THE FUNDAMENTALS OF FATHERHOOD

PRE-GAME WARM-UP



1
MODULE

A LETTER FROM THE CREATOR

When John Widiger, General Manager of Youngblood Automotive, said he wanted to host a Dad-2-Dad Networking Lunch at the dealership for his employees and the community at large, I knew he understood the importance of fatherhood. When he cleaned out his showroom floor, provided a guy-friendly barbecue lunch, invited all his people to participate, and shared his own "fatherhood story," I knew he meant what he said. Many people say they believe in the importance of father engagement, but John meant what he said, said what he meant, and did what he said he would do.

John Widiger and John Youngblood (owner of Youngblood Automotive) stand together in their support of responsible fatherhood through Good Dads. Together, they are a powerful force for good as they promote father engagement. When they asked about sponsoring the *Fundamentals of Fatherhood* course, a new resource for dads based on a sports and coaching model, we were delighted with their request.

When Good Dads began as a 501(c)3 in 2015, it did so with a foundational belief in the importance of the local community and its support. I recognized the connection between father absence and many of the problems we face today, e.g. poverty, child abuse and neglect, mental health concerns, crime, and community safety. I also knew it was unlikely smaller communities outside of major cities would ever receive governmental funding to help them address those problems. With this in mind, I emphasized to business owners the benefits of promoting father engagement. Responsible fathers make better employees because they work harder for their families. Responsible fathers are better citizens because they want good schools and safe environments for their children. Responsible fathers are more engaged, not only with their children, but with things that make the places where they live better for all concerned. They also tend to have more resources, suggesting they can enhance the local economy.

Fundamentals of Fatherhood, the program you see here, is the result of a partnership between Good Dads and Youngblood Automotive. It features a variety of coaches sharing their wisdom and insight on how to coach for success. Just as coaches strive to help their team have a winning season, so fathers play a critical role in the success of their team, i.e. their children and family.

Fundamentals of Fatherhood is focused on helping any dad, including stepdads, grandfathers, and father figures, to be the best dad they can be. The material is fun and interactive. It helps dads encourage and support each other. It's intended to help any father gain and enhance the skills he already possesses as he builds relationships with other fathers who share the goal of being the best dad possible for their children.

One of the best parts of this program is that it truly demonstrates how a community can own the problem of father absence and come together to encourage and enhance father engagement. When cooperative efforts like this exist, it's hard to say just how far the impact may go. It takes time to build these kinds of partnerships, but programs like the one you have in your hands simply would not exist without people like Youngblood Automotive. They make their community a great place to live for all concerned.

Dr. Jennifer Baker
Founder and Executive Director, Good Dads

YOUNGBLOOD

KIA NISSAN

DOWN TO THE BASICS

When something is **fundamental**, we consider it to be necessary and essential. Without good fundamentals, it's difficult or nearly impossible to be successful. In this lesson we'll talk about what fundamentals are required to be a good dad by comparing being a father to coaching a sports team. We'll begin by considering what coaches think matters, that is, the fundamentals of coaching.

Directions: Coaches from the clip listed **six** features, habits or attitudes that they find necessary for success. In the space below each term, define it in your own words. Think: *What does each trait look like in my own life as a dad?*

1. **Consistency**

2. **Planning**

3. **Time Together**

4. **Competitive Readiness**

5. **Excellence**

6. **Culture**

What other traits are important for dads to be successful?

COACHING CONNECTIONS

Directions: *Find one dad in the room you don't know well and ask about the following:*

1. Name, age, and what he would like to be called in the group
2. Names and ages of his children
3. Something unique or memorable
4. A favorite food or activity
5. One thing he would like to get out of this class

WHO'S ON THE TEAM?

Directions: Use the space below to catalog the names of your classmates. You and your fellow fathers will spend the next eight sessions together, so it'll be important to know who they are.



Winning comes after connection

"As you grow together, you stay together.
And as you stay together, then you can experience
the winning that comes with it."

- Coach Corey Gipson

A WINNING SEASON

Directions: Imagine you are having a "winning season" with your family. What does this look like? Who is present? What are you doing? Draw a picture of you and your family having a winning season. Don't worry about being a great artist. Just have fun with it.

WINNING HABITS

Great coaches and teams have habits, practices, rhythms and routines that contribute to their success. What are some of the things they do to help them achieve their goals?

Directions: Use the first box below to brainstorm five winning habits **you** need in your own life. Be prepared to share your responses aloud. Next, as a group brainstorm and list 5 habits of winning coaches and their teams. How do your two lists compare?

1.

2.

3.

4.

5.

1.

2.

3.

4.

5.

TEAMWORK EXPECTATIONS:

Directions: Laying down ground rules for your expectations in class is important. Think: *What standards are important to me? How do I want to be treated?* Answer the prompts below.

Attendance

I expect ...

Confidentiality

I expect ...

Respect

I expect ...

