

# Caring Dads Program

The Caring Dads program is a structured 17-week intervention designed for fathers who have used DV, aiming to help them become more child-centred and accountable in their parenting.

It combines elements of motivational interviewing, parenting education, and cognitive behavioural strategies to support men in recognising the impact of their behaviour, taking responsibility for harm, and developing healthier relationships with their children.

The program also promotes respectful co-parenting and long-term behavioural change, with a strong focus on child safety and emotional wellbeing.

## Weeks 1-3: Building Trust & Motivation

**Goal:** Engage fathers in reflecting on their parenting and relationships.

- **Focus:** Motivational interviewing, personal reflection.
- **Activities:** Explore personal experiences as sons and fathers, set initial goals, begin homework.
- **Outcome:** Develop trust and readiness to engage in change.

## Weeks 4-8: Child-Centred Fathering

**Goal:** Increase awareness and practice of child-centred parenting.

- **Focus:** Parenting education, child development, respectful co-parenting.
- **Activities:** Learn about the impact of abuse and trauma on children, practice listening and playing with children, support mother-child relationships.
- **Outcome:** Shift from parent-centred to child-centred behaviours.

## Weeks 9-14: Accountability for Harm

**Goal:** Recognise and take responsibility for abusive or neglectful behaviours.

- **Focus:** Cognitive behavioural strategies, goal setting.
- **Activities:** Identify harmful behaviours, understand their impact, set and track personal change goals.
- **Outcome:** Increase accountability and commitment to behavioural change.

## Weeks 15-17: Consolidation & Future Planning

**Goal:** Rebuild trust and prepare for long-term change.

- **Focus:** Shame resilience, help-seeking, future planning.
- **Activities:** Reflect on long-term impact of past behaviours, set realistic relationship expectations, plan for continued progress.
- **Outcome:** Strengthened commitment to safe, respectful parenting.