



## Keeping fathers in the picture

**Inside:**  
**Special focus on working  
with fathers**

Dear Members

This month we celebrate Father's Day and the first ever Fathers' Story Week, what better time to look at how practitioners work with fathers in settings and the community. At our last conference, many of you said this was an area you wanted more information about, so I hope this issue helps you in your work with fathers.



We also have an event coming up on 7 July, joint with One Plus One to help you get up to speed on supporting family relationships in your work, see page 8 for more details on how to book. We look forward to seeing you there!

Best wishes

Pamela Park, Chief Executive

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## Thinking about Fathers by David Bartlett, The Fatherhood Institute

### Why Think About Fathers?

The simple answer is, because dads matter: outcomes for children are better, and risks reduced, when children's and family services engage systematically with men in families. These services are also required to engage with both mothers and fathers by legislation and policy. Engaging successfully with fathers requires a systematic and inter-agency approach well supported by management, and implemented by well-trained staff who understand both the importance of father engagement and the sensitivities of bringing men into female dominated services. It also requires an emphasis on monitoring and evaluation and reflective practice, and of course adequate funding. All these themes are picked up in the 'Think Fathers' campaign, launched by the then Department for Children, Schools and Families and now led by the Fatherhood Institute. But how can this campaign help, and will it still be relevant under the new Government?

### Government Policy – The Story So Far

Over the last ten years, the policy landscape has started to take men's roles in children's lives much more seriously – and at a practical level many local services are now starting to grapple with what they need to do to reach fathers and really make a difference to their role in family life. Looking around the country, you can find a few local authorities with fatherhood strategies, and thousands of workers and managers who are actively working to support father-child relationships. We are thinking about fathers much more, and more constructively, than ever before.

The crucial impact that fathers have on children's lives – positive and negative – and the need to ensure services

effectively engage with them, is now well embedded in Government policy. For example, Every Parent Matters, the Child Health Strategy and the Children's Centre Practice Guidance are quite clear that engaging with both mothers and fathers is a key priority. The recent non-statutory guidance to local authorities (Parenting and Family Support: Guidance for local authorities in England; March 2010) states very clearly that local authorities should be developing mainstream services which engage with fathers routinely and systematically, and should make this part of the universal support offer. The Guidance says this requires:

- explicit policies and procedures developed in consultation with local fathers as well as mothers
- training for all staff in relevant services to give them the knowledge and skills they need to support fathers confidently and effectively
- targeted information for fathers about the services available to them
- clear objectives for engaging with, and supporting, fathers – and performance carefully monitored and evaluated.

But there is a long way to go, and the next ten years are the really important ones. That is what the Think Fathers campaign is all about – making the policies a reality, harnessing the enthusiasm at local level to transform how services are delivered, so that by 2020, we have children's, family and health services which really do systematically engage with both mothers and fathers, and support their relationships with their children and each other.



## Government Policy – Where Now?

We are living in interesting times. We have a new Government, facing huge challenges – but also starting to articulate their own vision for the future of public services. How will all this carefully developed thinking be reflected in future policy? There is good reason to believe that Think Fathers will be a powerful tool to fulfil the Coalition's vision and meet its challenges – and we may well get an agenda emerging that emphasises the role of fathers even more than now. The new Coalition's programme presents a number of clear and positive opportunities for progress in terms of supporting shared parenting between men and women. It makes a commitment to "encourage shared parenting from the earliest stages of pregnancy – including the promotion of a system of flexible parental leave". In this single statement, the new Government has gone beyond any previous public commitment on collaborative parenting, and sees fathers and mothers as potential co-parents from conception onwards.

The increased focus on relationship support also has clear implications for the need for services to engage better with men. And the refocusing of Sure Start on early intervention and the neediest families presents an exciting opportunity to enhance outcomes and reduce risk for children by engaging better with the most vulnerable fathers – which we all know is currently a big challenge. As ever, the crucial issue is whether these reconfigured services will be operating within a framework that requires them to engage systematically with fathers, and whether managers and staff (including the new health visitors) will be properly trained to do the job.

## How the Think Fathers Campaign Can Help

The Think Fathers campaign is for everyone with a professional interest in fatherhood – working out there in communities to support local families. It is YOUR campaign, designed to help local service providers and commissioners develop better services for mothers and fathers – learning from and supporting each other along the way. The Institute's role is to provide information about policy and practice, including a clear framework setting out what to do to become father-inclusive; support to local service providers and commissioners; and a free online community on our new Think Fathers website (which goes live in a few weeks).

For example, the Institute offers advice on how to design procedures that reliably and safely engage with fathers and assess their needs. Routinely and pro-actively requesting details about the father as well as the mother is crucial, because it flags up his importance (in an environment in which fathers are often excluded in all kinds of ways), and provides the agency with an opportunity to engage directly with the father, tell him about the services on offer, and (where appropriate) assess his needs. This should apply to all fathers, whether or not they are currently resident with their children, and whether or not they have Parental Responsibility. Also, where the father is believed to be a risk to the children or mother, there are even more sound reasons to gather basic contact information about him and engage with him – unless to do so would involve a clear risk to the child or other family members.

A central part of the campaign is the Dad Test, a free online tool designed by the Institute to assess in detail how father-inclusive your services are, work out your own action plan, and record your progress. In the coming months, we will be encouraging and supporting local services to use the Dad Test to reflect on and plan your services, and submit your completed

Test to us through the Think Fathers website. Your test results will give us valuable information about local and national trends in service provision, and the challenges you face – which we will use to inform our policy work.

