

Father Knows Best? Men's Role in Raising Teenagers

Male HiTOPS Educator

Designed for: Fathers or male guardians

“Much of the childrearing has been my wife’s responsibility until now, and I am really wondering how to connect with my kids and become part of their lives.”

While women have traditionally felt responsible for the emotional well-being and development of the family, fathers have a significant impact on their children’s growth and development. Many fathers report that they did not have a good role model of how to parent in their own fathers, and they struggle to find their place in the lives of their children.

This workshop is designed to give fathers the opportunity to explore the joys and challenges of fatherhood, especially as children enter their teen years. In-depth discussion of the father’s role and strategies for communication will be highlighted. Through interactive activities, sharing examples and facilitated discussion, participants will explore their values around parenting and fatherhood. In addition, fathers and guardians will learn and share techniques for communicating and connecting with teens and becoming more involved in the emotional lives of their families.

Our goals are to help fathers & male guardians:

- Increase their understanding of the role fathers can and do play in the lives of their children
- Clarify their values about parenting
- Identify issues and concerns they would like to explore with their children
- Learn strategies for increasing and improving communication within the family

Average length of program: 90 minutes

Recommended number of participants: 20-100

*Any male guardian or other male raising children is welcome to participate.