



Hi I'm Trav -
Dads Matter facilitator


Strength
based work
with Dads

exploring
Theirs and our
Vulnerability

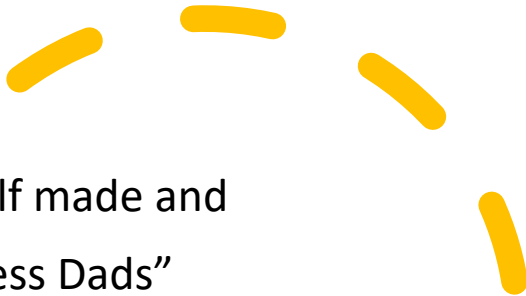
Summary of the workshop

- What barriers get in the way of Dads finding their strengths.
- Looking at some new research around the biology of dads.
- What can be gained from Dads to help their children Flourish by accepting vulnerability as part of that.
- Look at some case studies from Dads Matter – Impact of Strength based approach in Dads “Giving space not answers”.
- Discuss and share ideas around Vulnerability and how it is linked to courage.





What barriers
get in the way
of Dads
finding their
strengths.



Supporting dads to take down barriers self made and
ones created by ourselves/society “Feckless Dads”

By removing barriers, we start a domino effect.

As in the domino effect a small change can affect a
big issue.

University of Toronto professor Stephen Morris,
dominoes can actually knock down things about one-
and-a-half times their size. Starting from a domino just
five millimetres tall, says Morris, it would take
just **29** progressively-larger dominoes to wipe out the
Empire State Building.

Please don't try this at home!

We all look at the world in different ways and communicate that- sometimes its hard





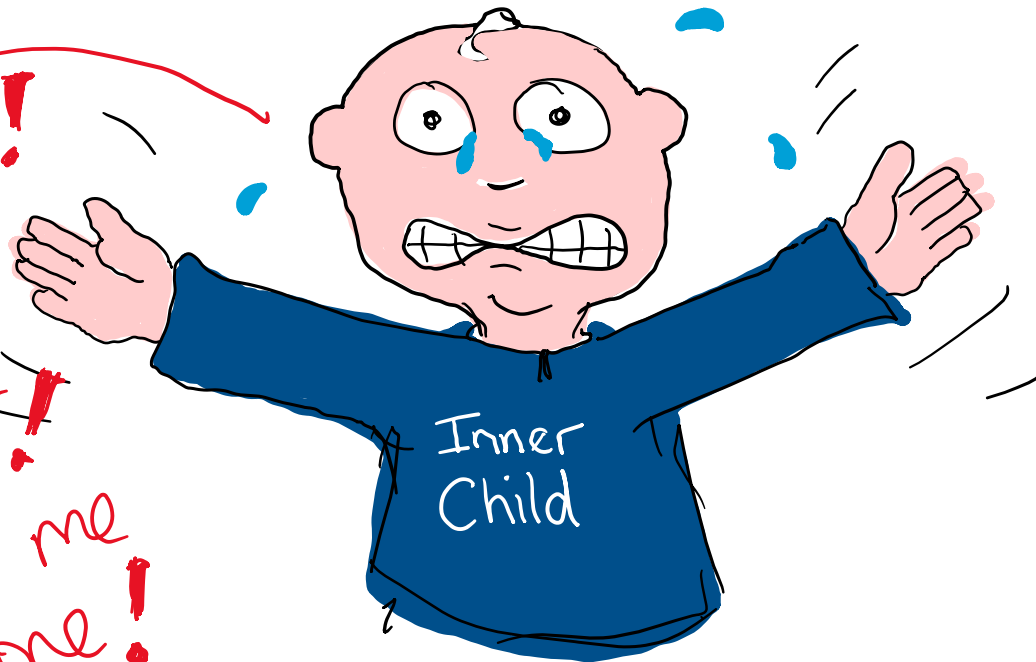
Biology of Dads

- Since the dawn of time, we have had a Brain it installed all the emotions that we still have today. In the past it was there for survival and it worked! we are still here yah, but the environment we lived in has completely changed within the last 200 years and our Brains are on a major catch up. Babies brains are designed to struggle from birth, to be flexible and reactive.
- Stress is a big component of everyday life now, which is not healthy for learning and problem solving. Also takes away chances for empathy and honesty over our true feelings. Men and boys are told to “Man up” and other non helpful comments which helps create “The shelf” which only function is to house the bottled up emotions and situation that you can’t cope with at the time.