At local level, the campaign is developing on a number of fronts. Some authorities are developing local Fatherhood Strategies, often supported by a steering group; others are mapping and publicising services that support fathers as parents. Many statutory and third sector agencies are involving fathers much more in service planning. Some of these have already started using the Dad Test to underpin their planning. A growing number of agencies are identifying a worker as an advocate of developing father-inclusive services – to drive the agenda forward. Think Fathers Networks are also springing up in a number of areas, to support practitioners and inform local planning of services. You will be able to find out more about all of these initiatives – and tell everyone about your own work – when our online community goes live!

## Getting involved

The best way to get involved is for your agency, service or project to sign up as a Think Fathers Champion, which simply means it must commit to:

- Work towards systematically engaging with and supporting both mothers and fathers
- Do the Dad Test
- Feed back your Dad Test results to the Fatherhood Institute.

You can register as a Champion by emailing us at [champions@fatherhoodinstitute.org](mailto:champions@fatherhoodinstitute.org) We will then keep you informed about the campaign, including when the online community and Dad Test go live.

## Fathers and Parenting Interventions: What Works?

The Fatherhood Institute research briefing, *Fathers and Parenting Interventions: What Works?* examines evidence about the engagement of fathers in parent education and training, and makes practical recommendations for how commissioners and service providers can improve local parenting services. In the briefing, we:

- critically assess and highlight gaps in the evidence behind the most common parenting courses
- pull together the latest research on how best to deliver services that work for mothers, fathers and children
- provide tips and strategies on how parenting services could better recruit and engage with fathers.

The briefing also presents commissioners of parenting services with a 10-point Commissioning Checklist to help them improve children's wellbeing by ensuring they develop programmes as part of an overall father-inclusive strategy. For more information visit [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)

### **Breakfast with the boys** – Written by Kate Hone, Co-ordinator, Claygate & Oxshott Sure Start Children's Centre

For many fathers and male carers such as grandfathers and uncles, the thought of having to go into a children's centre or playgroup may seem their worst nightmare. Fathers can sometimes seem like the ghostly member of the family. Believe it or not British fathers work the longest hours within the European Union with an average of 48 hours a week for those fathers with children under the age of 11 (Family Policy Studies Centre, 1997).

Many practitioners such as Health Visitors or Children's Centre teams may never get to meet the father. In fact, the only time some practitioners meet fathers is at the child's birth. I'm sure there are many fathers out there who wish they too could be a part of their child's daily routine instead of hearing it from the mothers or day care staff. As a parent, I know my children's father feels a little frustrated that he has had to miss out on something our children have done during the day or week. For me as an Early Years practitioner, it was from both personal experience and hearing similar stories from other parents that I set about consulting as many fathers and male carers within the children's centre community as possible to see what kind of support was needed. Setting out to question fathers is easier said than done, but eventually I obtained a good amount of evidence to discover there was a need to provide a service for fathers and male carers within our area.

April 2009 saw our children's centre pilot one of the borough's first dads' breakfast clubs. Seven nervous dads were sent in by their partners and dragged in by their eager children, but soon relaxed when they met the other dads feeling exactly the same way. A local chef called Billy gave his time and support

and each week dads would take it in turns to be Gordon Ramsey or Jamie Oliver and cook a feast of a breakfast for us all to eat. Tradition has stuck and this routine still stands. The remaining fathers keep busy in the main hall with the children playing games, construction toys or messy art and crafts. Older siblings help out and guide their younger siblings in setting the huge 'waltons family' like table ready for breakfast. For many dads it was and is an experience to go into a large industrial kitchen and cook for a dozen or so other dads and children. Some fathers take a while to roll their sleeves up and have a go but, once they do, they realise the fun they have in the kitchen. When they finally bring out the food, they are very proud of themselves and their achievement and the first few minutes of silence proves them right as everyone tucks in to the delicious cooked breakfast.

Word soon spread of this experience and over the months attendance has grown. In September 2009 I arranged for a golfing professional to come into the club and provide an amazing lesson for the dads and children. This has proved very popular and attracted many more dads. So from this experience, I now try and provide a sporty activity every other month, just to keep the dads busy and attentive. It is important to get the balance right for any group. As a practitioner I need to stay on the ball and listen to what the fathers' needs are. Continuing to consult with fathers is vital, by doing so, I can ensure they can obtain support and information on what they need to know, and having fun along the way makes the breakfast club that little bit more appealing to come in for. Fathers across the country can discover if their local Sure Start Children's Centre is able to support them in their role as a parent and their role in fathering.

## Further resources for working with fathers

### **I'm a Better Dad Now**

Published by ContinYou, £7.95, 2005

This report, from the 'Supporting Young Dads' project, looks at ways of reaching young fathers, assessing their needs and overcoming some of the barriers that prevent them from gaining access to services. It highlights good practice and includes practical tools used in the project, which can be easily adapted for use in other contexts. It will interest anyone who commissions, manages, delivers or evaluates work with young fathers.

[www.continyou.org.uk](http://www.continyou.org.uk)

### **Fathers and families**

Published by Parenting UK, free to Parenting UK members. A guide to assist parenting practitioners with including and working with fathers. Includes sections on: why fathers matter and what they do; unpacking stereotypes and assumptions; supporting work with fathers; finding the fathers and sustaining engagement, as well as further sources of help.

