

Welcome!

We are so glad you are here!

We will get started shortly.
In the meantime, we invite you to intentionally enter this space.



Silence your cell phone



Stretch



Close the door



Take a few deep breaths



Close browser windows



Emotionally release your to-do list



Check your audio and video



Take a bio break

Fatherhood Talk Tuesday

Tuesday, September 12, 2023 || 3:00pm – 4:30pm ET

NICHQ
National Institute for
Children's Health Quality

HEALTHY
start
TA & SUPPORT CENTER

Fatherhood Talk Tuesday

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The Healthy Start TA & Support Center is operated by the National Institute for Children's Health Quality (NICHQ). This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 1 UF5MC327500100 titled Supporting Healthy Start Performance Project.

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Agenda

Housekeeping

Danisha Charles
**Healthy Start TA & Support
Center (TASC)**

Welcome

Kenn Harris
TASC

Introduction

Andre Nelson
TASC

**Grantee Spotlight:
DadLab**

Jay Cherney, PhD
**Albert Einstein Healthcare
Network**

**Infant Mortality
Awareness**

Heather Wilson
Kennedy's Angel Gowns

Wrap-up

Danisha Charles
TASC





This session is being recorded.



All participants are muted upon entry. We ask that you remain muted to limit background noise.



Participants are encouraged to share comments and ask questions using the chat box.

Welcome

Kenn Harris

Healthy Start TA & Support Center

*Fatherhood Talk Tuesday
Hosted by the Healthy Start TA & Support Center at NICHQ*

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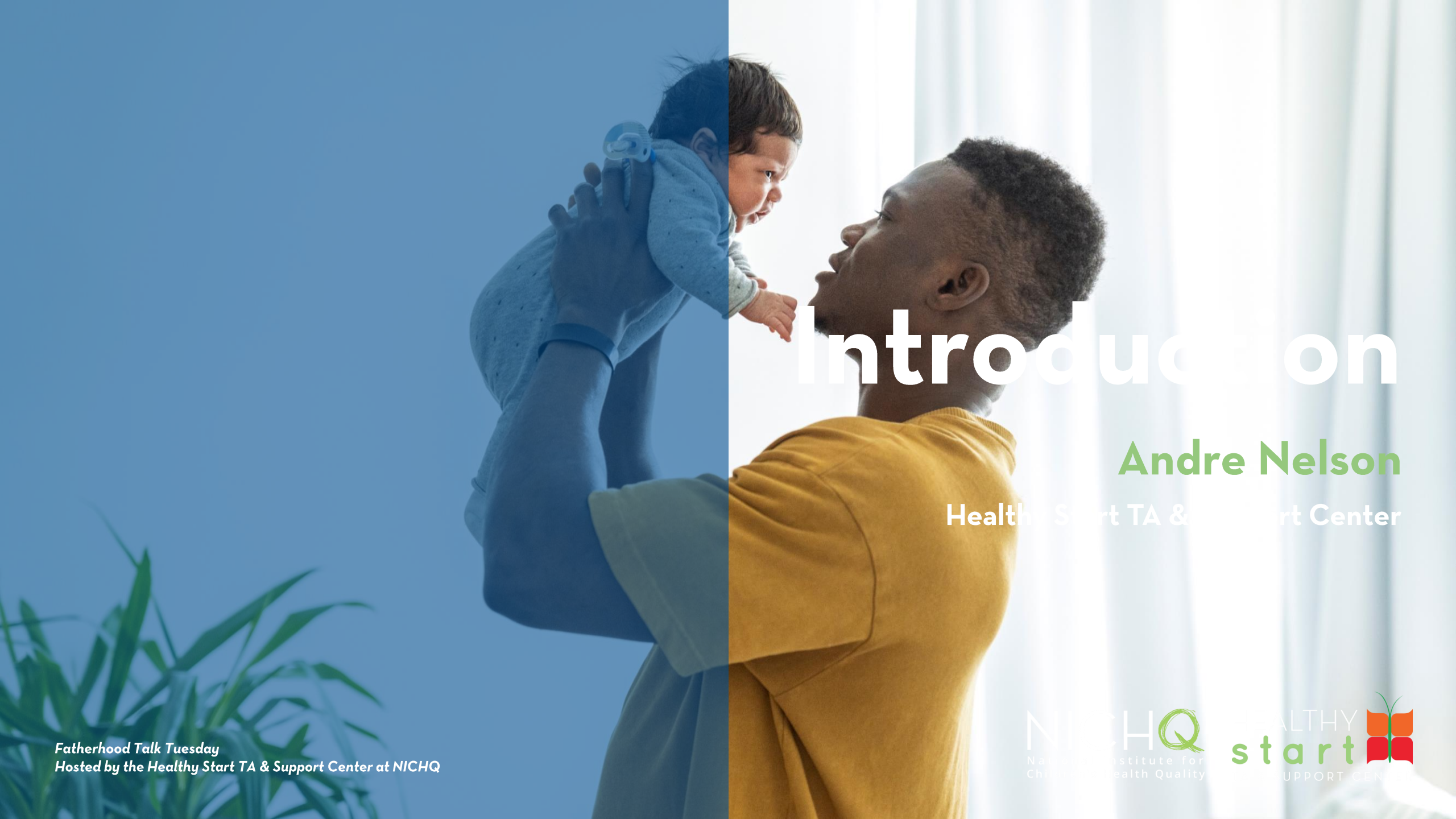
September is also National Sickle Cell Awareness Month! Find out more about NICHQ's work to improve access to care and resources for children living with sickle cell disease and their families. **Find out more.**



