



# Dads share why they participated in fatherhood programs

The Child and Family Research Partnership asked dads about their lives and their experiences in fatherhood programs.

Here's why dads said they participate in the fatherhood program, in their own words:

"...it made me feel not alone in this world with going through these issues and problems...it was very comforting to know that other men were going through similar things."

"I think this program should be mandatory for people out of prison...it gives us instructions to treat women and treat kids, to treat ourselves. What to look forward to and not only that, it gives us a sense of belief that we can do it."

"This program has helped me to know and understand that it's equal. It's both parents' jobs to encourage their kids or family, and it just makes it way better. We communicate more with each other and encourage each other, love on each other, and just for me to know that it's okay to do that."

"...this class has helped me to communicate with my kids, and to love on my kids, to encourage them. It's something that I wish I would've had before."

"I knew there was more to being a parent than what I thought there was. I took the class...with an open mind, [I] wanted to learn."

"You got to hear different sides of the stories, so it opened up my mind. I really enjoyed...the approach of it. It wasn't like, 'this is what a good dad looks like.' It was more like, 'think about your kids, how they would feel,' and just more of a reflective program rather than a dictator kind of program...I really liked that they didn't make you feel inadequate."

"I was just looking to make a change. I was just tired...I wanted to feel better and feel like I was making the right decisions."