

Fatherhood National Resources

BONDING	
Resource	Type of Information
Baby Center expert Advice: Top Tips for Dads on Bonding with Your Baby	Newborn to 11 months
Friendship Circle: Dad matters! 5 Bonding Tips for Fathers and Their Child with Special Needs	Bonding with special needs child
National Fatherhood Initiative: The Father Factor	
Parents: 12 Ways for Dad to Bond with Baby	

CHILD DEVELOPEMENT	
Resource	Type of Information
American Pregnancy Association: First Year of Development: Infant Development	First year development
Baby Center: Baby	Infants (ages 0 – 1 year)
Baby Center: Big Kid	Big Kid (ages 5-8 years old)
Baby Center: Preschooler	Preschoolers (ages 2-4 years old)
Baby Center: Toddler	Toddlers (ages 1 -2 years)
Bright Futures: Family-Centered Care	Child Development at different ages
Casey Family Programs: Resources	Multiple Childhood Development and Parenting
Centers for Disease Control and Prevention Milestone Checklist	2 months to 5 years old
Centers for Disease and Control and Prevention: Developmental Milestones	Developmental milestones
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Infants	Infants (ages 0 – 1 year)
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Toddlers	Toddlers (ages 1 -2 years)
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Toddlers	Toddlers (ages 2 -3 years)
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Middle Childhood	Middle Childhood (ages 6 – 8)
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Middle Childhood	Middle Childhood (ages 9 – 11)

Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Preschoolers	Preschoolers (ages 3 – 5 years)
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Young Teens	Young Teens (ages 12 – 14)
Centers for Disease Control and Prevention: Positive Parenting Tips for Healthy Child Development: Teenagers	Teens: (ages 15 – 17)
First 5 California for Parents	Child Engagement Resources
Healthy Children: Ages and Stages Milestone Tracker Mobile App	

CHILDRENS HEALTH	
Resource	Type of Information
ACLS Training Center: A Parents Guide to First Aid	
Baby Center: Children’s Health	Information on illness, teething care, medical appointments, injury prevention and safety
Healthy Children: Safety and Prevention	Safety and prevention
Healthy Children: Tips and Tools	Resources
Milestone Tracker Mobile App	
National Fatherhood Initiative: The Father Factor, Dads Who Have Children with Special Health Care needs – Hot to be of Help, Part 1	Tips on working with fathers that have children with special needs
National Fatherhood Initiative: The Father Factor, Dads Who Have Children with Special Health Care needs – Hot to be of Help, Part 2	

CURRICULUM TOOLS	
Resource	Type of Information
5 Things Every Kid Must Get from Dad by Carey Casey and the National Center for Fathering	Electronic book
Father and Male Involvement Initiative	Father engagement and involvement strategies for organizations and communities
Father Work Fathering Activities	
Forming a Lifelong Bond eBook by Ken Canfield and the National Center for Fathering	Electronic book
National Alliance of Children’s Trust & Prevention Funds	Web resources, webinars, and trainings
National Center for Fathering: The Power of Your Words 100 Encouraging Phrases to Use this Summer	

National Fatherhood Initiative: 5 Questions Every 24/7 Dad Asks	Self-reflection activities for fathers
National Fatherhood Initiative: Engaging Fathers for Successful Reentry	Recommendations
National Fatherhood Initiative: Fatherhood Programs	Complete kits and resources
National Fatherhood Initiative: Guide to Mentoring Fathers	
National Fatherhood Initiative: The Benefits of Fatherhood Programs in Community-Based Organizations	Recommendations
National Fatherhood Initiative: The FatherSource Advisor	Fatherhood program finder
National Fatherhood Initiative: The Power of Fatherhood Education in Corrections & Reentry	Recommendations
National Fatherhood Initiative: The Ultimate Guide to Connecting with Your Child	E-book for fathers and agencies with worksheet activities for fathers to engage their children
National Responsible Fatherhood Clearinghouse Toolkit: Resources from the Field	Toolkit

FATHER FRIENDLINESS	
Resource	Type of Information
Father Friendly Check-Up	A checklist to help assess the father friendliness of your agency. Recommendations provided
How to Train Female Staff to Effectively Engage Fathers	Guide for organizations serving fathers and families
National Fatherhood Initiative: Guide to Mentoring Fatherless Children	
National Responsible Fatherhood Clearing House: For Your Fathers	Resources for agencies on working with fathers to promote father presence, economic stability, employment, health, safety, fathers and induction, incarcerations and reentry, strong families, healthy relationships, step families, domestic violence, child support, custody, visitation, substance abuse, mental health