National
Infant
Mortality
Awareness
Month

+

Improving Birth Outcomes and Celebrating More
First Birthdays



Introduction

Andre Nelson

Healthy Start TA & Support Center

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Grantee Spotlight: DadLab

Jay Cherney, PhD
Albert Einstein Healthcare
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DEVELOPING DADLAB

The Unique Value of a
Peer Learning Community for
New Father

JAY CHERNEY, PH.D.



SEEDS OF DADLAB

- My background: psychologist focused on relationship building.
- Learning from my grandsons: Neotony
- Idea for DadLab emerges unexpectedly: money story, purpose-driven philanthropy
- Deep dive into fatherhood programs, surprising findings, globally
- Chronic challenge everywhere: men asking for help—Promundo in doctors offices



ABINGTON
HOSPITAL TO
EINSTEIN
MEDICAL CENTER

WHY A PEER COMMUNITY?

- New fathers as pivotal time for intervention—peak anxiety & motivation
- Solid start in biggest emotional transition has huge benefits
- Men more open to peer input vs. advice from experts
- Professional purpose shifts from repair to prevention
- Wounded world--healing comes from stronger bonds, community



WHY A PEER COMMUNITY?

- Expert advice is useful—but there are **many good ways to parent a child**
- Each baby, family are unique—life-long experimenting to discover your best way
- Powerful learning: sharing stories with peers going through similar experiences
- Ongoing, open-ended group

WHEN FATHERS ARE MORE ENGAGED...

- Decreased risk of prematurity and infant mortality
- Higher father confidence, positive interactions, with child, future engagement with child
- Stronger co-parenting relationships
- Better physical and mental health for dad
- Advances child social, emotional, language development, long-term academic progress, reduces risk of future substance abuse

ASSUMPTIONS SUPPORTING DADLAB

- Parenthood: most complex, challenging & joyful job in your life
- Can feel like becoming a different person; new kind of pressure
- How does anyone learn to parent? (patterns installed growing up can be edited, with awareness)
- Parenting: series of experiments, life-long learning—trials and errors, no, learning!

QUESTION FOR NEW MEMBERS:

- What are (or will be) your greatest joys as a father?
- Greatest challenges?

TOPICS EMERGE: MIX CORE THEMES WITH NEEDS IN THE MOMENT

- Many good ways to be a parent—what's your style?
- How can you manage co-parenting differences?
- Losses and gains as new parents; self care vs. baby care
- Managing emotions, within & between partners: chaos, emotional overload—mindful parenting
- Bonding with baby: importance of serve-and-return interaction
- Sparking life-long learning in parenting

PARENTING BASICS: HOW DO YOU PUT LOVE INTO ACTION?

