



Outcomes Evaluation and Program Effectiveness

Conscious Fathering Program 2007-2008

BACKGROUND

What is the Conscious Fathering Program? The Conscious Fathering Programs offers classes for expectant and new fathers through hospitals and maternal health organizations. The goal of the program is to provide basic infant care skills and encouragement to men on the eve of fatherhood. By providing the male partner with general knowledge of how to care for and nurture his infant child he will be better equipped to create a strong positive bond with his new baby and strive for equal responsibility when parenting.

Focus of the Program: The Conscious Fathering Program's main focus is to empower and encourage expectant fathers to define themselves as competent partners in the care and nurturing of their infant children.

Why have Conscious Fathering programs? Approximately 83% of the expectant fathers attending the program have had little or no experience with children 6 months or younger; most of that experience has been gained while holding a niece or nephew or possibly from assisting with a younger sibling earlier in his life. *50% of these expectant fathers have never held a baby before.* If a man intends on building a definition of fatherhood based on partnership, he must gain the skills he needs to care for and nurture his infant child from the first moments of life.

The Conscious Fathering Program also provides a vital opportunity to present new dads with information on safety for their newborn and resources for the prevention of child abuse and neglect -- particularly as related to Shaken Baby Syndrome.

Who does the Conscious Fathering Program serve? Most (at least 98%) of the attendees are men -- although women are welcome also. We offer Conscious Fathering classes in diverse communities and serve men from many different backgrounds. Attendees are typically first-time fathers and can range in age from late teens to mid forties. The class is offered in conjunction with other prenatal education classes such as breastfeeding, preparation for childbirth and infant care.

Conscious Fathering Increases Protective Factors: Our surveys are based on the child abuse prevention literature, and measure the following outcome:

- Increase applied family management skills and knowledge of normal child development. The research of Hawkins and Catalano (1991) relate the increase of protective factors" such as an increase in family management skills with the decrease of child abuse and related destructive parenting.



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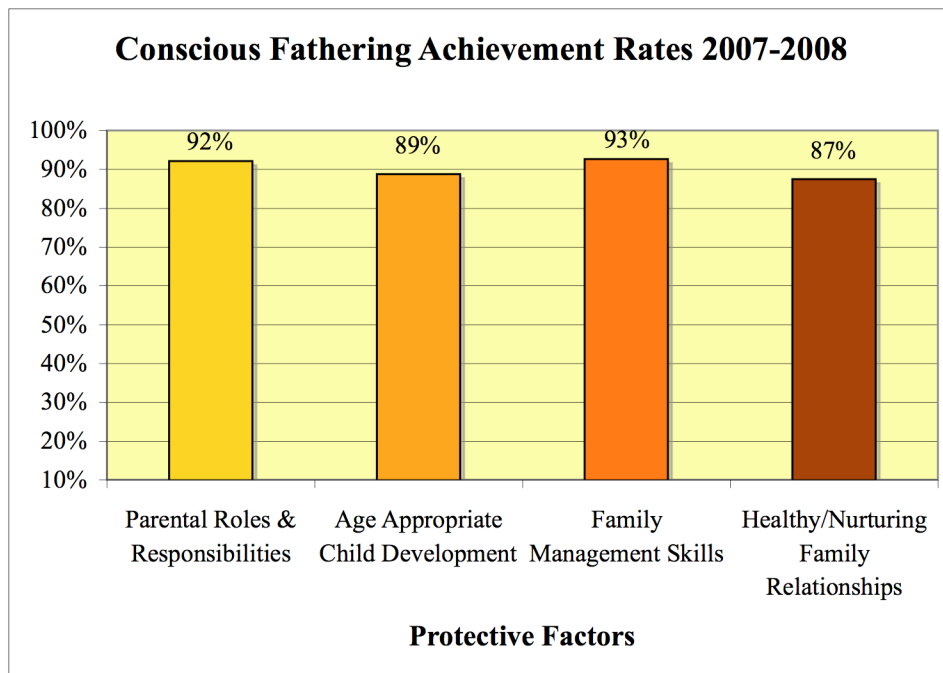
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RESULTS

Achievement Rate Goal: 60% of participants will increase their knowledge/skills to meet the minimum outcome.

Achievement Rate Results:

- 92% of participants reported an increase in knowledge of the parenting role and responsibilities.
- 89% of participants reported an increase in knowledge of age appropriate child development and behaviors.
- 93% of participants reported an increase in knowledge of family management skills.
- 87% of participants reported an increase in knowledge of healthy/nurturing family relationships/interactions.





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Outcome Goal: Participants will report at least a 10% average increase of goals.

Outcome Goal Results: Fathers attending the Skills For New Dads Classes reported a:

- 26% increase in knowledge of the parenting role and responsibilities.
- 26% increase in knowledge of age appropriate child development.
- 34% increase in knowledge of family management techniques.
- 26% increase in knowledge of healthy/nurturing family relationships/interactions.

