



Outcomes Evaluation and Program Effectiveness Conscious Fathering Program

Focus of the Program: The Conscious Fathering Program's main focus is to empower and encourage expectant fathers to define themselves as competent partners in the care and nurturing of their infant children.

This is accomplished by teaching the men their infant's five basic needs:

- The need to be fed on a regular basis
- The need to burp after feeding
- The need to be clean and dry at regular intervals (diaper changing)
- The need to be rested and
- The fifth basic need...to cry.

In the Conscious Fathering Program, men learn how to meet and anticipate their baby's needs by practicing on a life size doll with real clothes and diapers. During the 2 ½ hours of the class the attendees are "walked through" a baby's typical cycle of care and are taught the basic tools they will need to care for their infant during the first 3 months of life.

By addressing the child's basic needs, and learning how to meet those needs, men are better able to cope with a crying infant. In knowing how to eliminate the potential causes of baby's cries (are they hungry, need to be burped, changed...etc) men are better able to understand that sometimes we cannot explain why a baby is crying. For the typical inexperienced new father this is a powerful tool for overcoming the "what am I doing wrong" syndrome.

By the end of the class men are better equipped, more confident and feel capable of caring for their new baby in harmony with mom from the first moments of baby's life. They are able to recognize their many potential contributions to baby's well being and most importantly, they feel more bonded to their baby from that very first day.

The program is currently available in 8 hospitals around Puget Sound:

- Auburn Regional Medical Center
- Bates Technical Institute
- Highline Community Hospital
- Northwest Hospital
- Overlake Hospital
- St. Peter's Hospital
- Swedish Hospital Ballard Campus
- Swedish Hospital First Hill Campus

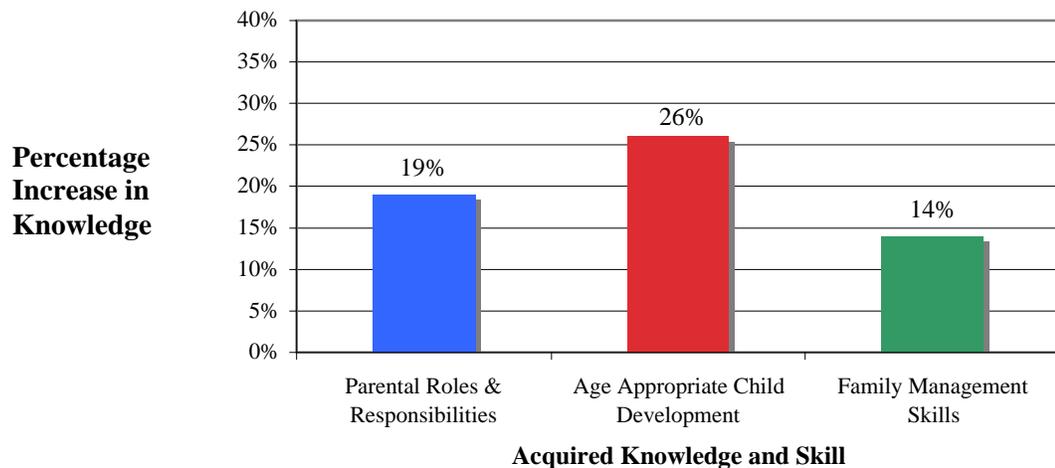
Program Effectiveness of Conscious Fathering Program:

Outcome Goal: 60% of participants will increase their knowledge/skills by 10%.

- **72% of participants reported a 19 % increase in knowledge of the parenting role and responsibilities.**
- **91% of participants reported a 26% increase in knowledge of age appropriate child development.**
- **89% of participants reported a 14% increase in knowledge of family management techniques.**

Conscious Fathering Program Effectiveness Data (2004-2005.)

Conscious Fathering Effectiveness Data



The numbers in this chart represent points on a 10-point Lichert scale. 0 points = 0% knowledge and 10 points = 100% proficiency in knowledge

Interesting note fathers know their importance in the lives of children.

There is a common misconception that men do not understand their importance to their own children. Our data indicates the opposite. On the eve of fatherhood men who filled out our survey knew how important they are in the lives of their children. On a ten point Lichert scale fathers rated their importance between 9 and 10.

For more information please contact

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