[www.parentinguk.org](http://www.parentinguk.org)

### **My Dad Matters Practitioner Pack**

Published by FathersPlus, £5.00

The 'My Dad Matters Practitioner Pack' is a tool for practitioners who wish to engage with fathers and men. This pack contains a wealth of resources to help you develop your work with fathers and male carers.

[www.fathersplus.org](http://www.fathersplus.org)

### **Toolkit for Father-Inclusive Practice**

The Toolkit is designed to help develop a systematic, father-inclusive approach to all strategies and services – explaining what is involved in effectively supporting father-child relationships and outlining the key steps required to reach that goal. Made up of a series of 12 pull-out cards housed in a smart A4 folder, the Toolkit provides an accessible summary of all the major research that shows why dads are so important. The second edition of the Toolkit is available to pre-order now from [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org), priced £9.50

### **An Introduction to Working With Men**, by Tony Ivens and Nick Clements. Published by Fatherskills, £30

Written by two fathers who have a great deal of experience and knowledge, not only from bringing up their own children, but also from working in this field for over 30 years.

[www.fatherskills.co.uk](http://www.fatherskills.co.uk)

## Supporting the transition to fatherhood: Hit the Ground Crawling

In recent years, there has been an increasing focus on fathers across many UK Government policy initiatives – and especially strong interest in supporting men in the transition to fatherhood. So, two years ago, the Fatherhood Institute commissioned an independent evaluation of their pioneering antenatal peer support programme for expectant fathers, ‘Hit the Ground Crawling’ (HTGC).

The pilot was delivered in Staffordshire at three sites during the period July 2008 – December 2009, and found that expectant fathers who took part in the programme greatly valued the opportunity to learn from more experienced dads in a mostly male environment. One dad-to-be said: “Well, at first I was very nervous and I hold my hands up... I was panicking [about fatherhood]. But this session has given me every confidence and [done] me the world of good. I am full of confidence now.”

### How HTGC has been delivered in Staffordshire

HTGC involves support groups of expectant fathers to build confidence, discuss any concerns and learn practical childcare skills from more experienced dads who attend with their babies during an informal group session. There are now 20 practitioners in Staffordshire who have been trained to deliver HTGC. The training has been rolled out through Community and Learning Partnerships and informal feedback indicated that the impact on dads, expectant dads and practitioners has been startling. The workshops seemed to dispel any myths about fathers not wanting to be involved with their children until they are old enough to kick a football, and practitioners and dads said that the end result has been more confident, less isolated dads who are aware of the services available to them. “We have really positive relationships with our dads, and seeing them building up relationships with their children is easily the best part of my job,” says Nicola Ellis, a community development worker at East Staffordshire Children’s Centre, and a Hit the Ground Crawling facilitator.

### Findings from the Independent Evaluation

- Sessions led to increases in expectant fathers’ confidence and preparedness for fatherhood, improved knowledge about how to improve the couple relationship, and additional emotional benefits (eg understanding their feelings about the pregnancy). The opportunity to meet and learn from other dads was also a very useful aspect of the session. All the participants would recommend the session to a friend.
- HTGC was also successful in increasing expectant fathers’ awareness of local parenting provision and in challenging some of the myths and assumptions regarding children’s centres and mainstream provision. The evaluation identified that session facilitators needed to be more proactive at signposting expectant fathers onto other services, and that local services needed to develop more to meet the needs identified – which has already led to additional provision specifically targeted at fathers being developed to address this gap.
- The new fathers said they had appreciated the opportunity to offer honest, pragmatic advice and described many personal benefits resulting from their role in the sessions, including increased pride and confidence.

- Recruitment of expectant fathers was largely via antenatal or children’s services professionals, or their female partners. Few had prior experience of practical hands-on baby care and all welcomed the unique opportunity to attend a session solely for fathers.
- Staff feedback indicated a range of initial ‘teething’ problems with recruitment to HTGC, highlighting the importance of strong maternity/antenatal service links; multi-agency partnership working; line manager support; and replacement of trained facilitators who subsequently leave their post. Despite these initial issues all three sites were eventually successful in delivering a number of sessions and were able to describe clear benefits of the sessions for both expectant and veteran fathers and themselves as facilitators.
- The majority of the dads were keen to see the session remain a ‘father-only’ space, but did not feel that the facilitators needed to be male, with some suggesting that experience of parenting may be more relevant than gender.

### Key Recommendations

- Hit the Ground Crawling should be strategically embedded in local provision, formally linked with maternity services, and included as part of the core antenatal offer to ensure it is offered to every expectant father and is seen as an integral element of the support service for expectant parents.
  - Routine invitation of all expectant fathers is essential, and personalised invitations to known fathers may enhance the take up rate more than ‘mass marketing’. Word of mouth also works very well.
  - Targeted community-based outreach work should take place to increase awareness of HTGC to facilitate access of ‘hard to reach’ expectant fathers. Marketing information needs to be targeted appropriately for the intended audiences.
  - Trained facilitators need the time and line manager support to focus on HTGC recruitment, delivery, evaluation and follow up. Ideally, these tasks should be shared across a team of trained facilitators.
  - Flyers and posters should be displayed at locations other than mainstream parenting services, eg local sports centres, and sessions should be offered at a range of times and locations.
  - A system should be developed to ensure follow up contact with expectant fathers after the HTGC session, both to encourage them to come back to another HTGC session as new fathers, and to ensure continued engagement/support and signposting onto other services.
  - Sessions should include coverage of other local provision for fathers and children (and the benefits of attending to increase motivation) with details being provided in a pack that can be retained for easy reference.
  - Parallel sessions for partners of expectant and new dads should be considered to support learning outcomes around the father’s role, facilitate take up and support less confident fathers in accessing early years settings.
  - Development of a further session postnatally for fathers, following on from the antenatal HTGC session, should also be considered – both to reinforce the positive impact of HTGC, and to further encourage fathers to engage in mainstream and father-only services. This could be either solely for fathers or for fathers and their partners jointly.
- To find out more about HTGC, read the full evaluation report, available free of charge on the Institute’s website [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)



