Institute of Health Visiting
Excellence in Practice

Reflective Journal on Father Inclusive Practice for Healthcare Professionals

Interreg 2 Seas Mers Zeeën PATH
European Regional Development Fund

DAD MATTERS

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EXERCISE ONE - THOUGHTS ON FATHERHOOD

a. What does the word father make you think of?

b. What is your idea of a 'good' father?

c. Do you know where this idea comes from?

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EXERCISE TWO - PRACTITIONER / FATHER QUIZ	
Complete this quiz to understand what kind of approach you take when working with fathers and how well you feel you engage with them.	
QUESTION	**Select your answer from the drop downs below**
1. Do you know the names of the fathers in the families you work with?	
2. Do you ask about a father's emotional wellbeing at each visit?	
3. Do you explain to fathers that the service is there to support the whole family?	
4. Do you enquire about fathers who are not living in the household?	
5. Do you enquire about the couple relationship?	
6. Do you offer information about how becoming a parent can affect couple relationships	
7. Do you provide any of the following interventions to fathers/partners?	
a. Screening using a validated tool	
b. Listening visits	
c. Parenting advice	
d. Information about parent/infant relationships	
8. Do you ever cite any research about fathers?	
9. Do you signpost or refer dads to services?	

Your score	**0**	**What type of practitioner are you?**	**Mothers only thank you**

Scoring tables:

Answer	Score
No	0
Some/sometimes	1
Most/most of the time	3
All/all of the time	4

What type of practitioner are you?	Score
The Father Advocate	37-48
How's Dad/Mum/Gran?	25-36
Mothers only thank you	24 or less

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EXERCISE THREE - DEVELOPING FATHER - INCLUSIVE SERVICES

a. Can you identify any barriers which make it difficult for you to engage with fathers? Reflect on how you could improve your practice

Thinking about your own service and reviewing service policy and practice please consider the following:

- **Does your service have KPIs/outcome measures specifically in relation to fathers?**
- **Do appointments support father involvement?**
- **Is the physical environment inclusive of fathers e.g. additional chairs in rooms, pictures on the walls etc?**
- **Do Serious Case Reviews highlight themes about fathers?**
- **Are fathers involved in the co-production of any resources or service developments?**

Now answer the following:

b. How well do you feel local policy and practice is inclusive of fathers? Please tick one.

Not inclusive — **Very inclusive**

c. What changes could you suggest to ensure fathers needs are considered?

d. How can you address this in your work area?

e. What support might you need to do this?

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"I think other Dads should let their emotion show and it's okay to be a softy. We all put on these men masks for societies acceptance. It's time we just learn to be ourselves and raise our kids to be the same."

– Dad, Manchester

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