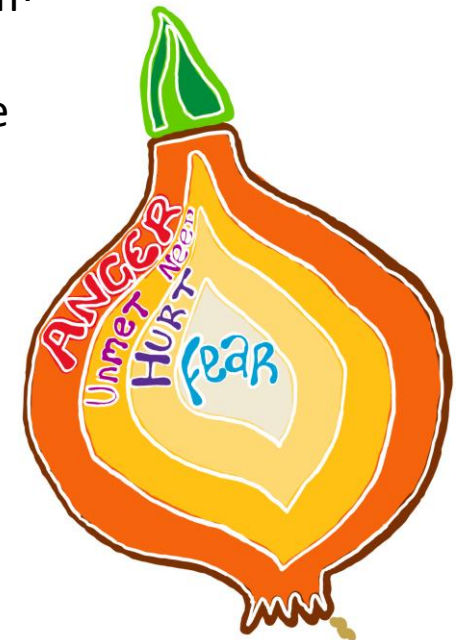
“The Shelf and the Onion”



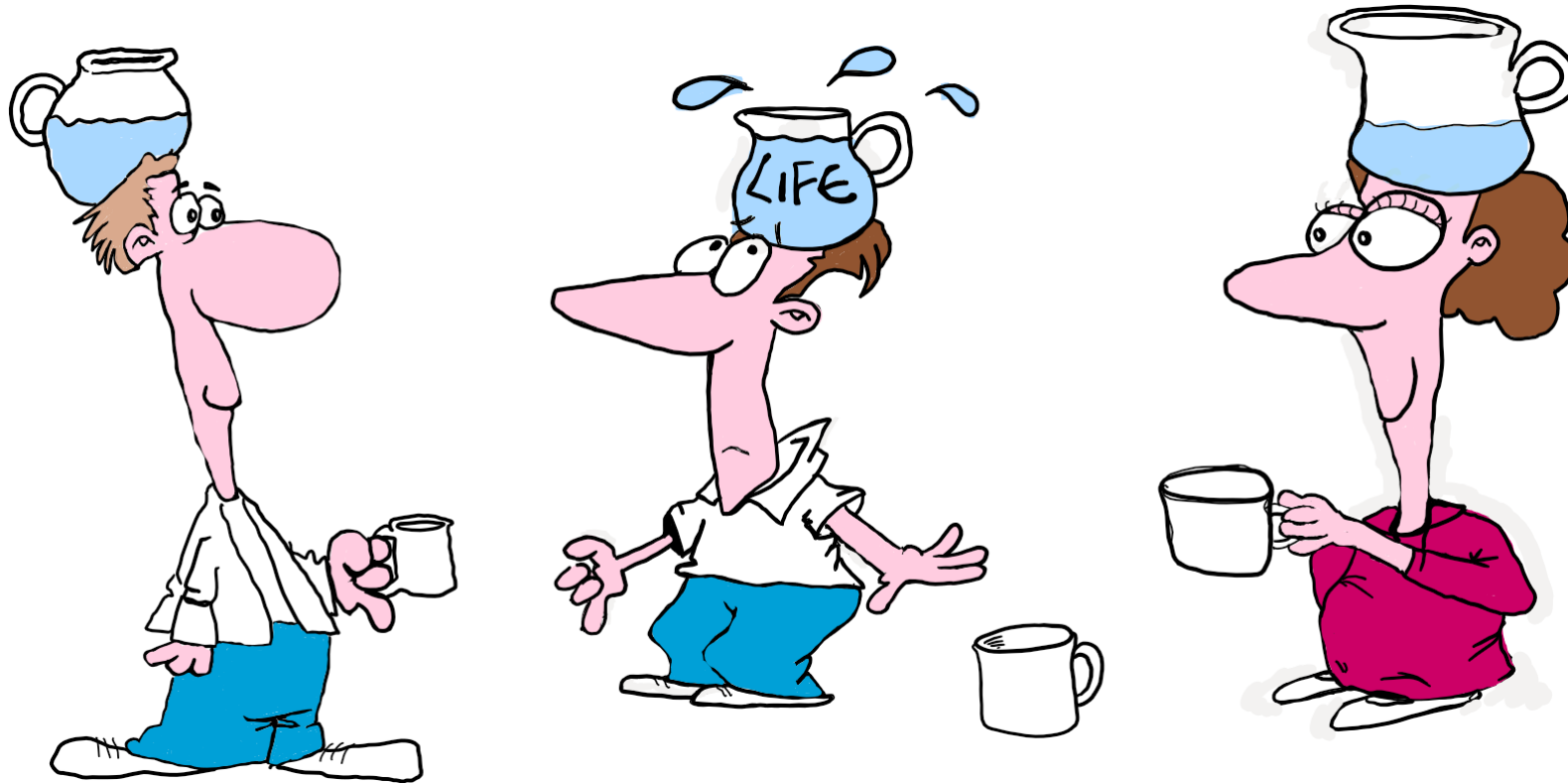
Stay away!
Don't want to talk about!
Leave me alone!



