

# How to Support and Include Dads

Canadian fathers care about their fatherhood role and want to be **involved, supportive parents**. Here are easy tips to support and include fathers in programming.

To increase positive father involvement fathers need to feel they have:

the **skills and confidence** to engage with their children

the ability to **balance** home and work responsibilities

the financial and social **resources** needed to provide a caring, stable home

## 10 ways

to help you connect with and support dads in your community:

1

Welcome fathers into programs and facilities and make them **feel included, important, and valuable** to the parenting process

2

Ask dads what they **want** from parenting, what **roles** they play in the family, and the **challenges** they face

3

Ensure **resources** are readily available for dads and **communicate** these resources directly to dads

4

**Encourage mothers** to support positive father involvement

5

Focus on the **strengths fathers bring** to parenting

6

Include fathers in **home visiting programs**

7

**Promote father-friendly practices** in existing spaces and programs

Offer activities dads can do with their kids, visual representation of fathers involved in parenting, and share stories of involved fathers

8

**Offer flexible, father-focused programming** that takes place in communities as well as online

Make programs for men, led by men, that **teach parenting skills**

9

Develop programs for **special populations of fathers**, including:

- Fathers who **use drugs**
- **Indigenous** Fathers
- **Immigrant** Fathers
- **Incarcerated** Fathers
- **Single and Divorced** Fathers

10

**Include fatherhood issues** in tools and resources you develop

**Promote credible websites** dedicated to supporting fatherhood skill development



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