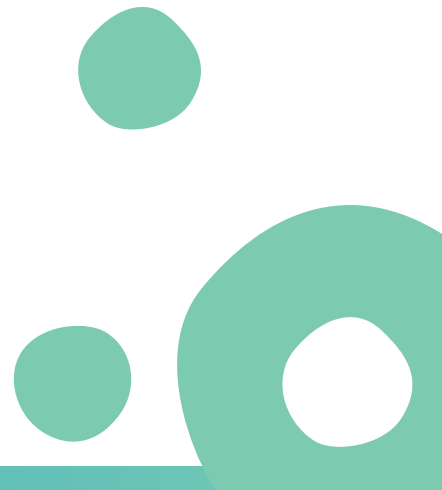




Working with Dads

Dom Alford

Relationships Australia Victoria





ACKNOWLEDGEMENTS



Relationships Australia Victoria acknowledges First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia. We support their right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

We are committed to providing safe, inclusive and accessible services for all people.

OUR DADS



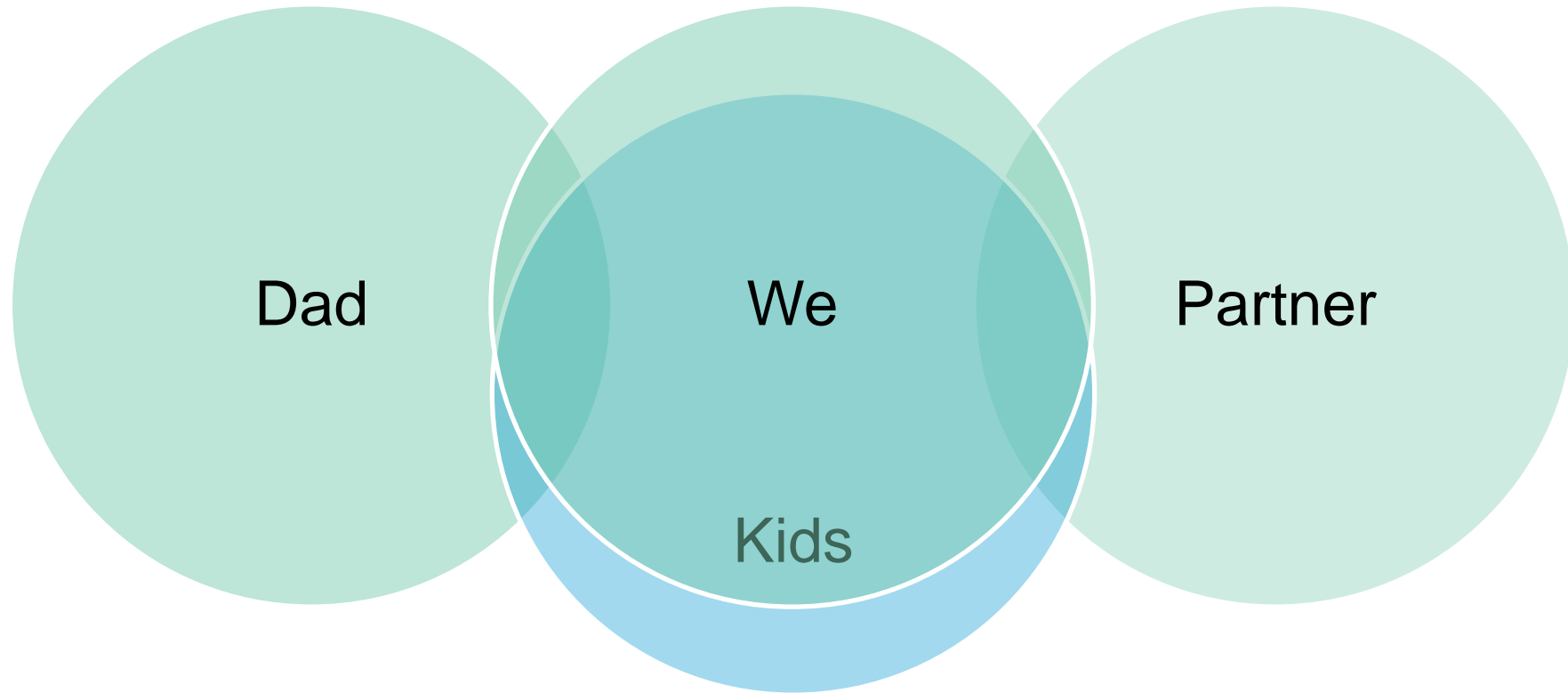
Will

- Child 12 months old
- Attended most MCH appointments
- Taking on parental leave as mother is returning to work
- Becoming the primary carer