- Healthy food, shelter, sleep
- Holding, soothing, affection
- Protection from physical harm—balanced with allowing independence
- Interaction, stimulation, responsiveness, empathy, Serve and return interaction
- Firm but flexible limits, saying no, encourage self-soothing
- Exposure to new people and environments
- Structure, routines, traditions for predictability and safety
- Allow expression of their emotions, patience with frustration
- Space to explore and play on their own
- Demonstrating values

MOMS INCLUDED!

(ULTIMATE GOAL:
COHESIVE FAMILIES)

- Core goal: deepen father engagement
- Moms can be key arm twisters for men
- Co-parenting communication and negotiation are pivotal
- Began in person, together and separate

DADLAB DIARY: STORIES THAT INSPIRE (REFERRALS)

- Capture stories of great fathering, how nurturing men can be
- Sharing with OB, Pediatrics and Centering staffs to trigger referrals
- Sharing with DadLab text list

CO-FACILITATORS

- Clarence Iszard, M.S. community connector
- OB Nurses
- Balancing parenting universals & local community culture





WHAT'S A PARENT'S PURPOSE?

THE GARDENER
AND THE
CARPENTER BY
ALISON GOPNIK

- Promise of “parenting”: set of techniques, to shape children—best sleeping, eating practices
- Is there a correct blueprint, like a carpenter’s plan?
- Instead of caring for children as work, to produce smart or happy or successful adults, shift model to a kind of love.
- Love doesn’t have goals, benchmarks, blueprints: not to shape their destiny but help them shape their own.

DADLAB QUOTE
OF THE WEEK

IF YOU DIDN'T COME FROM A
GOOD FAMILY, TRY TO HAVE A
GOOD FAMILY COME FROM
YOU.

WANT TO TALK
MORE?

Jay.Cherney@Jefferson.edu

267-241-0422



Infant Mortality Awareness

Heather Wilson
Kennedy's Angel Gowns

Fatherhood Talk Tuesday
Hosted by the Healthy Start TA & Support Center at NICHQ



Kennedy's angel gowns



Heather Wilson

Co-founder, Executive Director

Heather loves to sew 'angel gowns' and delivers comfort to mothers so they don't suffer in silence through their loss. She speaks wherever she can to raise awareness of the silence that surrounds infertility, miscarriage, early neonatal loss, stillbirth, and infant loss. Heather has over 10 years experience in human resource services. She is a case manager at the Steven A Cohen Military Family Clinic at The Up Center.

f in



Demitri Wilson

Co-Founder

Demitri supports with shipping and managing inventory. His contagious smile lights up a room and he continues to honor his daughter's legacy by working however he can to help other bereaved families. He and his wife Heather have two children; Demitri often referred to as "little Demitri" and their rainbow baby Ryleigh. Demitri works full time as a battalion chief at Suffolk Fire & Rescue.

MISSION & VISION

Kennedy's Angel Gowns exists to support bereaved families faced with pregnancy and infant loss and significantly improve the maternal health of the community through counseling and education.

While it is devastating for an infant to die, it also leaves parents unprepared for a funeral. Kennedy's Angel Gowns helps these families with a [free infant burial gown](#) so they can honor their children.

In addition to the garment, Kennedy's Angel Gowns offers emotional support. We visit the hospital, make phone calls, and connect with parents for as long as they need us.

Kennedy's Angel Gowns strives to support the pregnancy and infant loss community within the 757 area first, then wherever God needs us.



Raising Awareness

We are raising awareness of infertility, miscarriage, neonatal loss, stillbirth, and infant loss. Many endure the experience feeling alone or isolated and often unable to talk about their loss. When they do, the reactions of others often brings regret. Our mission is to help break that silence and isolation so people can heal and be surrounded by a community that understands.

Kennedy's
angel gowns

Give your wedding dress
a new purpose

heather@kennedysangelgowns.org



Satisfaction Survey

Your feedback is extremely valuable and will help ensure our offerings meet your support needs!