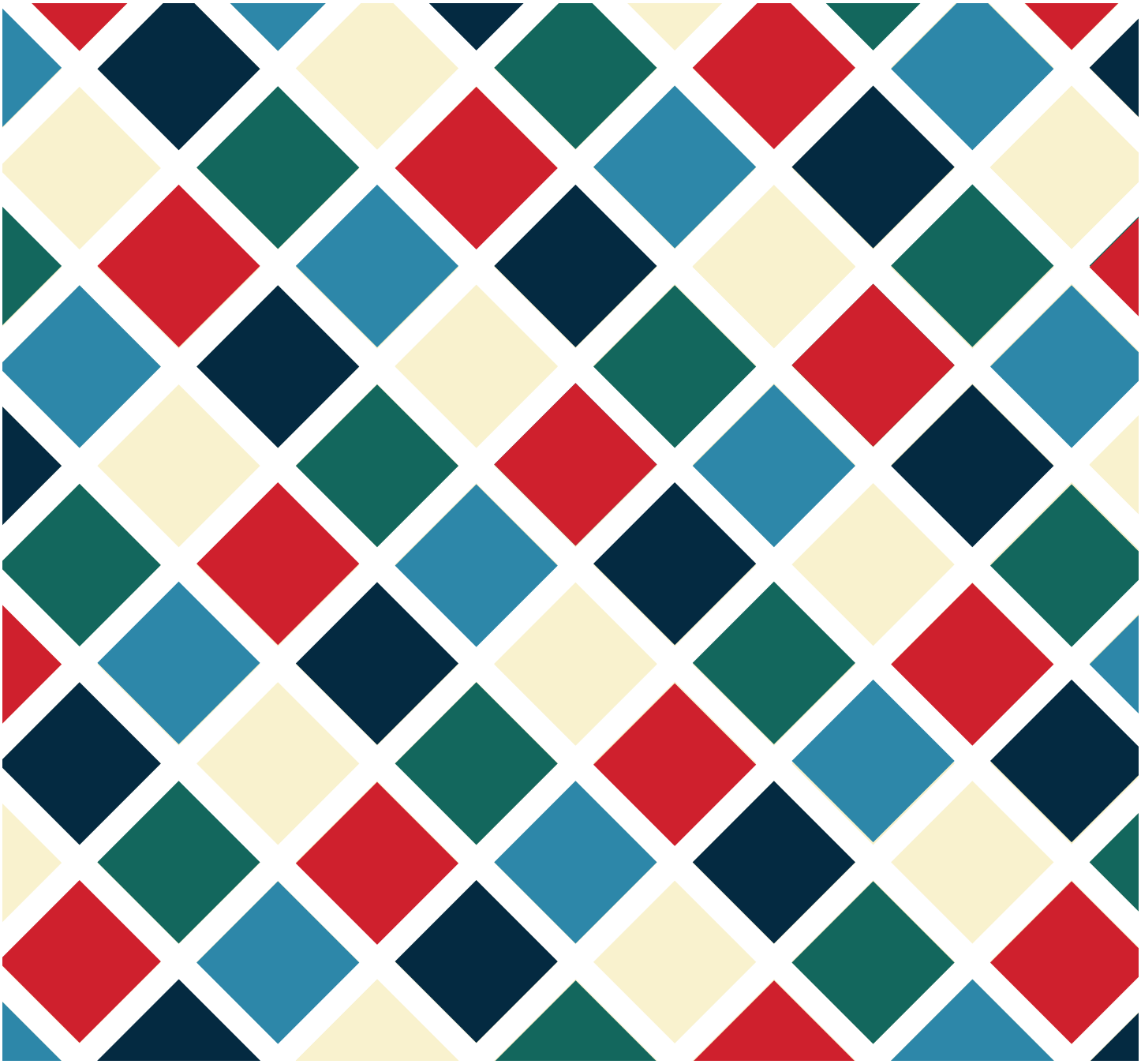
Cell phone use

I expect ...

Behavior

I expect ...

Use the space below for your Training Takeaways.



YOUNGBLOOD

KIA NISSAN

GOOD DADS

"Helping Kids One Dad at a Time"

205 West Walnut Street, Suite 10
Springfield, MO 65806
417.501.8867
www.gooddads.com

Fundamentals of Fatherhood© is the intellectual property of Good Dads. Curriculum development by Jennifer L. Baker PsyD MFT, Drew Dilisio MS, and Diana Dudenhoeffer. *Fundamentals of Fatherhood* is underwritten by Youngblood Auto Group. Page design by Diana Dudenhoeffer. Video production by Nathan Springer. Cover photo by Michael Morse from Pexels.

Special thanks to coaches Dave Collins, Corey Gipson, Chuck Hepola, Jon Leamy, Scott Nasby, and Frank Tristan. Printed by Liberty Press in Springfield, Missouri.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without prior written permission of the publisher, except in the case of brief quotations embodied in reviews and certain other non-commercial uses permitted by copyright law.