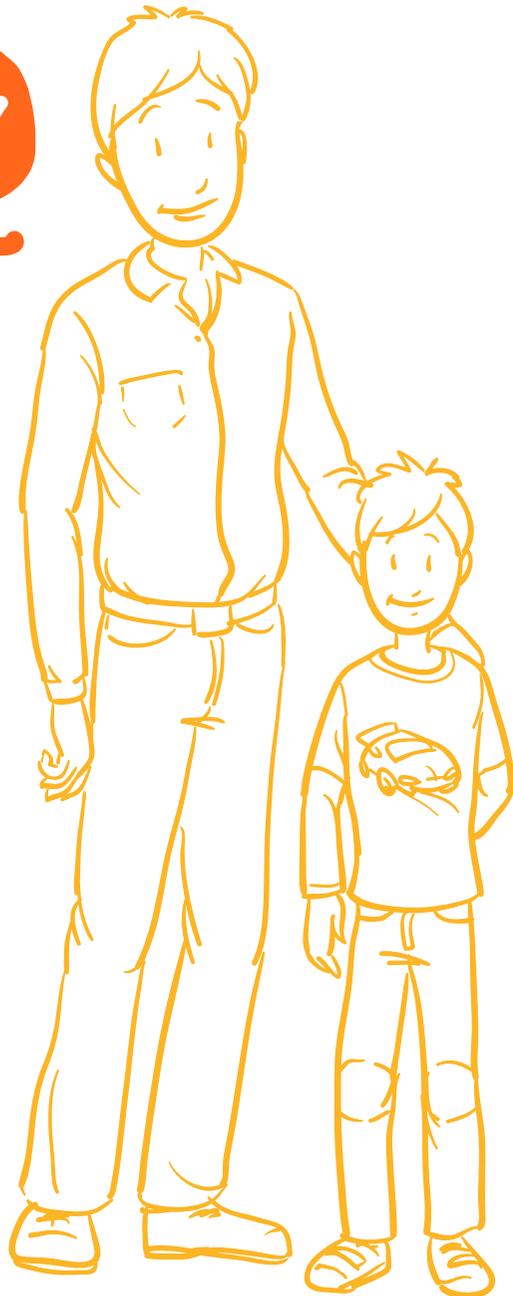
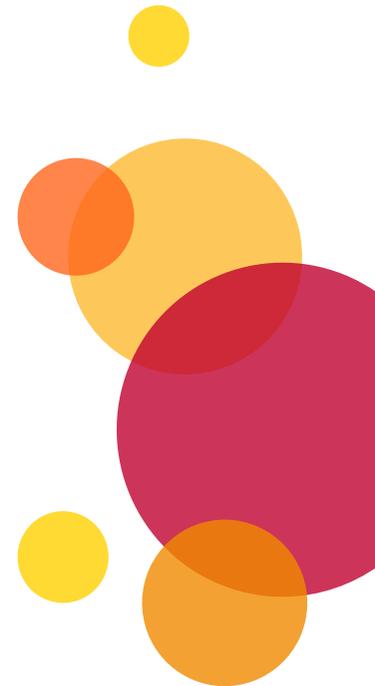


'Daddy Cool'



- ★ How do you feel about becoming a Dad?
- ★ What are you excited about?
- ★ Who will you talk to about these feelings?
- ★ What are some of your fears?
- ★ Who will you talk to about these fears?
- ★ What kind of dad do you think your kids would like you to be?



Connecting with your unborn baby



Research findings show the importance to children and families, of supportive father involvement:

1. When fathers have been with their newborn for at least the first hour after birth, they are able to identify their own baby apart from two others, while blindfolded. (Kaitz et al 1992)
2. A father's presence at the birth of his child, and contact (particularly skin contact), with the baby in the first hours after birth, deepens his involvement with his child in the early months of life. (Rodholm M 1981)
3. Children have strong feelings about what they want in their dads: men who are positive role models, who offer support, stability, guidance, and respect, who spend quality time with them and who show their love and affection through physical contact. (Milligan & Dowie 1999)



Every Child is Unique



For each of your children:



Name 4 words to describe him or her.



