

FACILITATOR GUIDE

**DISCUSSION GROUPS:
"FATHERS: FULLY ENGAGED PARENTS"**

**QUEBEC FATHERHOOD WEEK
JUNE 2018**

semainedelapaternite.org



Regroupement
pour la Valorisation
de la Paternité

Discussion groups : "Fathers: Fully Engaged Parents"

Duration : 90 minutes

The present guide was prepared for organizations that wish to hold a discussion on the theme "Fathers: Fully Engaged Parents" during the 2018 Quebec Fatherhood Week. The discussion can include both fathers and future fathers. If you have questions concerning this guide, feel free to contact the RVP at the following coordinates :

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INTRODUCTION

10 minutes

1. Presentation of the facilitator
2. Presentation of the discussion group
3. Objectives of the discussion
 - Exchange views on fatherhood issues
4. Rules of the discussion
 - No right or wrong answer
 - Everyone's opinion is welcome
 - You are encouraged to react to the comments of others
 - Feel free to express your opinion even if it differs from those of others
 - Duration of the discussion: 90 minutes
5. Introduction of the participants
 - Your name
 - Your age
 - YOUNG FATHERS: family description (number, age of children; partner; etc.)
 - FATHERS: a few words on your parenting project (since when have you been planning this?, how do you approach this project?)

SECTION 1 - FATHERHOOD

15 minutes

- This evening's discussion centres on fatherhood. To begin with, how would you describe being a father?
- What does it mean to become a father? How does it change a man's life?
- Is a father any different from a mother? (PROBE: How does it differ, how doesn't it differ?)
- What is your idea of a model father? Tell me about the fathers that have influenced you.
- FATHERS: Personally, how would you describe yourself as a father? Compared to the models you have known, how are you alike as a father? How are you different?
- FUTURE FATHERS: How do you foresee the kind of father that you would like to be? Compared to the models you have known, in what ways would you want to be like them as a father? In what ways would you like to be different?

SECTION 2 - A FATHER'S INVOLVEMENT AND SHARED PARENTING

15 minutes

- As a father, how important is it for you to be involved with your children?
- To what extent is it important for you to team up with the mother to plan and look after the children's needs, their education, leisure activities, as well as parental responsibilities and household tasks, etc.?
- FATHERS: How do you manage things in your family? Do you and the children's mother share the same view of shared parenting?
- FUTURE FATHERS: Do you and your partner share the same view of shared parenting? Have you discussed the issue?

SECTION 3 - THE SOCIETY'S PERCEPTION OF FATHERHOOD

15 minutes

- Do you have the impression that, in our society, the involvement of fathers with their children is as valued as that of mothers? Do you have the impression that fathers are treated the same way as mothers? If so, why? If not, why? Give some examples.
- When you think of all the information available on parenting, whether on the internet, in government pamphlets, in magazines, etc., do you find that it addresses fathers and mothers alike?

SECTION 4 - ASPIRING FOR THE BEST

30 minutes

What could be done, collectively, in our public policies, to favour a full recognition of the realities of fatherhood? If possibilities were limitless, if we could forget about obstacles and allow ourselves to aspire for the best, what could we change in our society so that Quebec might become a “paternal paradise?”

PROBE: ...in our legislation, in government programs, within various sectors of society, etc.

Here are some ideas that have been circulating on how to include the realities of fatherhood – while respecting equality between women and men – within public policy and the available family services. I would like your thoughts on these.

Parental leave: Add two weeks to the paternity leave and encourage fathers to take the parental leave so as to favour equal parenting.

Perinatality: During the perinatal period, adapt the practices, the interventions, and the services offered in the health and social services network so as to welcome and favour the engagement of fathers toward their young child.

Family–work balance: Favour the implementation of concrete measures to balance family and work in order to encourage more equal parenting especially in predominantly male environments.

Educational success: In accordance with the Government of Quebec’s “Stratégie 0-8 ans,” establish and implement differentiated accompaniment measures for Quebec mothers and fathers so as to favour the educational success of their children.

Support for fathers in need: Increase support for fathers in need and their children through better financing of community organizations focusing on their needs, and through improved services offered by the health and social services network.

In addition to these, what other concrete measures would help better include the realities of fatherhood within our public policy and the available family services?

CONCLUSION

5 minutes

In closing, if you had a single recommendation so that Quebec fathers might experience a fully satisfying fatherhood, what would it be?

Thank you for your participation!