## CASE STUDY – Barking and Dagenham Children’s Centres “Fathers Inc”

When Shaun Childs arrived in his new post as Strategic Lead for Integrated Family Services in Barking and Dagenham in 2007 he realised that, although fathers were using some services such as antenatal classes and nurseries, nothing was being offered to them in a systematic and inclusive way. He decided that things needed to change. The 18 Children’s Centres reviewed the work they were already doing, and surveyed staff and fathers. As a result, Barking and Dagenham developed the Fathers Inclusion (or Fathers Inc) project – a coordinated and planned approach to engaging fathers in all the services offered to families in the borough, including antenatal classes; health and benefits advice; training; employment advice; sessions on play and communication for the early years; and a centre for looked after children to have contact with their fathers.

### How Fathers Inc attracts Dads

Many fathers pick up their children from nursery so this was identified early on as a place to target them and to let them know about Fathers Inc services and activities. Information about activities and services is also posted all over the borough – especially in places where fathers go such as job centres, post offices, schools, nurseries, a local football club, a recycling depot, the bus station and the fire station. Children’s Centres always inform dads as well as mums about what is happening, using text messages for all communication. One Centre uses community television as a way of publicising events and services. Another says word of mouth is the key, with dads who are already involved telling male friends and family members.

All Children’s Centres are open from 8am to 6pm on weekdays. All nurseries, family support services and play and communication workers offer home visits and make sure that fathers can be there for the visit. Some activities

are specifically targeted at dads and many run on weekends and in the evenings. For example, three Children’s Centres run parenting courses for fathers in the evenings. There is a ‘Stay and Play’ session for dads, grandads and male carers on Saturday mornings. The ‘Shining Stars’ session is for fathers and their children with autism spectrum disorders. A Fathers Inc Sports Day in the school holidays is for children from birth to 12 and their fathers, grandfathers and male carers.

### Targets and outcomes

The Fathers Inc project is routinely monitored and evaluated against its own targets – numbers of fathers using services, which services they are using, and staff training. Each Children’s Centre has a specific target percentage increase of men using their services. Across the borough between 2007 and 2009 the total number of fathers engaged with increased by nearly 200% – from 200 to 550 dads accessing each year. Individual services are routinely evaluated by dads who complete a form at the beginning and end of the session. This feedback is then analysed and used when planning new services. Children’s Centre settings are also audited – ensuring they are welcoming to dads, baby changing facilities are unisex, and noticeboards and displays are as relevant to fathers as to mothers.

Another target is to increase the percentage of male members of staff in the Integrated Family Services. There are now eight or nine male members of staff out of a total of 120, and men are becoming more open to the idea of working with children, although men still tend to be employed in senior management roles rather than as frontline or support workers. A key outcome for the project has been the way in which the inclusion of fathers on a universal basis has been embedded in the ethos of the service. This vision is shared by everyone, from senior managers to one-year apprentices, and also by partner agencies such as voluntary organisations, private nurseries and job centres.

To find out more about the Fathers Inc project contact:

Shaun Childs, Tel: 020 8724 1841

Email: [Shaun.Childs@lbbd.gov.uk](mailto:Shaun.Childs@lbbd.gov.uk)

## Where to find training for working with fathers

### Working with Men

Working with Men offers training for those developing and managing work with fathers. The training is relevant to those involved in policy development and they offer a broad range of training courses. Recent training has included: what works with fathers and fathers’ involvement in Children’s Centres. [www.workingwithmen.org](http://www.workingwithmen.org)

### Fatherhood Institute

Wide range of courses to support managers and frontline workers from early years, schools and family learning, maternity, teenage pregnancy, child protection services etc, to implement a whole-team approach to engaging with fathers. All courses help services fulfil Dad Test requirements. Discounts for agencies signed up to Champions Plus. [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)

### Fathers Plus

All Fathers Plus programmes have been developed from practical experience working with men in service settings. Training on offer includes: Dads and Breastfeeding; Services for the Pregnant Man; Non Residential Fathers; Working with Young Fathers; Involving Dads and Men in Learning; and Men into Childcare Workshop [www.fathersplus.org](http://www.fathersplus.org)

### ContinYou

ContinYou is offering an interactive ‘taster day’ that aims to increase awareness of, and explore, the issues relating to involving men when delivering services. [www.continyou.org.uk](http://www.continyou.org.uk)

### Fatherskills

Fatherskills offer An Introduction to Working With Fathers – an intensive two-day training course introducing participants to the ethos of working with fathers. The principles of working with men are developed into exercises and group discussions. [www.fatherskills.co.uk](http://www.fatherskills.co.uk)

## Families and Schools Together roll out

Save the Children is introducing a £12m scheme across the UK which has seen eight in ten children achieve more in school and two thirds improve their relationship with their families.