Name 4 words to describe you.



Who does your child remind you of?



In what ways is he or she different from you?



In what ways is he or she the same as you?



Mindful Walking



Mindful Walking allows you to be more present in your body and in the present moment.

So much of the time we are caught up in our intellectual worlds — thinking of the past or future, planning, imagining...

Paying attention as you walk will help you to enjoy simply being alive and connecting with the present mindfully - paying attention with flexibility, openness and curiosity.

A simple mindful walking practice is just to breathe in while taking a step with the left foot and breathe out when taking a step with the right foot.

Breathing is always available as a point of reference - a reminder to be present.

Walking is almost always available.

Mindful Walking can be done very slowly or at a normal walking pace. It's simply a matter of synchronising breath and footstep.

Before you start walking it is a good idea to stand quietly and focus on your breathing for 3 breaths and then commence your mindful walking practice.

Walk for 3-5 minutes if time allows. If you are busy, walk for as long as time permits. Even one minute of mindful walking will help bring you back into the present moment.



Mix and Match Cards



Conception to 2 years

Conception

I am exposed to everything my mother is whilst she is pregnant.

9 weeks

All of my essential organs – heart, brain, kidneys, liver and lungs are functioning.

16 weeks

I can hear when my parents sing and talk.

25 weeks

I may be startled by loud noises. Very loud sounds can cause changes in my heart rate.



Mix and Match Cards

29 weeks

I may begin to smile especially
in my sleep.

34 weeks

I can close my eyes when I sleep
and open them when awake.

Birth

I recognise my parent's voices
from the moment I am born.

2 months

I can tell differences in adults
facial expressions.

4 Months

I respond to angry expressions
with distress.
I can experience and show fear
and sadness.



Mix and Match Cards

6 months

I can tell the difference between joyful and angry voices.

10 months

I can detect emotions in the adults around me and my behaviour will be affected by those adult's emotions.

12 months

If I am mobile I will be less frustrated about being able to get around and this makes me feel good.

18 months

I can feel good or bad about myself and express pride, guilt, embarrassment and shame.

2 years

I know I am separate from others and I am able to compare myself with others.



Personality



Every child's personality is unique to them. Personality helps explain why a child reacts to the world the way he does.

Below are scales from 1 to 10 for a range of different aspects of personality. Think about your child. Mark a cross where you would place him/her of each scale.

 **Complete the scales for each of your children.**



 **Now repeat this exercise for yourself.**

Using a different coloured pen, rate yourself against. Compare your ratings with those of your child. Do you find it easier or more difficult, to relate to a child who has a similar personality to your own?



Reflections on Culture



Name three values you have learnt from your family.

1

2

3

Then ask yourself:

- Do you still hold these values today?
- How might they have influenced the way you/ your grandparents/ parents raised their children?
- Are they something you intend to pass on to your own children?

Name three customs that you and your family have around events such as birthdays, Christmas, weddings or funerals.

1

2

3

Then ask yourself:

- Are they different from what other people do at these times?
Think about your friends, people you work with, or people from a different culture.
- How are they different?
- Where do these customs come from for your family?



Reflections on Culture



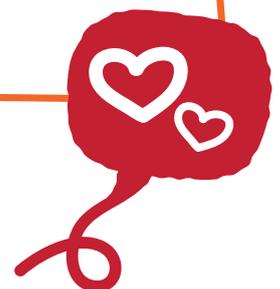
Draw a visual representation of your own culture.

Try to include some aspects of:

- your beliefs, values and philosophies and ambitions
- your symbols, languages
- your customs, traditions, dress, food, home, lifestyle, behaviours, health practices

A large, empty rectangular box with a hand-drawn orange border, intended for drawing a visual representation of one's culture.

Share your drawing with another participant from a different culture (is possible).
Talk about how different or similar your culture is from that of the other person.



Timeline of what I can do



2 Years



I know I am separate from others and I am able to compare myself with others.

18 Months



I can feel good or bad about myself and express pride, guilt, embarrassment and shame.

12 Months



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