FATHERHOOD TRANSITION / BEING A FATHER	
Resource	Type of Information
All Pro Dad	Advice for dads, marriage dad quotes, what men should know, and family activities
The Baby Center	Information for expecting and parenting parents on various topics

Baby Center: Just for Dads	
Dad's Adventure: Becoming the Best Dad You Can Imagine	Blog, videos and articles available on changing a diaper, bathing your baby, playing games with your baby, take care of a new mom, a new dad's protective instinct, burping, your baby, becoming a father, cord care, baby talk from veteran dads, swaddling your baby, and more
Fathers Mental Health Network: Fathers Mental Health Matters	Transition into fatherhood
National Responsible Fatherhood Clearinghouse: Dad Talk Blog	
National Responsible Fatherhood Clearing House: Tips & Activities	

GENERAL FATHERHOOD RESOURCES

Resource	Type of Information
Great Dad.com: Because Dads Don't Always Think Like Moms	Resources, blog and information on various topics for fathers
Healthy Children: Childhood Looks Better When Dad is in It: AAP Report Explained	Summary of importance of fathers in children's lives
National Center for Fathering	Resources and Information
National Responsible Fatherhood Clearinghouse	Research and fatherhood strategies
The Center for Men's Excellence: Parenting Resources for Mom and Dad	

INFORMATION FOR MOTHERS

Resource	Type of Information
Pocketbook for Moms Sample: Ways to Communicate with Dad	Ways to communicate with dad

MEDIA/ SOCIAL MEDIA

Resource	Type of Information
Healthy Children: e-magazine	Mobile Application
Healthy Children: Parent Webinars	
National Fatherhood Initiative: Cheerleader	Take time to be a dad
National Responsible Fatherhood Clearinghouse: Multimedia	Press releases printed promotional Material, video's and public service announcements.
Parents: Best Apps for Dads-To-Be	

Ted Talks Ideas - Why I'm done trying to be "man enough"	Relationships
YouTube: How to Survive Becoming a New Dad - Manthroplogy	How to Survive Becoming a New Dad
YouTube: Michael Jr - Delivery Room - Kinda Deep	Fathers in the delivery room
YouTube: Picture Alternatives - Dads Try the Still Face Experiment	The still face experiment with fathers YouTube video
YouTube: Picture Alternatives - Toddlers Explore	

PARENTING	
Resource	Type of Information
NIH News in Health: Positive Parenting Building Healthy Relationships With Your Kids	
Program for Early Parent Support: Parent Support Resources	Parenting in difficult times, taking turns, parents over 40, creating a village
Program for Early Parent Support: Self-Care for Parents	

POST-PARTUM DEPRESSION / MENTAL HEALTH	
Resource	Type of Information
National Child and Maternal Health Education Program: Moms' Mental Health Matters	
Postpartum Dads: Helping Families Overcome Postpartum Depression	
Postpartum Support International: Resources for Fathers	
Postpartum Support International: Tips for Postpartum Dads and Partners	
Psychology Today: The Mental Health of Dads Matters	Family wellbeing
The Postpartum Husband: Practical Solutions for Living with Postpartum Depression	Book by Karen Kleiman, M.S.W

PREGNANCY	
Resource	Type of Information
American College of Obstetricians and Gynecologist: A Partner's Guide to Pregnancy	Information on various topics related to pregnancy
American College of Obstetricians and Gynecologist: Patient Education FAQs	Information and resources

RELATIONSHIPS	
Resource	Type of Information
Help Guide Trusted Guide to Mental and Emotional Health	Resources and Information
Help Guide Trusted Guide to Mental and Emotional Health: Relationships and Communication	
Help Guide Trusted Guide to Mental and Emotional Health: Relationship Help	
Love is Respect: Sex and Healthy Relationships	
Program for Early Parent Support: Creating Healthy Families	
Psychology Today: 10 Truths to Keep Your Relationship Healthy	
Psychology Today: 50 Characteristics of a Healthy Relationship	

RESOURCES IN SPANISH	
Resource	Type of Information
National Responsible Fatherhood Clearinghouse	
Healthy Children: Childhood Looks Better When Dad is in It (Spanish)	
The American College of Obstetricians and Gynecologists: Patient Education Pamphlets - Spanish	
YouTube: Picture Alternatives - Los Pequeños Exploran	
YouTube: National Fatherhood Initiative - Lightsaber Spanish	