Peter

- Newborn child
- Never engaged with MCH before
- Planning to attend first 2 appointments before going back to work
- Happy to leave this responsibility the mother

RELATIONSHIP PRIORITIES







THE MAN BOX

Do not cry openly or express emotion
(except anger)

Do not express weakness or fear

Demonstrate power and control
(especially over women)

Aggression - Dominance

Protector

Do not be 'like a woman'

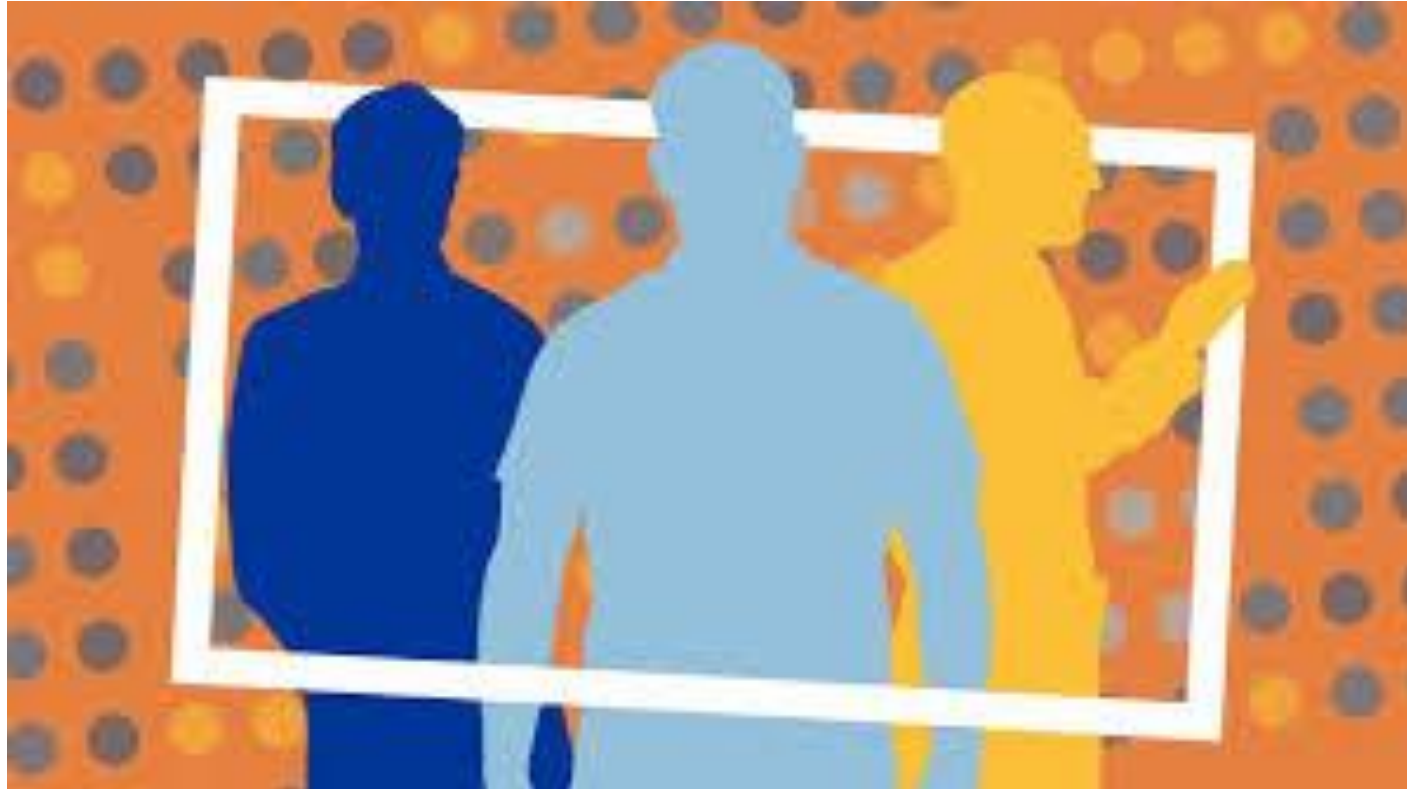
Heterosexual

Do not be 'like a gay man'