Working with families in deprived communities, the charity's Families and Schools Together (FAST) scheme helps parents and children inside schools. FAST helps families learn to cook a family meal and sit down together to eat it; coaches parents to read and play with their children; and supports parents in setting family boundaries and talking to their children.

Between now and 2014, Save the Children aims to set up more than 400 FAST schemes across England, Wales, Scotland and Northern Ireland, and train 8,000 staff to lead the groups. The FAST scheme has already proven successful in America, where researchers who surveyed 10,000 children from 2004 to 2008 found that:

- 84% of teachers reported improvements in students' academic performance
- 67% of families reported an improved relationship between themselves and their children
- 52% of parents said they got more involved in the local school
- 43% of families and 42% of teachers reported an improvement in child behaviour

"By 2014, we will have given more than 50,000 children living in poverty a fairer chance to succeed at school and in life," said Gemma Bull, FAST programme manager.

## Glasgow offers free Triple P to all parents

The Triple P parenting programme is now being offered free to all parents with children up to 16 years old in Glasgow. Triple P is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. It doesn't tell people how to parent but gives simple and practical strategies that can be adapted to suits parents' own needs.

Joint Director of Public Health for Glasgow, Linda de Caestecker, explained: "Triple P is a programme which provides advice and support to parents that has been proven to work in many cities facing similar problems to Glasgow. Over more than 30 years its practical strategies have been tried and tested and have been shown to help families in all types of situations."

Triple P is not a 'one-size-fits-all' parenting course. It is a system that offers increasing levels of support to meet parents' different needs. Parents can choose anything from one-off public seminars or self-help books and DVDs to more intensive group courses or individual counselling sessions. "We're offering parents as much or as little help as they need and we're providing that help in a wide range of venues and locations around the city. We're trying to make it as easy as possible for parents to get Triple P because this is for all parents," says Linda de Caestecker.

Glasgow City schools will play a key role in delivering Triple P. Parents or carers of every child entering a Primary 1 class in Glasgow City are currently being invited to a series of seminars – the first of which is a 90 minute seminar entitled the "Power of Positive Parenting." The Primary 1 age has been chosen as this is such an important time of transition for both parent and child. Parents with children of other ages can access the programme through local groups, through their health visitor and through libraries and other services. The group sessions and one-to-one consultations are also underway and public seminars will kick off in venues across the city in the late summer.

Triple P was first developed by Professor Matt Saunders, a clinical psychologist from Queensland in Australia. Professor Saunders, in Glasgow for the launch of Triple P, said: "Children who grow up with positive parenting are more likely to develop the skills they need to do well at schoolwork, build friendships, and feel good about themselves. They are also much less likely to develop behavioural or emotional problems when they get older. Similarly parents who use positive parenting skills feel more confident and competent about managing day-to-day family life. They are also less stressed and depressed and have less conflict with their parents over parenting issues."

Linda de Caestecker said: "We know that parenting is crucial to how a child develops and can have an impact that extends far beyond the family home. Good parenting sets children up for life and helps prevent problems that can affect everyone in the community, so we see Triple P as an investment in our children's – and our city's – future."

## Parents turn to counselling over exam tensions

Parents are suffering so much stress over their children's exams that Relate, the relationship counselling body, is offering families guidance on how to cope. The charity suggests that parents learn to tolerate bad behaviour in the run-up to exams. "Tell yourself it is the stress talking!" it declares. In an advice pamphlet it warns against "extravagant gifts or big amounts of money" as a reward for good marks because it can add to the pressure. And it highlights the impact on siblings, who might become jealous at exam time because of a lack of attention.

The advice comes as millions of young people prepare to sit mocks, modules, GCSEs, A-levels, or university finals. "The anxiety of exams cannot only be hard on the student, but also on the rest of the family too," says Relate.

YoungMinds have also noticed this increase in concern as calls to their parent's helpline over concerns of exam stress in the last year have risen by nearly a third.

## Research finds new fathers experience depression

New research published in the *Journal of the American Medical Association* found that 10.4 percent of new dads had symptoms suggesting depression during their partner's pregnancy or within a year of their baby's birth. This is more than twice the usual rate of depression among men, which is estimated at 4.8 percent.

The research by Eastern Virginia Medical School in Norfolk, Virginia found that men's risk of depression varied considerably during the time leading up to their baby's birth and after. The chance of depression was lowest in the first one to three months post-birth, with 7.7 percent of men classed as depressed. But when babies were 3 to 6 months old, the rate of depression among dads shot up to 25.6 percent.

The researchers also found a link between depression in mothers and fathers, as men were more likely to have symptoms of depression if their partner did. These findings have implications for new parents and their health care providers, say researchers.

From Paulson JF, Bazemore SD. 'Prenatal and postpartum depression in fathers and its association with maternal depression' *Journal of the American Medical Association*. 2010; 303: 1961-1969.

## Adfam consultation to examine role profiles for family support workers in the drug and alcohol sector

The Drug Sector Partnership has been formed by four national charities – Adfam, The Alliance, DrugScope and EATA – and is funded by the Department of Health. It brings together charities working with families and carers, treatment providers, service users, drug education and prevention practitioners and others working to reduce the harms caused by drug and alcohol misuse.

Adfam is carrying out the workforce development strand of the project. They want to help develop a competent and trained family support workforce in the drug and alcohol sector. They are currently mapping National Occupational Standards and looking at existing qualifications. They have also collected role profiles from family support services.

In July they will be holding consultations for service managers and practitioners to examine draft role profiles for family support workers. They need your expert input to the project – the knowledge, skills, opinions and experiences of the people working in the field.