NEXT FATHERHOOD TALK TUESDAY

Positive Parenting & Mental Health

Tuesday, October 10

3:00pm – 4:30pm ET

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Fatherhood Cohort
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Real Dads Forever with Doug Edwards

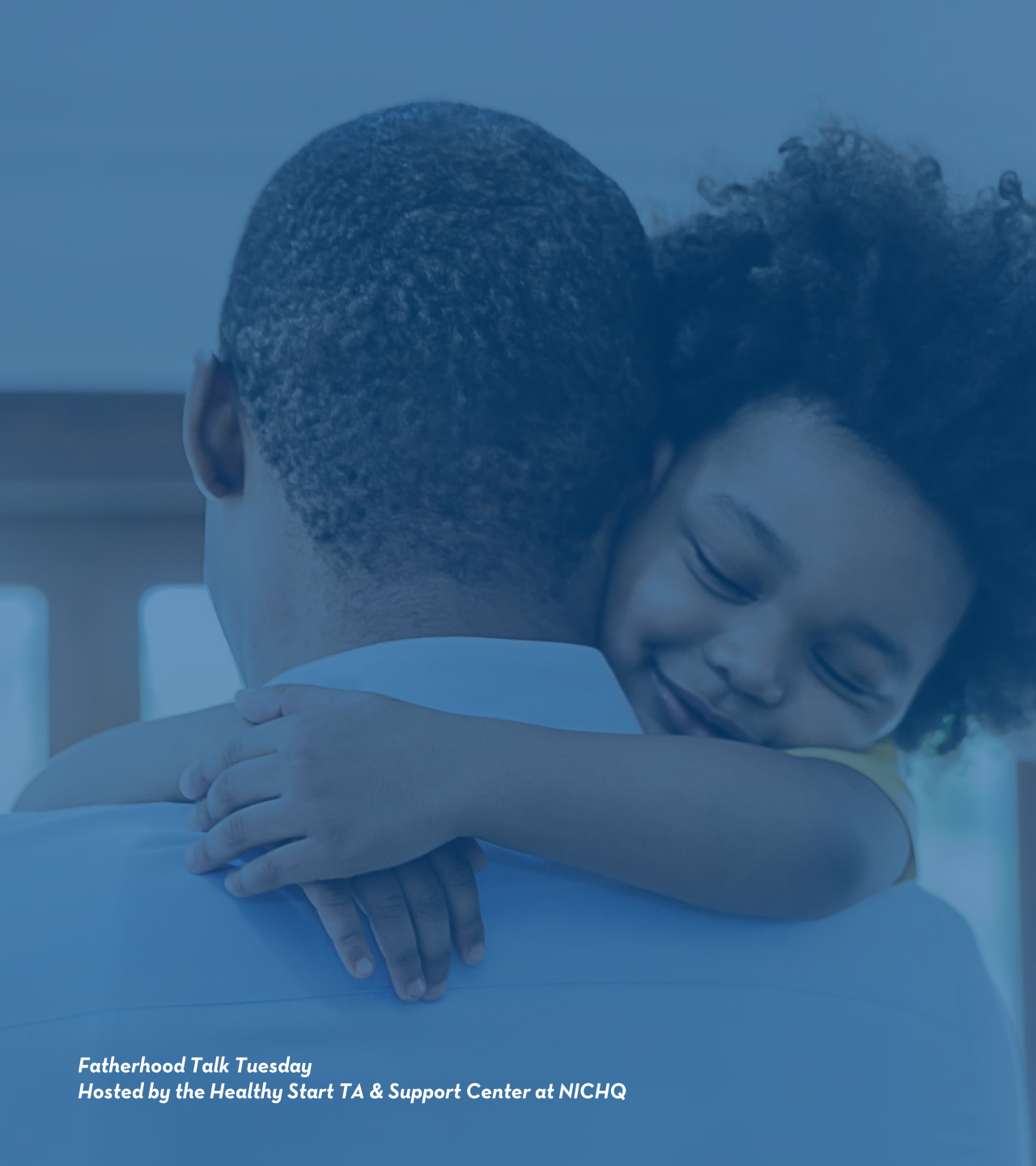
Paternal Prenatal Early Attachment Training

Saturday, September 16 & 23

The Paternal Prenatal Early Attachment Curriculum is designed for parents, to strengthen and enhance their support of mothers and children during pregnancy and after birth.

The curriculum is intentionally and consistently infused with suggestions to cultivate empathy, emotional understanding, and caring. Practical ideas to educate fathers will be explored in an interactive fashion providing them with tools to navigate the perinatal experience and the first 1,000 days of their child's life with success.





Thank you !

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