

## Card 2: My vision as a father

### Introduction:

A vision sums up the situation you would like be in. It can be ambitious. By imagining a vision for the future you can get ideas on in what direction you would like to move in the present.

In our visions as fathers we reflect on what kind of father we would like to be most of all, if anything were possible.

**"DAD'S HEARTBEAT IS EQUALLY IMPORTANT"**

Ann-Sofie Sten, Healthcare provider

### Goal with this meetup:

To reflect on yourself as father, the situation you are currently in and the situation you would like to be in

### Re-connect to last meetup:

Me and my grandchild.

Re-connect with one word.

(you can for instance write on a paper together)

### My vision as a father

Your vision as a father describes what would be good for you in your own words. In this card we mainly focus on your specific vision, but you also have a shared vision as a family.

In your own vision you also need to think about resources and possibilities. Are you happy with your life situation or is there something you would like to change? For instance, job, location, use of free time, etc.? In what way can you affect your situation in the present?

Sometimes one's life situation does not allow for big changes at the moment, but requires small steps. If that is the case it is better to do small steps instead of nothing. In some cases fathers are treated as secondary parents, which might affect ones self-image as a parent. Here we would like to emphasize that your role as father is also important, it is beneficial for the children if they have more safe adults in their life and are calmed by listening to their fathers' heartbeats.

### Warm up — Finish the sentence with the first thing that comes to mind.

- I feel happy as a dad when ...
- I wish my dad had been/would be ....
- To be a dad is ....
- I can discuss being a dad with...
- My own dad means to me...
- The thing that makes me feel like a good father is...

## What is your vision as a father?

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### Discussion 1:

Think of two good experiences with your child:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Possible follow up:

- *What made these experiences good experiences?*
- *What happened?*
- *Who was with you?*

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### Discussion 2:

If you could wish for anything, how much time would you like to spend with your child?

- *What resources and possibilities do you have for participating in the life of your child?*
- *How can you support the development of your child?*

### Possible follow up:

- *Is there something you want to change in your current situation?*
  - *When is it possible to make time?*
  - *In what way can you be more present in your child's life?*
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### To sum up:

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

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### Discussion 3:

What is needed to achieve your vision as a father?

### Possible follow up:

- *Who can you collaborate with in this vision?*
- *What is enough for you?*
- *What has been difficult so far?*
- *How can you find a solution?*

*As assistance you can use the question-guide, the barometer, and reflection cycle in the extra material.*

### Homework:

Write a letter to your child;  
"Dear child, as a father I would like to ..."

Consider your current situation (living, job, family etc.):

- *What does it mean for your participation in your child's life*
- *Are there things you can change?*
- *What works and what do you want to keep?*