Connected Dads, Connected Kids **Education Card for Responsible Fatherhood Programs**

Panel #	Panel content
Cover slide	**Connected Dads, Connected Kids**
1	**Be There for the Kids** **As fathers, we want the best for our kids, and we matter to them! There are simple things we can do to help support our children:** • Show up for them. • Have fun with them and show them they are special. • Tell them that we love them. • Protect them from harm. • Celebrate one positive thing we do with our child every day. **Each day offers new opportunities and choices to improve our relationship with our children.**
2	**Impact on Children and Building Back Trust** • Abuse at home impacts children of all ages. • There can be problems associated with development, learning, and relationships. • Children learn from what they see and feel, and we can model positive behaviors. • Children who have been exposed to abuse can bounce back. **Trust is something to be earned, even with our own children.**
3	**Difficult Childhoods** **Many people (about 1 in 4) grew up in homes where there was abuse or other difficult situations.** • Maybe someone was hurting you or someone you love. • Maybe you were worried about where you would live or having enough food to eat. • Maybe your family couldn't care for you how they wanted to. • Maybe your father or mother wasn't or couldn't be present or around. **Childhood can be painful, but healing is possible.**

4	**Challenges in Parenting** **If we didn't get what we needed as a child, it's important to focus on healing so we can give our children what they need. Some strategies to do so include:** • Focusing on empathy and not self-blame for our childhood experiences • Talking it out with someone we trust • Embracing our individual, community, and cultural strengths and values to help guide our parenting journey
5	**Complicated Relationships** **Sometimes, we replicate our parents' unhealthy behaviors even if we have tried to avoid them.** • Sometimes, we hurt people; sometimes, people hurt us. • When this happens, we can feel ashamed or afraid that things can't change. • If you have been hurt in your relationship or have hurt a partner, help is available. See the resources on this card. **We all deserve to live without abuse and fear.**
6	**Conflict Happens** **All relationships have conflict, but sometimes they become abusive, such as when a person:** • Shames or humiliates the other • Controls where they go and how they spend their money • Spies on them • Hurts or scares the other with their words or actions • Makes the other engage in sexual behaviors when they don't want to • Keeps the other from their job or school **These experiences are common. Most people know someone who has been hurt by a partner or caregiver in their lifetimes.** If something like this is happening to you or a friend, call or text the hotlines on this card.
7	**Stronger Families** **Every family has conflict, and there are universal things that can help us when we feel upset or frustrated. We can:**

	✔ Notice what happens in our body when we are feeling upset or angry ✔ Do something to help us pause and slow down ✔ Go for a walk, splash cold water on our face, take deep breaths, be aware of negative thoughts, and change what we tell ourselves **We can find support within our community, friends, and family, or talk to a professional, mentor, or faith leader.**
8	**Fathers Need Support Too** **Everyone struggles with parenting and relationships at one time or another.** • Ask for support when you need it. • Connect with other fathers; it can help make a difference. • Pass it on: "Hey, I've been there too. Someone offered me this card, and it gave me ideas about how to reach out for support." **When we help others, it helps us too!**
Info slide	Every parent needs support at some point. The National Parent Helpline is staffed with trained advocates who offer nonjudgmental support and advice when you need it. • Call: 855-427-2736 • Visit the website: https://nationalparenthelpline.org. The National Domestic Violence Hotline has anonymous 24/7 help for both people who are being hurt and those who cause harm. • Call: 1-800-799-SAFE (1-800-799-7233) • Text: "Start" to 88788 • Visit the website: www.thehotline.org Call 2-1-1 for a 24/7 confidential referral system to get connected to: food banks; substance misuse, mental health, and parenting supports; childcare; and help with relationships. ©2024 Futures Without Violence. All rights reserved. This card was developed with funding from the Office of Family Assistance under contract number 47QRAA19D004U with the Office of Planning, Research, and Evaluation, Administration for Children and Families, U.S.

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