warmup — Finish the sentence with the first thing that comes to mind (regarding parenting)

- The most important thing for me right now is...
- I am here today because...
- The best thing about my child/children is...
- A good parent is...
- I can discuss fatherhood with...
- At the moment my child is...
- Today I am looking forward to...
- Before turning up today I felt...
- The thing that makes my child/children laugh is...

Plan your group: Ask someone to act as secretary and write down what you wish for and what kind of themes you would like to go through.

The dad room is not only about discussing things with peers but can also be about doing things together with other dads.

What kind of activities would you like to do together with other group members?

Tip: It is possible to bring a topic outside and for instance discuss around the fireplace, sauna, etc.

A general recommendation is to at least use the four first cards.

Consider that activities should not be too demanding and also give space for reflection. You can also decide as a group whether you would like to have your children present during meetups. It is also possible to bring your children sometimes and other times not, as long as you plan it beforehand and agree as a group.

Discussion 1:

Reflect on what you can do to create a safe group. What would you like others to contribute to make the group a welcome space for discussion?

Possible follow up

- *Check the list for possible general rules for the group in the extra material*
- *What rules do you think you need?*
 - *Why?*

Discussion 2:

What are your expectations of the group?

Possible follow up

- *Is there anything in particular that makes you nervous regarding participating?*
- *What do you think your family will get out of you participating?*
- *Do you currently have someone to discuss fatherhood with?*

To sum up:

Sum up the main points of the conversation you have had.

Is there anything that you would like to further discuss or reflect on?

Excercise:

Ask someone to read the story Me and my grandchild that you can find in the extra material

After listening:

- *What was the first thing you thought about?*
- *What emotions did you notice?*
- *What would you like your child to answer?*

Homework:

How would you like society to see you as a father?

When you discuss equal parenting with your partner, what can you agree on and what do you disagree on?