

# Using Father-Inclusive Strategies to Develop a City-Wide Initiative to Support Fathers

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## What is Cambridge Dads?

- A joint program of the Cambridge Public Health Department's Agenda for Children Literacy Initiative (AFCLI) and the Department of Human Service Programs' Center for Families (CFF) to respond to the lack of dads engaged in programming.
- Seeks to deliver and engage dads in equitable parenting programming and change the culture of Cambridge's social services network to be more father-inclusive.

## Program Components

At **Dads and Kids** events, dads and children spend time together while engaging in structured activities such as playing, cooking, and swimming.

In FY 2019, **182** dads and **279** kids attended.


At **Dads Only** events, workshops, and activities, dads learn, connect with each other, and build a supportive community.


In FY 2019, **190** dads attended.



## Communication Platforms

 **Cambridge Dads**  
388 followers

 **@CambDads**  
436 followers

 **Weekly Texts**  
366 subscribers

## Engaging dads in human services and parenting programs requires:

- Cross-agency collaboration
- Dedicated staff
- Strengths-based father-inclusive policies and practices
- Targeted engagement strategies
- Incorporating dads' voices in the design of programming.

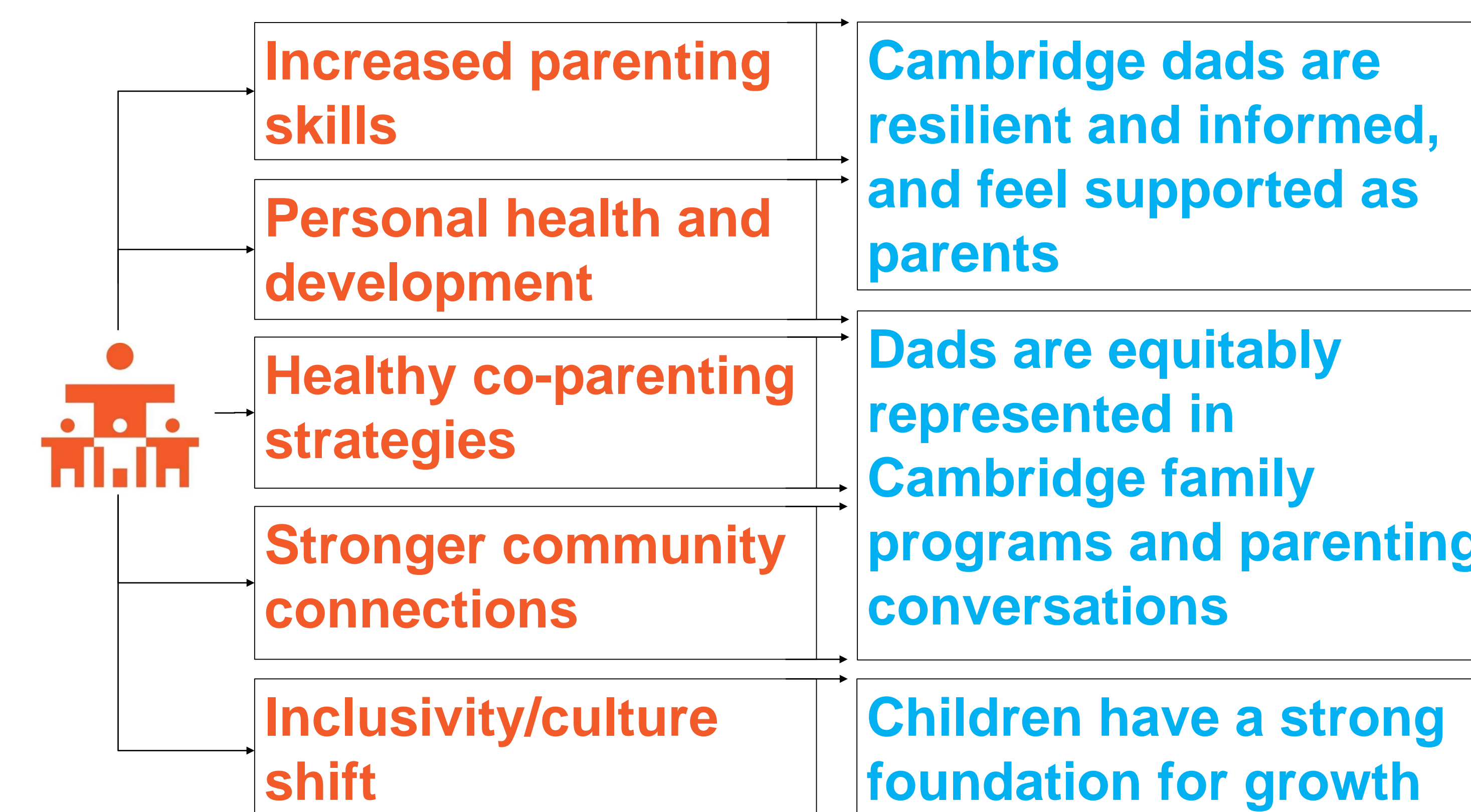


The first group of Nurturing Fathers graduates gained skills to support healthy family relationships and child development.

## Cambridge Dads Evaluation

### Developing a Logic Model

Cambridge Dads and the Institute for Community Health created a logic model detailing the path from **program activities** to **impacts** on dads, children, families, and Cambridge overall.



### Collecting Information from Cambridge Dads

Through intensive outreach, the Cambridge Dads team received survey responses from a diverse group of **266** Cambridge dads.

### Survey Respondents

**53%** of color

**51%** born outside of the United States, together representing **38** countries

Children's ages ranged from prenatal to 18+



### Acting on Evaluation

Cambridge Dads will use the survey responses to inform program additions and changes, such as providing workshops on topics of interest to dads.

### Dads' Top 5 Topics of Interest

1. Understanding your child's development
2. Discipline and behavior
3. Playing with your children
4. Stress management
5. Communicating with partner/co-parenting