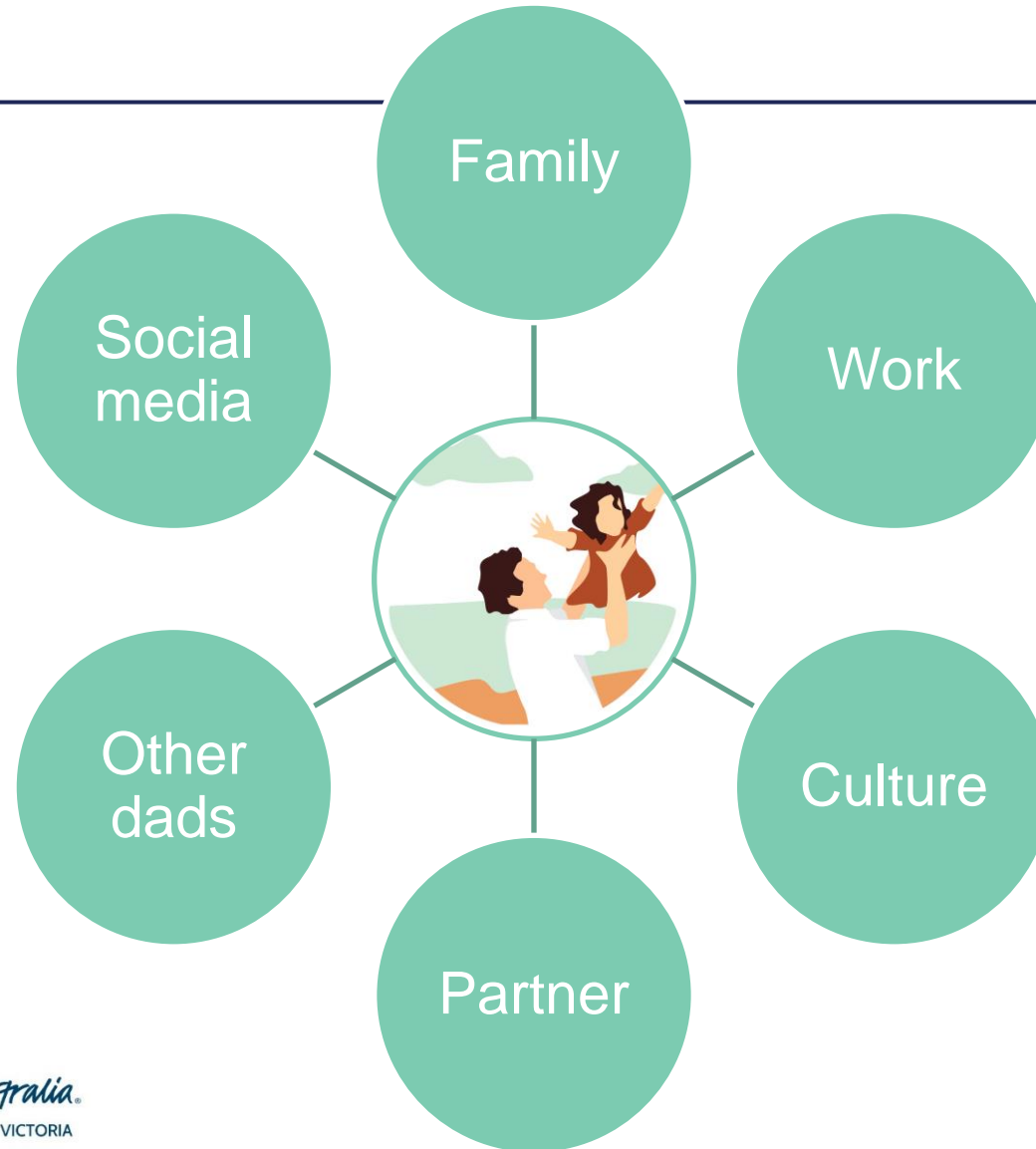
Tough/Athletic/Strength/Courage

Makes decisions - does not need help

Views women as property/objects



FATHERHOOD EXPECTATIONS



MACULINITIES – BEING A DAD



Rigid

- Dads need to be strong
- Dads are the boss of the house
- Mums look after the home
- Dads are breadwinners
- Dads don't show emotion
- The family should respect dad
- Dads figure out fatherhood on their own

Flexible

- Not all dads parent the same way
- Dads are vulnerable
- Dads get sad and cry
- Dads understand how their kids are going
- Dads think about their fatherhood role and masculinity
- Dads own their actions and take responsibility

