

# SHIFTING YOUR MINDSET

*Empower • Inspire • Heal*




## SUPPORTING FATHERHOOD: BEST PRACTICES FOR ENGAGING FATHERS

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# Shifting Your Mindset

## Father Engagement Guidelines for Service Providers

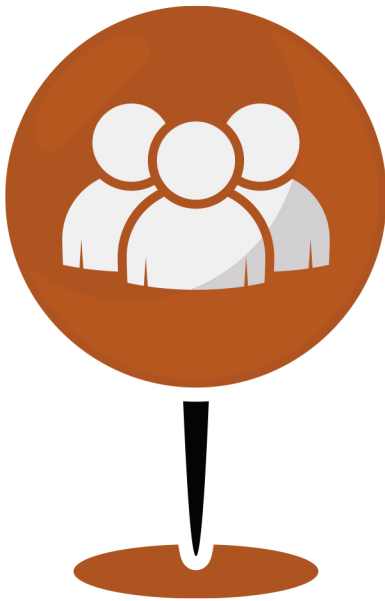


### Introduction

At **Shifting Your Mindset**, we are dedicated to supporting and empowering fathers. Despite this, many fathers, particularly those from marginalised and racially minoritised communities, face significant barriers to engagement. These guidelines provide service providers with a structured approach to fostering father-inclusive practices that promote equity, empowerment, and long-term family well-being.



# Shifting Your Mindset



## Who **We** Are

Shifting Your Mindset is a non-profit organisation that supports men, fathers, families, and children. We are here to help people through tough times whether that's poverty, poor health, financial struggles, or other challenges. We also work to improve well-being, education, and help build stronger communities where everyone can thrive.



**Dads Programme** – Structured sessions focusing on parenting skills, emotional resilience, and father-child relationships.



**Men Do Talk Sessions** – Safe spaces where men can openly discuss their mental health and well-being.



**24/7 Men's Safe Haven** – A secure shelter offering support for fathers experiencing homelessness or domestic challenges.



**Community Kitchen** – Providing free nutritious meals, fostering community bonding, and supporting food security.



# 1. Core Principles of Father Engagement



**To create effective and meaningful engagement with fathers, service providers should adhere to the following principles:**



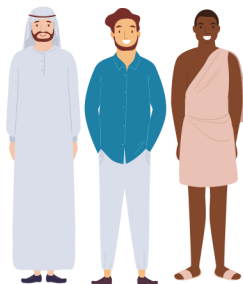
**Inclusivity:** Recognise the diversity of fatherhood experiences, including single fathers, co-parenting fathers, young fathers, and fathers in blended families



**Non-Judgmental Approach:** Foster a culture of respect and support where fathers feel valued, not criticised.



**Strength-Based Perspective:** Focus on the existing strengths of fathers, building their confidence in parenting roles.



**Cultural Sensitivity:** Acknowledge and respect the different cultural and social backgrounds that shape fatherhood



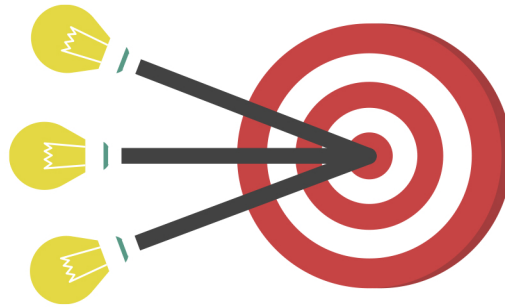
**Equity in Parenting:** Encourage fathers as equal caregivers and decision-makers in their children's lives.

# 3. Strategies for Effective Father Engagement



## Proactive Outreach:

Contact fathers via community organisations, social networks, and local partnerships..



## Tailored Programmes:

Develop initiatives that specifically address fathers' unique needs, such as financial literacy, co-parenting skills, and emotional support.



## Peer Support Networks:

Facilitate father-to-father mentorship programs to encourage sustained engagement. .



## Collaborative Partnerships:

Partner with schools, businesses, and healthcare providers to expand resources for fathers

## 4. Addressing Barriers to Father Engagement



### **Challenging Stereotypes:**

Address societal biases that portray fathers as secondary caregivers.



### **Encouraging Co-Parenting:**

Support fathers in working collaboratively with co-parents for the best interests of their children



### **Providing Practical Support:**

Assist fathers facing homelessness, unemployment, or domestic abuse with targeted interventions.



### **Guidance Through Services:**

Offer step-by-step assistance for fathers navigating child welfare, legal, and employment systems.

# 5. Measuring Success and Sustaining Engagement



### **Regular Feedback:**

Implement structured feedback loops to assess fathers' experiences and improve services.

### **Impact Tracking:**

Use qualitative and quantitative measures to assess engagement levels and long-term outcomes.



### **Ongoing Support:**

Ensure continuity of care through structured follow-ups, leadership development, and community advocacy.



# Contact Us



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**Join us in creating a future where fathers are supported, valued, and empowered to thrive within their families and communities.**

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