

Happy Dads. Healthy Babies.

Infant Vitality Toolkit



When a dad is healthy, happy and strong, babies will be too! The free Infant Vitality Toolkit helps men learn how to be the best dads they can be to help their babies grow, learn and thrive. Topics include:

Career and Life Planning

- Resources to help fathers set goals, scholarship tips for single dads, successful strategies for going back to college or looking for a career

Facilitator Tools:

- PowerPoint Slides (*Quiz questions are included*)

Supplemental Materials:

- 7 Scholarship tips for single dads – (Scholarship America)
- 7 tips for adults going back to college – (Ameritech)
- Successful Strategies for Going Back to College – (Franklin University)
- Following through on goals – 5 part process – (Pick your Brain)
- Life Plan/Goals Template – (online source)

Dads and Child Support

- Understand tips and resources for custody issues
- Understand the importance of being a present parent
- Understand how to establish parenting time

Facilitator Tools:

- PowerPoint Slides (*Quiz questions are included*)

Supplemental Materials:

- Are you the father? Establishing Paternity – (Ohio Commission on Fatherhood)
- Father's Online Resources for Custody Issues
- Guidelines of Child Support – (Strengthening Ohio's Child Support Programs)
- NFI Absent Father Statistics – (NFI)
- Parenting Time and Making a Parenting Plan – (Legal Aide)

Dad's Role in Breastfeeding

- Understand the benefits of breastfeeding
- Understand the role fathers play in breastfeeding

Facilitator Tools:

- PowerPoint Slides (*Quiz questions are included*)
- Visit Ohio Father's training link - https://opnff.net/nbnf_training.asp for facilitator materials
- Breast for Success: Father Curriculum for Breastfeeding Education Outline (pdf)
- Breast For Success Modules – (Ohio Practitioners' Network for Fathers and Families)
 - 1A – What's so great about breastfeeding?
 - 1C – Breastfeeding – Glad you Asked!
 - 1D – Fathers Want Healthy Smart Babies
 - 1B - "What about my life?" – Moms often ask this question when they think about breastfeeding. As a father, you can help them work through these concerns and focus on the health of your baby!
 - 2A- Dads are needed for breastfeeding
 - 2B: How can we work this out together?
 - 3A: All about Latch – Help the mother of your baby say no to pain
 - 3C - "Is my baby getting enough milk" and How to Make Milk.

Supplemental Materials

- Visit Ohio Father's training link - https://opnff.net/nbnf_training.asp for handouts for dads
- Infant Vitality Resource Page – Breastfeeding section

Financial Education and Independence

- Understand how to manage personal finances and work toward financial stability/independence

Facilitator Tools:

- PowerPoint Slides (*Quiz questions are included*)
- FDIC *Money Smart* (<https://www.fdic.gov/consumers/consumer/moneysmart/index.html>)
The curriculum can be downloaded, <https://catalog.fdic.gov/store/adults>.
- FDIC *Money Smart* Curriculum Guide (pdf)
- Guide to Presenting Money Smart for Adults (pdf)
- Tips and Success Story (pdf)

Supplemental Materials:

- Download the *Money Smart* curriculum by FDIC – for handouts for dads (<https://catalog.fdic.gov/money-smart-adults-english-download>)
- Financially Preparing for a Baby – (Dave Ramsey Website)
- Baby Budgeting Guide – (Money Magazine)
- Financial Planning Worksheet – My New Money Goal (CFPB, pdf)
- Credit Report Review Checklist – (CFPB, pdf)
- Savings Rules to Live By – (CFPB, pdf)
- Behind on My Bills – (CFPB, pdf)

Maintaining Healthy Co-Parenting Relationship

- Understand how to maintain healthy relations with the mother of your child

Facilitator Tools:

- PowerPoint Slides (*Quiz questions are included*)

Supplemental Materials:

- Co-Parenting Communication Guide by The Association of Family and Conciliation Courts (pdf)
- 7 Tips for Healthy Co-Parenting with a Toxic Ex (*Divorce Magazine*)
- 10 Signs of a Healthy Co-parenting Relationship (*Verywell Family*)

Men's Role in Pre-Birth Care

- Understand the role of the father in ensuring mother is given proper care throughout pregnancy

Facilitator Tools:

- PowerPoint Slides (*Quiz questions are included*)

Supplemental Materials:

- *Ways Fathers to be can help* – (Ohio Commission on Fatherhood)
- *Basic Information on Prenatal Care* – (U.S. Department of Health & Human Services Office on Women's Health)

New Dads and Depression

- Understand fathers get postpartum depression too, and that you're not alone

Facilitator Tools:

- PowerPoint Slides

Supplemental Materials:

- Postpartum Depression in Men – Information – (Parents.com)
- How to Help with Father's Postpartum Depression – (PostPartumMen.com)
- Suicide Prevention Lifeline

Assessment of Learning: Quiz Questions Included

Pregnancy Prevention

- Gain knowledge of safe sex practices and local spots to receive contraceptive care

Facilitator Tools:

- PowerPoint Slides

Supplemental Materials:

- List of local health centers
- List of local birth control options
- Guy's Guide to Birth Control – (BedSider.org)
- Practice Safe Sex – General Information – (Planned Parenthood)

Assessment of Learning: Quiz Questions Included

Protecting Your Baby

- Understand basic baby safety and tips to protect your baby from common threats

Facilitator Tools:

- PowerPoint Slides

Supplemental Materials:

- Healthy Babies – CelebrateOne Link (with video)
- Baby Safety guide + Baby-proofing home
- Safe Sleep Report – 2015 – (Franklin County)

Safe Sleep Recommendations – (First Candle)

Assessment of Learning: Quiz Questions Included

Quit and/or Prevent Tobacco, Alcohol, or Drug Use

- Understand what it takes to end substance abuse, as well as the consequences of continued use for you and your baby

Facilitator Tools:

- PowerPoint Slides

Supplemental Materials:

- How to Quit Smoking – (CDC)
- Protecting your Baby from Secondhand Smoke – (BabyCenter.com)

- Local AA Meeting Locations
- Overcoming Alcohol Dependency – Online Resources

Assessment of Learning: Quiz Questions Included

Restored Citizen Information

- Understand the Certificate of Qualification For Employment (CQE) Process

Facilitator Tools:

- PowerPoint Slides

Supplemental Materials:

- CQE Flyer 2017
 - CQE Employer Flyer 2017
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Supporting the mother of your child as she quits tobacco, alcohol, or drugs

- Understand ways to support the mother in efforts to end usage of tobacco, alcohol, or drugs

Facilitator Tools:

- PowerPoint Slides

Supplemental Materials:

- Baby and Me – Tobacco free incentive program – (Franklin County)
- Pregnant women substance abuse – General Information – (Sunrise house)
- Smoking While Pregnant – Myths and How to Quit – (bellybelly.com)

Assessment of Learning: Quiz Questions Included

This toolkit was developed by CelebrateOne, Columbus Public Health and the Ohio Institute for Equity in Birth Outcomes; September 2018.

