

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

Continuing the Conversation: Lessons from the Love4Dads Summit

Thursday, May 7, 2026 | 3:30 - 4:30 PM ET



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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.



Agenda

Opening	Karen Chustz Healthy Start TA & Support Center (TASC)
Welcome from Division of Healthy Start & Perinatal Services (DHSPS)	Kristal Dail DHSPS
Advancing Fatherhood Engagement in Healthy Start: Lessons from the Love4Dads Summit	4Kira Team
Q&A	All
Mentimeter Poll	All
Next Steps & Closing	TBD





Opening

Karen Chustz

Healthy Start TA &
Support Center

*Continuing the Conversation: Lessons from the Love4Dads Summit
Hosted by the Healthy Start TA & Support Center at NICHQ*





Welcome from the Division of Healthy Start & Perinatal Services

Kristal Dail
DHSPS

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love 4 dads

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ADVANCING FATHERHOOD ENGAGEMENT IN HEALTHY START LESSONS FROM THE LOVE4DADS SUMMIT

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WEBINAR AGENDA

About 4Kira4Moms / 4Kira4Dads

Love4Dads Summit: Purpose and Overview

Coaches' Track Recap

Dads' Track Recap

4Kira4Dads PCOE Program Model

Key takeaways and Implementation Framework

Survey Results and Upcoming Events

Q&A, Feedback

Closing



ABOUT THE PARTNERS



NICHQ & Healthy Start TASC

- National Institute for Children's Health Quality
- Sponsors the Healthy Start TA & Support Center (HS-TASC)
- Advances fatherhood engagement across Healthy Start grantees
- Drives quality improvement in maternal and child health

4Kira4Moms / 4Kira4Dads

- Founded by Charles Johnson in memory of Kira Johnson
- National advocate for maternal health policy reform and equity
- 4Kira4Dads is the newest initiative: Paternal Centers of Excellence
- Equips fathers as advocates for partners and families





CHARLES JOHNSON

FOUNDER / PRESIDENT



GABRIELLE "GABBY" ALBERT, MBA

EXECUTIVE DIRECTOR



VALERIE NEWSOME GARCIA, PHD

DIRECTOR OF PROGRAMS & GRANTS



KEN FRANCISCO

MARKETING & ADMINISTRATIVE ASST.

WHY FATHER ENGAGEMENT MATTERS

- Engaged fathers improve maternal and infant health outcomes
- Father involvement supports breastfeeding, postpartum recovery, and bonding
- Dads are a "first line of defense" during pregnancy, birth, and postpartum
- Father engagement is a system-level strategy — not an add-on service
- Supporting dads supports the whole family
- 84% of maternal deaths are preventable, Dads can help reduce this number



LOVE4DADS SUMMIT OVERVIEW

- Inaugural Love4Dads Fatherhood Summit
- February 2–4, 2026 | Hotel Colee, Buckhead, Atlanta, GA
- Presented by 4Kira4Moms / 4Kira4Dads
- Sponsored by NICHQ / HS-TASC
- Audiences: Fatherhood Practitioners, Dads, Healthy Start grantees, Partners
- Focus: Strategies, Best Practices, and Tools to advance fatherhood in MCH



2026 SUMMIT AGENDA AT-A-GLANCE

Monday, Feb 2

- 5:30–7:30 PM — Welcome Reception
- 4Kira4Dads Locker Room Lounge
- Dad Games, CPR training, fatherhood resources, vendors, curated men's lounge

Tuesday, Feb 3

- 9:00 AM — Opening Plenary / Fireside Chat
- 10:45 AM — Concurrent Sessions (Coaches & Dads Tracks, Session 1)
- 12:30 PM — Lunch: Advocacy in Action / "The Ebony Canal"
- 1:45 PM — Concurrent Sessions (Session 2)
- 3:15 PM — Wrap-up & Closing Poem

Wednesday, Feb 4

- 9:00 AM — Dads Appreciation Breakfast
- Keynote: Kenneth Braswell
- "Dad's Got Something to Say" — Charles Johnson & Gabby Albert
- Call to Action
- 10:30 AM — Wrap-up & Conference Reflections



SUMMIT VIDEO RECAP



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LOVE4DADS SUMMIT STRUCTURE: TWO TRACKS

