

Card 17: Your own development and finishing up

Introduction

Through these dad group meetups, have had the opportunity to reflect on yourself as a parent and how society sees you as a parent.

Hopefully you have gained ideas and tools that increases your wellbeing and empowers you to be the parent you yourself would like to be.

Aim with the meetup

Reflecting on your own development as a parent during the dad group meetups.

To think about possible continuation for the group.

Re-connect to last meetup

What did you bring with you from last meetup?

Is there something you would like to discuss further?

Thank you for your participation and engagement!

Some final words

A home is not only four walls, the feeling you create inside them is most important. When you are content and happy as parents, your children will also feel it.

During the group sessions you have hopefully gained new insights into yourself and how you would like to be as a parent.

Warmup — End the sentence with the first thing that springs to mind

- I have learned about myself that...
- During this group my family has experienced...
- The best thing with the dad group was/is...
- How I view my child has changed...
- How I view my partner has changed...

Discuss in the group or with your partner

Discussion 1:

Have you changed during the group? In which case, how?

Possible follow-up:

- *What did you think when you first came to the group?*
- *Is there something specific you will remember?*
- *Has anyone else around you noticed some change in you?*

Last discussion

→ **If you want think about a way to continue meeting**

- *How often?*
- *In what form?*
- *How do you keep in touch? (e.g. whatsapp)*
- *Do you want to arrange family meetups in the future?*

Discussion 2

How do you see your vision as father today? (cf. Card 2)

Possible follow-up:

- *Do you think about other visions or aims?*
- *Has your vision grown clearer?*

Feel free to keep meeting and keep inspiring each other as fathers!

Suggestions for activities to keep in touch:

- **Meetup at the park**
- **Picnic**
- **Dinners**
- **Go swimming**
- **Visits to the library**

To sum up

Good luck!