

Having trouble viewing this email? [Click here](#)

You're receiving this email because of your existing relationship with Project INTERFACE. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



Project INTERFACE Newsletter

Volume 1, Issue 4

Dear Mental Health Professionals:

Fathering is our focus in this issue of the Project INTERFACE Newsletter, which features the Children's Trust Fund Fatherhood Initiative, plus upcoming trainings, events, tips and recent research. We hope you will find the information helpful, and share it with your clients as appropriate.

Project INTERFACE continues to receive overwhelmingly positive feedback from both providers and parents. We recently heard from Diane Santoro, LCSW, who gave us permission to share this response:

"I am a clinician who works with the Waltham Police Department assisting in providing alternative outcomes for individuals with mental health concerns. The goal of our program is to connect people with needed services in order to give them opportunities to access appropriate treatment. I have used Project INTERFACE to help in some of my more challenging situations - cases where I have exhausted every avenue known to me. The Project INTERFACE staff has come through with referral information that has been both appropriate and available in a timely manner. This is a great resource - one that I will continue to use and recommend to others."

In our last newsletter, we highlighted an upcoming MARC Cyberbullying Train-The-Trainer. The date for this training is October 15, 12 pm- 2 pm, at Bridgewater State College. For more information, visit www.bridgew.edu/marc or email marc@bridgew.edu.

Thank you again to all providers who participate in Project INTERFACE. If you have not yet updated your profile, please e-mail us at interface@warmlines.org to receive instructions for easy updating online.

Spotlight on Upcoming Events

WarmLines New Babies/New Parents Group, October 2009

For: First-time parents
Start Date: October 2009

First-time parents with infants up to 6 months old will meet for eight weeks with other parents and a professional leader for support and discussion. The series is FREE, thanks to a grant from The Massachusetts Children's Trust Fund; sessions are held at WarmLines, 225 Nevada Street, Newtonville. Pre-registration is required: www.warmlines.org or 617-244-INFO.

Continuing Education for Early Childhood Professionals and Mental Health Professionals

Massachusetts Children's Trust Fund: The Fatherhood Initiative

The Massachusetts Children's Trust Fund leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families. As an umbrella organization, CTF funds, evaluates, and promotes the work of over 100 agencies that serve parents. Supported by private, state and federal

funding, the Children's Trust Fund invests in Massachusetts' most precious resource - children and their families.

One program of the Massachusetts Children's Trust Fund, The Fatherhood Initiative, works to advance activities that support fathers and their families, as well as the family support professionals who work with them.

CTF has moved to integrate fatherhood services into all its initiatives. This includes the development of a fatherhood component for Healthy Families Massachusetts, a voluntary home visiting program that provides information and support to all first-time parents age 20 and under. CTF also funds fatherhood programs through its Parenting Education programs and the Massachusetts Family Centers.

At the core of this work is the Fathers & Family Network (F&FN), a networking and training group of over 1,500 professionals that meets regularly in six regions of the state. The result is increased competency for professionals, better coordination of services, and greater public awareness of the important role fathers have in their families.

Fathers & Family Network (F & FN) will resume meeting in September 2009.

For more information, visit <http://www.mctf.org/sp.aspx?id=68> or email Haji.Shearer@state.ma.us

Tips for Parents

Fathering Tips

1. **Create a vision for fatherhood.** Just like a company has a mission, dads need a vision for fatherhood, a *Dad's Vision Statement*. Twenty years from now, what do you hope your child says - and doesn't say - about your relationship? By asking this question, you can be more deliberate in how you choose to spend your time, what priorities you set, and what needs changing in your life.
2. **Be the bridge between your own father and your children.** Modern dads must sort through their family legacy, particularly the relationship with own dad, to determine the gifts they want to pass on to their own children, as well as the liabilities they must watch out for. To move toward realize your vision, you must understand the legacy you carry. How will you keep what's positive and stop unhealthy intergenerational cycles?
3. **Establish a ritual dad time.** One great way to make sure you're spending quality time with your child regularly is to create a *Ritual Dad Time*. This in no way should replace daily family rituals like sharing meals, walking to school, doing shared activities, reading together, etc. Rather, this is a *special*, once per month, one-on-one time with dad. Think of it as the father-child equivalent of a couple's "date-night."
4. **Know your children.** By *knowing* your children - becoming an expert about their lives - you send them a clear message that they are important and in the process deepen your bond. Beyond your focus and attention, *knowing* requires being a skilled listener and resisting the urge to be a "fix it" listener.
5. **Be known by your children.** *Being known* involves sharing more about who you are as a man - not just as "dad" - with your children. Tell stories about yourself when you were your child's age. Think of the pressures you faced, what you did for fun, challenges you overcame, who you had a crush on, etc. Letting your children know more about what you think and feel on a regular basis is essential to building a healthy connection.
6. **Take care of yourself.** Live the life you want your children to lead. Go for regular checkups, and listen to your doctors. One reason men die five years earlier than women is because we don't go to the doctor as often as we should. A study out of the Johns Hopkins Children's Center recently found that a majority of boys 15-19 years old believed that going to the doctor was a sign of weakness. Dads need to model differently.
7. **Don't go it alone.** It's critical that you make time to talk with other parents. One of the most important and available resources to dads is...other dads! Get together informally with a couple of other dads on a monthly basis and talk about fathering. What's been going well? What parenting challenges are you currently facing? Keep it simple. Or, seek out a parenting group in the community or start a dad's group at your child's school.

For more on fathering, visit www.moderndads.net.

John Badalament, Ed.M., lectures internationally. He is the author of the *Modern Dads Handbook* and Director of the acclaimed documentary for PBS, *All Men Are Sons: Exploring the Legacy of Fatherhood*. John's work has been featured on NPR, in *Men's Health* and the *Los Angeles Times*. John is a graduate of Harvard's Graduate School of Education. John consults with schools, parent groups, and organizations about modern fatherhood. His latest film project is *Gender Traps: How Marriage Problems start in Kindergarten*. John is a husband and a father.

Highlight from Recent Research

The Daddy Brain

In [The Daddy Brain](#), an article adapted from [The Daddy Shift: How Stay-at-Home Dads, Breadwinning Moms, and Shared Parenting Are Transforming the American Family](#), author Jeremy Adam Smith outlines the evolution of fathering: "Where once it was thought that the minds and bodies of men were hardly affected by fatherhood, today scientists are discovering that fatherhood changes men down to the cellular level. In recent years, researchers have made a staggering number of discoveries about how critical father involvement is to child development, and how it can be cultivated."

Jeremy Adam Smith references psychologist Ross Parke of the University of California, Riverside, who is one of the pioneers of fatherhood research. In a recent series of studies involving Latino families, Parke and his colleagues found that father involvement leads to lifelong educational attainment and better social adjustment among adolescents.

Learn more at: www.jeremyadamsmith.com.

Project INTERFACE at WarmLines A subsidiary of the Freedman Center at MSPP

Contact Information

617-332-3666 x 411
interface@warmlines.org

Visit us online at www.projectinterface.org.

[Join Our Mailing List!](#)

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to lynda@brandingworks.com by newsletter-editor@projectinterface.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Project INTERFACE at WarmLines, a subsidiary of the Freedman Center at MSPP | 225 Nevada St. | Newton | MA | 02460