Track 1 – Training Camp for Coaches

- **Audience: fatherhood practitioners, community advocates, leaders**
- **Best practices for engaging fathers in maternal health**
- **Building father-supportive systems within Healthy Start**
- **Trauma-informed and culturally humble care**
- **Leadership development for practitioners**

Track 2 – Training Camp for Dads

- **Audience: fathers and partners from Healthy Start communities**
- **Wellness, mental health, and emotional support**
- **Communication and advocacy in healthcare**
- **Father-led storytelling and community leadership**
- **Strengthening family partnerships through peer learning**



LOVE4DADS COACHES' TRACK | OVERVIEW

Session 1 — 4Kira4Dads PCOE Locker Room Session & Men's Huddle

Session 2 — Panel: Supporting Dads in Crisis, Trauma, and Grief

- Focus: engagement strategies, trauma-informed care, system-level change
- Huddle activities applied concepts to participants' own communities



LOVE4DADS COACHES' TRACK SESSION 1

4Kira4Dads PCOE Locker Room Session

Facilitators: Gabrielle "Gabby" Albert | Sylvester Pierce | Dr. Valerie Newsome-Garcia | Mario Reyes

4Kira4Moms leadership training in facilitation of the PCOE Locker Room curriculum

Overview of the three pillars: Awareness & Training, Healing Networks, Agency & Advocacy

- Curriculum modules: Warm-ups, 4 Quarters (trimesters + postpartum), Overtime (fatherhood 3mo-2yr+)
- Tools: expert-led modules, interactive playbooks, "Hey Coach" AI chat, digital resource hub
- Huddle activity: build a recruitment and marketing strategy for your own community



LOVE4DADS COACHES' TRACK SESSION 2

Panel: Supporting Dads in Crisis, Trauma, and Grief

Moderator: Dr. Brandon Frame | Panelists: Charles Johnson, James Hogue, Armand Kadima

- Discussion of risks in pregnancy and birth
- Birth planning and crisis planning
- Healing after trauma and loss
- Knowing your resources
- Huddle activity: develop a crisis-plan template for client use



LOVE4DADS COACHES' TRACK | KEY INSIGHTS

- Peer learning and moderated panels make space for vulnerability
- Real-world scenarios (huddles) translate theory into practice
- Crisis, trauma, and grief must be named – not glossed over
- Emotional support is a skill set practitioners can be trained in
- Father engagement is a system-level strategy, not an add-on



LOVE4DADS DADS' TRACK | OVERVIEW

Session 1 – Supporting Breastfeeding and the Postpartum Period / 4Kira4Dads App Demo

Session 2 – How to Be a DADvocate / ACTT Role Play

- Focus: education, advocacy, peer support, mental and emotional wellness
- Huddle activities created safe spaces for fathers to give and receive support



LOVE4ADS DADS' TRACK SESSION 1

Supporting Breastfeeding & the Postpartum Period | A Dad's Role

Facilitators: James Hogue, Gabrielle "Gabby" Albert, Charles Johnson

Breastfeeding + postpartum is a family event, not a solo mission

- "You don't have to be perfect. You just have to be present."

Support changes outcomes

Huddle – Men's Huddle: a safe space for fathers to give and receive support on topics of concern

4Kira4Dads PCOE app demo: video walk-through and in-session registration



DADS: THE BIG MISUNDERSTANDING

"Support" is not "Stay out of the way."

Real support is:

Protection

Planning

Patience

Presence

The Dad's Job: advocate, protect the environment, learn the basics, handle logistics, watch your partner — not just the baby.



PRACTICAL SKILLS COVERED IN SESSION 1

- Breastfeeding 101 (no-shame edition): nursing, pumping, combo, supplemental
- What breastfeeding really requires: calories, hydration, sleep, less stress, encouragement
- The first week: cluster feeding, pain, doubt, hormone shifts
- 3 best moves during a feed: refill, adjust, take baby after to let mom rest
- What NOT to say – and what to say instead
- Protecting the postpartum "bubble": visitors, noise, invisible work
- The "Shift System" for nights – one uninterrupted sleep block each



POSTPARTUM REALITY CHECK

Common experiences

- Mood swings
- Crying spells
- Anxiety
- Sleep struggles
- Overwhelm

Red flags — call a professional

- Hopelessness, panic, or scary thoughts
- Feeling detached from baby
- Insomnia even when baby sleeps
- Talking about wanting to disappear

Dads get postpartum too.