If you would like to attend or have any other questions please contact Oliver Standing at Adfam on 020 7553 7656. The consultations will take place on 6 July 2010 in London and 13 July 2010 in Leeds.

## New conference: Supporting Relationships, Supporting Families – is your service up to speed?

Parenting UK and One Plus One  
7 July, Hamilton House, London  
Members £50, Non-members £75

With the new coalition government's commitment to support 'strong and stable families of all kinds' and to 'put funding for relationship support on a stable, long-term footing', what better time to get up to speed with the latest evidence about family relationships and how you and your service can deliver relationship support in efficient and cost effective ways.

This conference offers delegates a chance to look at how different family formations and changes in family relationships affect children and their parents. It will focus on how mainstream services need to be sensitive to picking up relationship issues before they get identified as a problem; how can this be done best and what tools and experience do services and practitioners need to do this? What is the best skills set, knowledge and experience when working with relationships in a family context?

**For more information and to book visit**  
[www.parentinguk.org/supporting-family-relationships](http://www.parentinguk.org/supporting-family-relationships)

Key learning points:

- Discover innovative and cost effective services to support parents parenting together or apart
- Improve your understanding of supporting relationships in a range of family circumstances
- Gain first hand knowledge of the new government's expectations for your service and frontline practice
- Shape your service and practice with up-to-date evidence regarding promoting resilience and wellbeing in families
- Join in lively debate regarding how to translate new coalition government policies on relationship support into frontline practice
- Take away learning from best practice in supporting families in vulnerable times
- Network and share ideas, tools, tips from a diverse range of professionals planning and delivering services for families



parenting UK



# Resources

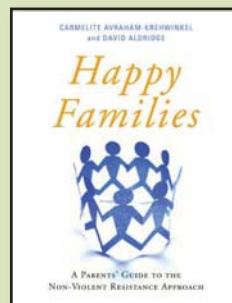
## Online and resources



### Supporting Young Carers: a resource for schools

This resource will help all schools in the UK to identify and support young carers and their families more effectively. It takes staff through all the necessary steps needed to help young carers, from developing their understanding of young carers, through to practical and strategic support and finally onto building a healthy school

environment where young carers can flourish. The aim is to guide schools in creating detailed actions that will inform a school action plan for young carers. The resource is now freely available for download from [www.carers.org/professionals/young-carers](http://www.carers.org/professionals/young-carers)



### Happy Families A Parents' Guide to the Non-Violent Resistance Approach

By Carmelite Avraham-Krehwinkel and David Aldridge

Parenting a severely disruptive child can be exhausting and demoralising to the point where breaking the cycle of bad behaviour seems an impossible task. Happy Families offers a realistic, step-by-step, practical approach to

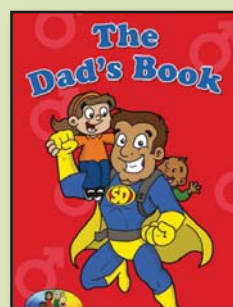
tackling destructive behaviour that helps parents regain control and establish harmony within the family.  
ISBN: 978-1-84905-084-5, paperback, £9.99



### Family Justice Council: when social workers get involved

This simple guide in easy words and pictures, explains what happens when social workers become involved with families and court proceedings are started. It has been

translated into a number of languages and can be read and/or downloaded from this site.  
[www.family-justice-council.org.uk/court-child-social-workers.htm](http://www.family-justice-council.org.uk/court-child-social-workers.htm)



### The Dad's Book

'The Dad's Book' is an essential, easy to follow guide for all dads and dads-to-be. It will help dads to discover their super dad qualities and ensure that they give their children everything that they need to grow in confidence. Topics covered include: The Importance of Being a Dad; The Arrival of a New Baby; Early Learning Rules and Boundaries; and Dads who

don't Live with Their Children.  
Published by Kids Premiership, priced £4.00  
ISBN 978-1-906036-39-3

### Missing Out

This DVD looks at the impact of a woman's imprisonment on family life. Lisa is in prison and wants another chance. Her mother doesn't trust her. Lisa's 12-year old daughter wants her back. But is she ready to make the change? Missing Out brings three generations of women together to try and straighten out the problems left behind when Lisa gets a prison sentence for a drugs offence.

Publication date: October 2009

Publisher: Action for Prisoners' Families

ISBN: 978-0-9548593-8-1

Price: £15

[www.prisonersfamilies.org.uk](http://www.prisonersfamilies.org.uk)

### Fatherhood Institute Poster Pack

One of the six Dad Test commitments is about making sure your environment is father-friendly. The physical environment can be a major factor in determining how comfortable and valued dads feel. The bestselling poster pack includes one each of four striking designs, featuring high quality images of real fathers with their children. For services which focus on family learning, we produce a set of four Dads and Family Learning posters. Both sets of posters are available to buy from [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org), priced £12 per set of 4.

## Care for the Family

[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

### Four Day Positive Parenting Course Facilitator Training

This 4-day course is based on the National Occupational Standards for Work with Parents and is accredited with the Open College Network (nine credits at Level 3) – it's essential training for anyone wanting to work with mums and dads in small groups or on a one-to-one basis.

20 Sept, 21 Sept, 4 Oct, 5 Oct, Cardiff  
Contact: 0845 643 1939

### How to Drug Proof Your Kids® Facilitator Training

You don't need to be a drugs or parenting 'expert', as we will equip you with all the materials and knowledge you need to deliver the programme in your community. All you need is a concern for families, an ability to communicate well, experience of working with small groups, and character references.