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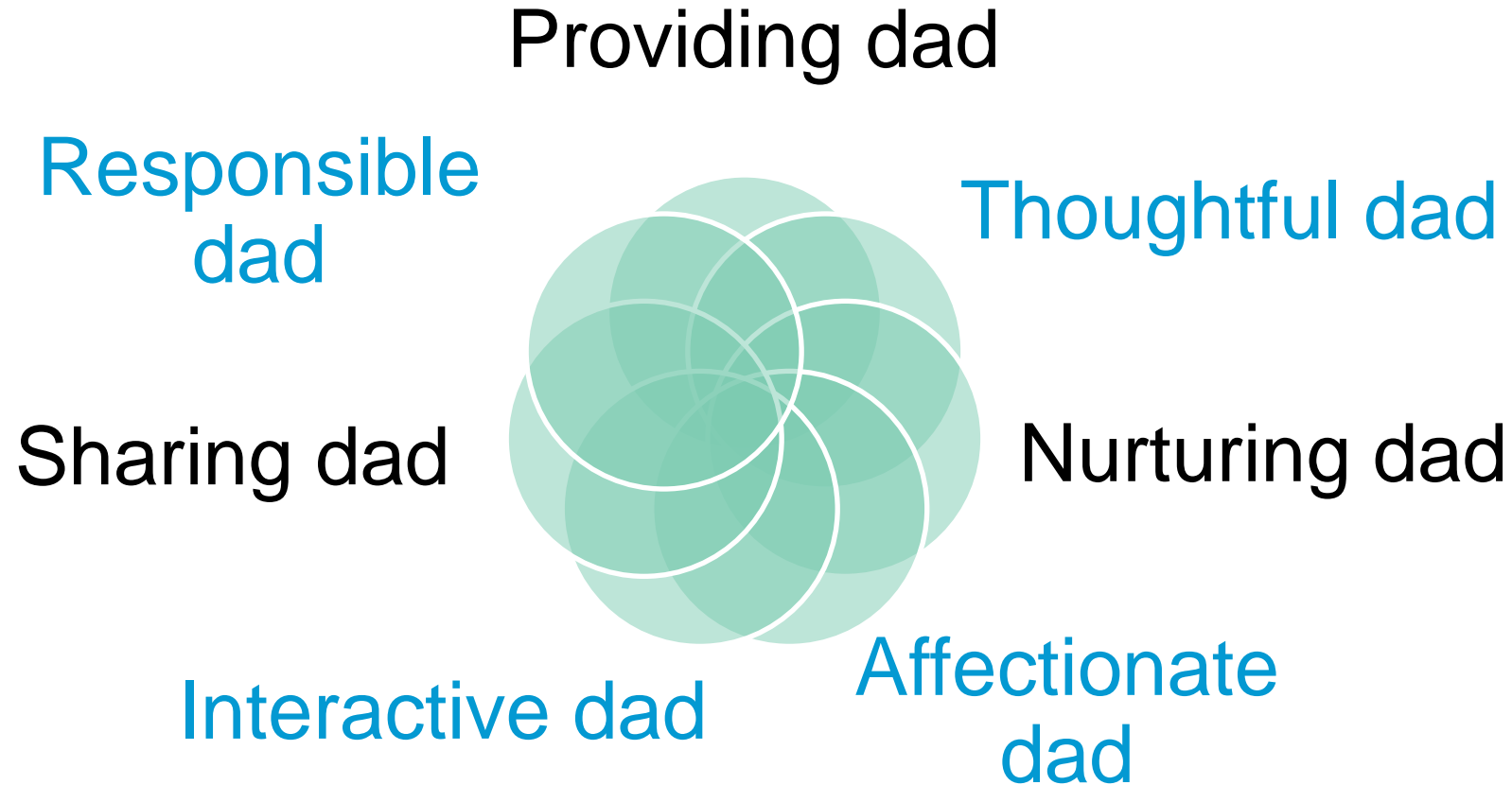
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A photograph of a man and a young girl. The man is on the right, smiling broadly, wearing a grey and white checkered shirt. The girl is on the left, leaning her head against his shoulder, also smiling. She has dark hair with a blue and white hair clip. The background is a soft, out-of-focus green, suggesting an outdoor setting. The text 'DADS' RESOURCE' is overlaid in the center in a bold, dark blue font.

DADS' RESOURCE

7 TYPES OF DAD

7 TYPES OF DAD



7 TYPES OF DAD



Responsible dad

Organises important things for their children and family.

Thoughtful dad

Always thinks about their child, what they need and they want.

Nurturing dad

Makes sure their child is cared for and looked after.

Affectionate dad

Shows their child how much they love them.

Interactive dad

Plays, communicates and explores ideas, manages emotions and thinks creatively.

Sharing dad

Shares parenting roles with their partner and use a teamwork approach to parenting.

Providing dad

Breadwinner and protector of the family.



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FTPG for dads

Education
workshops for
dads

Hub connecting
dads

PROJECT SIGN-UP



WhatsApp Community Hub

- Any dad in Victorian MCH
- Updates on Support for Fathers
- Invites to FREE education workshops
- Connect with other dads from LGA
- Keep updated on FTPG for dads happening in LGA



Thank you

supportforfathers@rav.org.au

www.supportforfathers.com.au