- Anxiety / depression
- Shutdown or irritability
- Feeling invisible
- Pressure to "be strong"
- Financial fear
- Sleep deprivation



LOVE4DADS DADS' TRACK SESSION 2

How to Be a DADvocate

Facilitators: Gabrielle "Gabby" Albert | ACTT: Emmitt Henry & Danielle Allen (Black Coalition for Safe Motherhood)

- Dad-as-Advocate: 3 advocacy principles
- Before, during, and after: prep, protect consent and calm, follow through postpartum
- In the room: your job in 5 moves
- Scripts and buy-time questions for hard conversations
- Coercion red flags – and what to say
- Escalation ladder when your partner isn't being heard
- Advocacy that can change outcomes



THE ACTT FRAMEWORK

From the Black Coalition for Safe Motherhood

A

Ask Questions
until you
understand
the answers

C

Claim Your Space
physical & mental

T

Trust Your Body

T

Tell Your Story

Human right to respectful, safe, quality care | Right to ask questions | Right to be fully informed



4KIRA4DADS PCOE | PROGRAM MODEL

Paternal Center of Excellence – three pillars

Awareness & Training

Essential pregnancy information and interactive playbooks for men to participate across the 9 months and postpartum.

Healing Networks

Spaces for men to be supported – emotional guidance and safe spaces to talk about concerns and complications.

Agency & Advocacy

Practical advice and resources so fathers can step into their role as advocate and first line of defense.



PCOE CURRICULUM STRUCTURE

A "playbook" across the full perinatal journey

- **Warm-Ups** — Family Planning & Pre-Conception
- **Quarter 1** — 1st Trimester (conception–12 weeks)
- **Quarter 2** — 2nd Trimester (13–27 weeks)
- **Quarter 3** — 3rd Trimester (28–40 weeks)
- **Quarter 4** — 4th Trimester / Postpartum Period
- **Overtime** — Fatherhood, 3 months to 2 years and beyond



4KIRA4DADS APP & RESOURCE HUB

Users can:

- Access expert-led modules on pregnancy health, labor prep, and newborn care
- Engage with interactive content designed for male learners
- Ask questions through "Hey Coach," an expertly trained AI chat
- Use the companion website (www.4kira4dads.com) as a digital resource hub
- Find vetted referrals — the hub connects, it does not provide medical advice



LOVE4DADS DADS TRACK KEY TAKEAWAYS

- Father engagement improves maternal and infant outcomes
- Support is a skill – and it can be taught
- Crisis, trauma, and grief belong in the conversation
- Advocacy tools (ACTT) give fathers language and power in healthcare settings
- 4Kira4Dads provides a ready-made curriculum, app, and resource hub
- The path forward: move from family-engaged to family-centered care



IMPLEMENTATION FRAMEWORK

A starting point for Healthy Start sites

1. Assess

Audit current father-engagement practices, staff capacity, and data gaps.

2. Integrate

Embed the PCOE curriculum, app, and trauma-informed practices into services.

3. Measure

Track father-focused indicators and outcomes; iterate based on findings.



LOVE4DADS CALL TO ACTION

- Engage fathers early – at intake, not postpartum
- Build partnerships with local fatherhood programs and peer leaders
- Train staff in trauma-informed and culturally humble engagement
- Adopt the 4Kira4Dads PCOE curriculum and app at your site
- Share stories and outcomes back into the learning community





SUMMIT SURVEY RESULTS

DR. VALERIE NEWSOME-GARCIA

DIRECTOR OF PROGRAMS & GRANTS

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UPCOMING EVENTS & OPPORTUNITIES

- ACTT Facilitator Training — Black Coalition for Safe Motherhood
- 4Kira4Dads PCOE Locker Room cohort dates
- Community events and conferences





Q & A TIME!

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THANK YOU FOR ATTENDING
**WHEN FATHERS ARE SUPPORTED,
FAMILIES THRIVE.**

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Seeking Additional Support?

Visit the Healthy Start TASC website or scan the QR code below to submit a TA request.





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