11 & 12 September, Glasgow  
8 & 9 October, Cardiff  
Contact: 02920 810 800

### Quizd In facilitator training

Quizd In is a new community programme for parents. Its unique blend of skills, information, and practical, fun things to do at home with children, helps parents teach them sound money management principles. The two-day training (mapped to National Occupational Standards for Work with Parents) equips you to deliver this programme in your own community.

6 & 7 November, Cardiff  
23 & 24 October, Glasgow  
Contact: 02920 810 800

## Young People in Focus

[www.studyofadolescence.org.uk](http://www.studyofadolescence.org.uk)

### Young People and Mental Health – Supporting the Parents

This course is aimed at practitioners who work with the parents of young people with mental health difficulties. These parents often have to deal with very distressing issues and will have specific support needs. The course will examine your role when working with these parents and consider how to respond effectively to their needs.

20 July, London

## Children in Scotland

[www.childreninScotland.org.uk](http://www.childreninScotland.org.uk)

### The Impact of Family Lifestyle on Child Behaviour

This one-day workshop is presented in a participative format with exercises and opportunities for discussion in both large and small groups. By drawing on your own and others' shared experiences, participants will develop a broader understanding of the issues and indicators of the impact of different family lifestyles on children and as they grow and develop.

15 September, Glasgow

### Managing Emotions

This one-day workshop will look at how the theory of emotional intelligence deepens our understanding of the roots, development and storage of the emotions. We will draw upon new developments in science to expand our awareness of and how early experiences affect brain development and the impact of trauma on emotional and cognitive development

28 October, Glasgow

## Children in Wales

[www.childreninwales.org.uk](http://www.childreninwales.org.uk)  
[bookings@childreninwales.org.uk](mailto:bookings@childreninwales.org.uk)

### Supporting Fathers' Groups in Early Years

Building on the theory developed in An Introduction to Working with Fathers, the course is aimed at organisations and practitioners working in Early Years settings. It provides a toolkit to help create and sustain a 12-week programme for a father's group. The course is based on interactive learning and how to translate this into working with fathers.

23 September, Llandudno

### Working with potentially dangerous parents

This one-day course is aimed at practitioners and managers who are involved in safeguarding children, supporting people in their homes, work regularly 'out of hours' and want to feel more confident about working safely with parents/carers who present possible dangers. The course will provide the opportunity to understand the risks

and explore ways of safer working.  
30 September, Old Colwyn

## Family Matters Institute

[www.familymatters.org.uk](http://www.familymatters.org.uk)

### Want to Run a Parenting Course?

Are you wanting to run a parenting course in your area? Don't know where to start? 'Want to Run a Parenting Course? - Facilitator Skills' supports any parenting programme. We aim to offer the training needed to enable parenting facilitators to run any parenting programme with confidence and professionalism.

27 September, Day 1  
28 September, Day 2

## Future Childcare

[www.futurechildcaretraining.com](http://www.futurechildcaretraining.com)

### Handling teenage behaviour parenting programme

This two-day course provides childcare workers with the necessary knowledge and skills to deliver our 'Future For Families' Handling Teenage Behaviour Parenting Programme to parents and carers in their community, helping them to manage their teenager's behaviour more effectively.

23 and 24 June, Glasgow

## Family Links

[www.familylinks.org](http://www.familylinks.org)

### Parent Group Leader Training

The Family Links training for parent group leaders offers a thorough introduction to the principles and practice of the Nurturing Programme for anyone working with parents and carers.

29–30 September, Oxford  
6–7 October, Oxford

Entries are provided by individuals/ organisations offering the training. Inclusion here does not imply endorsement by Parenting UK. For more training courses visit [www.parentinguk.org/2/training](http://www.parentinguk.org/2/training)

## Funding news

### Over one-third of grant applications are ineligible

Research by the Directory of Social Change shows that over the latest financial year over one-third of all applications to charitable grantmakers were ineligible – over 361,000 went in the bin. They're not talking about projects which just weren't up to scratch, or which were good but couldn't be funded due to lack of money. They're talking about applications which just didn't meet the funder's stated criteria. For example, applications for work in England going to trusts which state they only fund in Scotland.

Fewer ineligible applications could mean quicker responses to the eligible ones, better feedback or engagement with applicants, or even more resources to allocate as grants. Their first step is to try and get a rough sense of the scale of the problem – which their research has done. You can read all the details in a new report on their website: [www.dsc.org.uk/greatgiving](http://www.dsc.org.uk/greatgiving)

### Free WiFi access for community spaces and charities

Freerunner is offering to install free WiFi wireless internet access in 50 public places for at least three years. The company will also install the Freerunner service for free in 500 charity buildings, provided that they have broadband access. WiFi operators only cover urban areas where they can make lots of money from business travellers. So Freerunner decided to do something about it. They have a fund in place to get internet access to people who need it. The fund is paid for by the commercial side of their business, a number of corporate sponsors and advertising.

