Talking Points

Facilitating Healthy Relationships Discussions with Father Group

- Discuss the importance of establishing the culture of the group
- Explore healthy co or parallel parenting practices (as a reference for supportive parental family engagement)
- Identify strategies for keeping co-parenting discussions positive so groups do not devolve into “mom-bashing sessions”
- Explore trauma and challenges that create and maintain toxic co-parenting relationships
- Understand lifelong impact of toxic co-parenting relationships on children
- Understanding your child’s needs
- Discuss the practice conscious parenting
- Identify mindful practices to collaborate
- Discuss the meaning of a good parent and/ or what makes fathers feeling like good parents
- Explore the significance of emotional intelligence in co-parenting