From Childhood we create “The shelf” where we put things we don’t express. Each time we fill the bottle and place on the shelf but if nothing is done about it we get to a point we can’t do anything but protect the shelf from others. How others see us defending the Shelf is an onion?!



Rather than bottling it up – share with others who have the capacity to help.



What can be gained from Dads to help their children Flourish. “Creating a meaningful connection and belonging”



Unlocking the skills in dads-
Vulnerable process which
leads to feeling valued



Positive modelling –
Do you have courage to be
vulnerable



Help to discover new skills-
require courage to fail as
well as achieve



Create working relationships
– everyone valued and
accepted., We all Flourish

Teddy Roosevelt speech in 1910 “Man in the arena”

- *“It is not the critic who counts, not the one who points out how the strong man stumbled or how the doer of deeds might have done them better. The credit belongs to the man who is actually in the arena, whose face is marred with sweat and dust and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, if he wins, knows the triumph of high achievement; and who, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.”*



Comments from Dads who attended Dads Matter

- When asked if coming along has helped to bring changes in their lives? Here just a few.....
- I've become a lot calmer and other people have noticed this too, I am able to deal with tricky situations better and my overall outlook on parenting has changed and I've had the time to take a step back and realise how blessed and lucky I am to have such a healthy happy little boy
- Yes, before my parenting was filled with a lot of worry, lack of confidence and feeling out of place. Since the beginning of the course, I feel much more confident in my role as a father and look forward to developing that moving forward.
- I would like to think that I apply the brakes a bit more now, asking questions as to why my children are thinking/replying in the way that they are & trying to understand myself the reasons why. On from that, trying to communicate with them in a more understanding/patient manner.
- Yes I would. This is because I was starting to feel hopeless before attending dad's matters, but after attending I have become friends with other fathers in similar predicaments.



Any Thoughts?

Anyone fancy some
Mindfulness?



Feedback form

<https://forms.office.com/Pages/ResponsePage.aspx?id=fhcZFOBXD0-v8P1htUnRDnAC4J52HLZPgP82sx53EV5UNEVFT1RMN1ZIS01CUUpXVFIVRFIHQktFWi4u>

- Thank you for your time and I hope it has been interesting for a Friday afternoon.
- If you have any questions after today you can contact me at travis.britton@norfolk.gov.uk