For more information, visit Website: [www.freerunner.com/about/](http://www.freerunner.com/about/)

## ASDA Foundation

The ASDA Foundation is ASDA's charitable trust which was set up in 1988 to support local good causes chosen by their colleagues, and is funded by profits from the mid-week national lottery. They see the foundation as one of the many ways to give something back to the communities that support them. That's why they lend a hand to the wide range of good causes with which their colleagues are involved – including everything from local charities and playgroups to football teams. Under the Foundation's terms, they will assist any charity in the UK, as well as people and projects who require financial assistance, providing they have the support of local ASDA colleagues. <http://your.asda.com/asda-foundation>

## Tesco Charity Trust

The Tesco Charity Trust Community Awards Scheme provides one-off donations of between £500 and £4,000 to local projects that support children and their education and welfare, elderly people and adults and children with disabilities. Larger Grant Applications range between £4,000 and £25,000 and are to support local, national or international projects in areas where they operate.

Deadline: 30 June 2010

[www.tescopl.com](http://www.tescopl.com)

## A B Charitable Trust

The A B Charitable Trust (ABCT) is an independent, UK based grant-making organisation founded in 1990 that is concerned with promoting and defending human dignity. ABCT supports charities that defend human rights, such as freedom from torture and arbitrary imprisonment, and promote respect for individuals whatever their circumstances. The Trust is particularly interested in charities that work with vulnerable, marginalised and excluded people in society. Medium sized grants available. If you do not work in these particular fields, but meet our wider criteria, you may be able to apply for a small grant of up to £5,000.

[www.abcharitabletrust.org.uk](http://www.abcharitabletrust.org.uk)

## Where to find funding

You can find further information about funding on the Parenting UK website. The following provide general guidance and information on funding:

Association of Charitable Foundations – [www.acf.org.uk](http://www.acf.org.uk)

Charities Aid Foundation – [www.cafonline.org](http://www.cafonline.org)

Charities Information Bureau – [www.fit4funding.org.uk](http://www.fit4funding.org.uk)

Directory of Social Change – [www.dsc.org.uk](http://www.dsc.org.uk)

Funderfinder – [www.funderfinder.org.uk](http://www.funderfinder.org.uk)

Grants 4 Funding Portals – [www.grants4.info/portal/index.asp](http://www.grants4.info/portal/index.asp)

GrantsNet – [www.grantsnet.co.uk](http://www.grantsnet.co.uk)



## June

### Changing Families in a Changing World

Centre for Research on Families and Relationships 3rd International Conference  
16–18 June, University of Edinburgh  
[www.cfr.ac.uk/events/intconference10/confindex.html](http://www.cfr.ac.uk/events/intconference10/confindex.html)

### National Quality Improvement Network Conference

NCB  
22 June, Hallam Conference Centre, London  
<http://nqn10.eventbrite.com>

### Pregnancy and Pregnancy Planning in the New Parenting Culture

Parenting Culture Studies  
22 and 23 June, University of Kent, Canterbury  
[J.Macvarish@kent.ac.uk](mailto:J.Macvarish@kent.ac.uk)

### Stepping Up To Excellence

BAAF  
24 June, London  
[conferences@baaf.org.uk](mailto:conferences@baaf.org.uk)

### Watch, Wait and Wonder: a profound approach to parenting

The Association for Infant Mental Health  
26 June, The Tavistock Centre, London  
[info@aimh.org.uk](mailto:info@aimh.org.uk)

### Parental Engagement in Early Years Conference Working together to support children's learning

Neil Stewart Associates  
30 June 2010, Inmarsat Conference Centre, London  
[www.neilstewartassociates.com/kd186](http://www.neilstewartassociates.com/kd186)

## July

### All Parents Matter – the impact of parents and their relationships

Family Links  
2 July 2010, Oxford  
[www.familylinks.org.uk](http://www.familylinks.org.uk)  
**Parenting UK will be exhibiting at this event**

### Workforce development consultation

Adfam  
6 July 2010, London  
[o.standing@adfam.org.uk](mailto:o.standing@adfam.org.uk)

**parenting**UK

### Supporting Relationships, Supporting Families: is your service up to speed?

Parenting UK and One Plus One  
7 July, Hamilton House, London  
[www.parentinguk.org/supporting-family-relationships](http://www.parentinguk.org/supporting-family-relationships)

### Strengthening Families Strengthening Communities Annual Conference

The Race Equality Foundation and Parenting Across Cultures  
19 July, London  
[www.raceequalityfoundation.org.uk](http://www.raceequalityfoundation.org.uk)

## September

### Knowledge and Voice in Early Childhood: who knows, who speaks, who listens

Organiser: European Early Childhood Education Research Association (EECERA)  
6–8 September, Birmingham  
[www.eecera2010.org/theme-and-strands](http://www.eecera2010.org/theme-and-strands)

### The Future of Corporate Parenting in Wales

Children in Wales and Care Matters Partnership  
16 September, Cardiff  
[www.carematterspartnership.co.uk](http://www.carematterspartnership.co.uk)

**parenting**UK

### The Future of Services for Young Mums and Dads: Best Practice and Support

Care Matters Partnership, in partnership with Parenting UK  
23 September, London  
[www.carematterspartnership.co.uk](http://www.carematterspartnership.co.uk)

## October

### National Child Health Conference & Exhibition

Profile Productions  
12 October, Telford International Centre  
[jessica.smith@profileproductions.co.uk](mailto:jessica.smith@profileproductions.co.uk)  
[www.profileproductions.co.uk](http://www.profileproductions.co.uk)

### Unite/CPHYVA Annual Conference

20–22 October, Harrogate  
<http://www.neilstewartassociates.com/sh269/>

We welcome your comments on and contributions to our News Bulletin. Please address any correspondence to [rtonkin@parentinguk.org](mailto:rtonkin@parentinguk.org)

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