



**Director of Programs**  
The Fatherhood Project at  
MGH

**Acclaimed Author**  
*The Modern Dad's Dilemma*

**International Speaker**  
on Fatherhood

"John's work engaging dads in schools and family life couldn't be more timely and important."

Dr. Michael Thompson,  
Bestselling Author of NY Times  
Best-Seller *Raising Cain*

"Your workshop provided a great venue for dads to emotionally connect with their children... It also invigorated our school to seek further father involvement opportunities."

Tanna Horner,  
Head of the Lower School  
The Out of Doors Academy, FL

## DIALOGUES WITH DAD: A WORKSHOP FOR FATHERS & CHILDREN IN LOWER SCHOOLS (K-3)

### THE STATE OF FATHERHOOD TODAY (AND WHY IT MATTERS TO SCHOOLS)

Findings from the rapidly growing science of early childhood and brain development show that a father's *active participation* and *emotional engagement* with his children – not the amount of time fathers spend with children, rather how they interact with them – leads to multiple positive outcomes, and serves as a significant protective factor against high risk behaviors in both girls and boys. This holds true for resident and nonresident fathers alike. For example:

- More frequent father engagement in their child's literacy and education results in higher achievement levels in reading and math for the children.
- Positive father engagement is associated with lower levels of impulsivity, higher ratings of self-control, and better stress tolerance.
- Fathers who become involved in school settings early in their children's lives are more likely to stay engaged longer.

At The Fatherhood Project at Massachusetts General Hospital, we believe that educators working with families in schools have an unprecedented opportunity to leverage these important findings. **Our work in schools focuses on:**

1. Strengthening the essential emotional connection between fathers and their children in the early years by providing a fun, interactive workshop at school (see detailed description below).
2. Educating the parent community about the positive impact fathers have on child outcomes when they are actively involved in children's lives at home and school.
3. Empowering school and parent leaders to create a more father-inclusive school environment

*\*The terms 'dad' and 'father' are meant to be inclusive of all adult primary or significant caregivers, including but not limited to stepfathers, grandfathers, coaches, mentors.*

### DIALOGUES WITH DAD WORKSHOP OVERVIEW

Offered in the morning ('Breakfast With Dad'), evening, or in conjunction with another school event, such as 'Bring Your Dad To School Day,' a service learning project, an awards dinner, etc.

*Dialogues With Dad\** focuses on strengthening the essential emotional connection between dads and their children in the early years. Led by John Badalament, this interactive workshop experience gives dads and kids the opportunity to have fun together while learning and practicing lifelong relationship skills. Highlights include:

- **Social and Emotional Learning (SEL) skills** introducing concepts of self-awareness, feelings, moods, and empathy while also giving fathers and children a common language for communication.
- **Information on early childhood development** to help fathers understand the critical role they play in their child's happiness, health, and well-being.
- **Takeaway brain-builder activities** for dads to foster their child's healthy brain development while doing everyday activities like playing, reading, doing chores.

*\*Children whose parents cannot make it for any reason are encouraged to attend with an important adult in their lives (grandparent, family member, coach, and mentors)*

### MODERN DADS: THE CRITICAL ROLE MEN PLAY IN CHILDREN'S LIVES

John speaks to the wider parent community on this topic on the evening before or morning of the *Dialogues With Dad* workshop. This talk can be offered as 'Just for Dads/Just for Moms.'



"I sincerely enjoyed every aspect of the workshops, especially the time my daughter and I had to connect. She was so proud of this picture of us working together."

**CEDRIC, DAD OF 7 YEAR OLD**

#### PAST CLIENTS

The following is a partial list of clients John has worked with:

#### SCHOOLS

Belmont Hill School, MA  
Buckley School, NY  
Cranbrook Schools, MI  
Chestnut Hill Academy, PA  
Elizabeth Public Schools, NJ  
Fairfield Country Day, CT  
Fenn School, MA  
Hackley School, NY  
Int. School of Brussels, Belgium  
Belmont Day School, MA  
De La Salle High School, CA  
Montgomery Bell Academy, TN  
St. Sebastian's School, MA  
St. Lukes School, CT  
Stuart Hall School, CA  
Town School, CA

#### CONFERENCES

NAIS Annual Conference  
International Boys' Schools  
Coalition Annual Conference  
NY State Assoc. of Indep. Schools  
Indep. Schools of the Central States  
CA Assoc. of Independent Schools  
European Council of Int. Schools  
National Head Start Conference  
NAIS Summer Diversity Institute

## ADDITIONAL WORKSHOPS FOR PARENT ASSOCIATIONS AND FACULTY GROUPS

### BEYOND DADS & DONUTS: BUILDING & SUSTAINING AN ENGAGED DAD COMMUNITY

*Small Group Session for Parent Association, Admin, Faculty and Parents OR Faculty Presentation.*

This workshop illustrates how children and families, including those *without* a dad or male figure in their lives, as well as the school community can benefit from a more father-inclusive environment.

*\*The terms 'father' and 'mother' are meant to be inclusive of all adult primary or significant caregivers in a child's life.*

#### ABOUT JOHN BADALAMENT

John Badalament is the Director of Programs at The Fatherhood Project at Massachusetts General Hospital. He is the author of the acclaimed *Modern Dad's Dilemma: How to Stay Connected with Your Kids in a Rapidly Changing World* and director of the PBS documentary *All Men Are Sons: Exploring the Legacy of Fatherhood*. His work has been featured on ABC News, National Public Radio and in *Men's Health*, *The Boston Globe*, *Los Angeles Times*, *Huffingtonpost.com*, and *Independent School*.

Over the last two decades, John has spoken and consulted internationally in schools, government agencies, and nonprofit and private-sector organizations. For the last three years, John has been recognized in the *New York Times* by Endabuse.org for his commitment to ending violence against girls and women.

In 2012, John was invited to the White House for the *Champions of Change Father's Day* meeting with other national leaders. In 2016, John was invited to The White House again for the administration's first-ever *Dialogue On Men's Health*.

With a Master's degree from the Graduate School of Education at Harvard University, he has worked in independent school settings as a counselor, teacher, and dean of students. He lives with his wife and two school-aged children outside of Boston.

#### ABOUT THE FATHERHOOD PROJECT AT MGH

The mission of The Fatherhood Project at MGH — founded by Dr. Ray Levy, Assistant Clinical Professor of Psychiatry at Harvard Medical School with 33 years of clinical experience — is to improve the health and well-being of children by empowering fathers to be active, informed, and emotionally engaged with their children and families.

#### FOR SCHEDULING, FEES AND OTHER INFORMATION

For speaking engagements with John Badalament, The Fatherhood Project has a varying fee structure for schools as well as lower fees for presentations within driving distance of Boston. To schedule a speaking engagement, get a fee quotation or learn more about our school programs, please contact Jen Doherty at The Fatherhood Project: [jdoherly21@mgh.harvard.edu](mailto:jdoherly21@mgh.harvard.edu) or (617) 724-0806