



## PARENTING RESOURCES AND SUPPORT GROUPS FOR MEN

### WHY MEN-SPECIFIC PARENTING RESOURCES MATTER

#### **Unique Challenges Fathers Face:**

- Societal expectations about masculinity and caregiving
- Less representation in parenting spaces
- Feeling like the "only dad" in playgroups or classes
- Work-life balance pressures
- Limited paternity leave in many workplaces
- Fewer role models or mentors for involved fatherhood
- Mental health stigma
- Navigating co-parenting or single fatherhood
- Building confidence in caregiving skills

#### **Benefits of Dad-Focused Support:**

- Connect with other fathers facing similar challenges
- Share experiences without judgment
- Learn from other dads
- Build confidence in parenting role
- Reduce isolation
- Address father-specific concerns
- Positive male role modeling
- Mental health support
- Practical parenting skills

## NATIONAL ORGANIZATIONS AND ONLINE COMMUNITIES

#### ***National At-Home Dad Network (NAHDN)***

- Website: [athomedad.org](http://athomedad.org)
- Focus: Stay-at-home fathers and primary caregivers
- Offers: Online forums, local chapters, annual convention
- Resources: Blog, podcast, meetup groups
- Free membership
- Active online community



### **Dad 2.0 Summit**

- Website: [dad2summit.com](http://dad2summit.com)
- Focus: Conference for fathers in media and parenting
- Offers: Annual summit, networking opportunities
- Resources: Blog directory, community connections
- Focus on modern fatherhood and involved parenting

### **National Fatherhood Initiative (NFI)**

- Website: [fatherhood.org](http://fatherhood.org)
- Focus: Promoting responsible, involved fatherhood
- Offers: Research, educational resources, programs
- Resources: Tip sheets, videos, toolkits
- Training programs for organizations working with fathers

### **Dads Adventure**

- Website: [dadsadventure.com](http://dadsadventure.com)
- Focus: Father-child bonding through outdoor activities
- Offers: Events, camping trips, outdoor experiences
- Resources: Activity ideas, gear guides
- Local chapters in various states

### **City Dads Group**

- Website: [citydadsgroup.com](http://citydadsgroup.com)
- Focus: Urban fathers, especially stay-at-home dads
- Offers: Local meetup groups, playdates, dad's nights out
- Resources: Blog, podcast, community forum
- Chapters in major cities nationwide
- Very active community

### **Boot Camp for New Dads**

- Website: [bootcampfornewdads.org](http://bootcampfornewdads.org)
- Focus: First-time fathers and fathers-to-be
- Offers: Hands-on workshops led by veteran dads
- Resources: Hospital-based programs, community classes
- Learn baby care basics, connect with other new dads
- Programs available in many communities



### ***The Dad Gang***

- Social media: @thedadgang (Instagram)
- Focus: Black fathers building community
- Offers: Meetups, playdates, social events
- Resources: Social media community, local chapters
- Positive representation of Black fatherhood
- Strong online presence

### ***Brown Dads***

- Social media: @brown.dads (Instagram)
- Focus: Latino and Brown fathers
- Offers: Community building, representation
- Resources: Social media content, connections
- Celebrating diversity in fatherhood

### ***Dads With Daughters***

- Website: chrisbruno.co (Chris Bruno's podcast)
- Focus: Fathers raising daughters
- Offers: Podcast, community discussions
- Resources: Interviews with experts and dads
- Topics: girl development, father-daughter relationships

## **ONLINE COMMUNITIES AND FORUMS**

### **Reddit Communities**

#### ***r/daddit***

- Large, active community of fathers
- Daily discussions, questions, celebrations
- Supportive environment
- All types of dads welcome
- Memes, advice, venting



### **r/predaddit**

- For expectant fathers
- Questions about pregnancy, preparing for baby
- Support during partner's pregnancy
- Birth stories and advice

### **r/breakingdad**

- Uncensored space for fathers to vent
- Real talk about parenting struggles
- No judgment zone
- Dark humor welcome
- Supportive community

### **r/sahp (Stay at Home Parents)**

- Includes many stay-at-home dads
- Daily life discussions
- Activity ideas, schedule help
- Work-life balance

### **r/singledads**

- Support for single fathers
- Legal advice, custody discussions
- Co-parenting tips
- Community support

## **Facebook Groups**

### **Life of Dad**

- Very large community (1M+ members)
- Daily posts, questions, humor
- Active discussions
- Product reviews and recommendations

### **Dads Who Play**

- Focus: Father-child play and activities
- Game recommendations
- Activity ideas
- Building father-child bonds through play



### **New Dad Support**

- For new and expecting fathers
- Questions about newborn care
- Sleep advice
- First-time dad concerns

### **Single Dads Network**

- Support for single fathers
- Legal and custody advice
- Co-parenting discussions
- Financial tips

### **Dad Bloggers**

- For fathers who write about parenting
- Share content and experiences
- Network with other dad writers
- Support and community

### **Local "Dads of [City Name]" Groups**

- Search for groups in your area
- Meetups, playdates, activities
- Local connections
- Community building

## **Instagram Communities**

### **@fatheringtogether**

- Daily inspiration and tips
- Community of involved fathers
- Real stories and experiences

### **@fatherhoodislit**

- Celebrating modern fatherhood
- Humor and real talk
- Community building

### **@lifeofdadshow**

- Extension of Life of Dad
- Videos, tips, humor
- Product recommendations

### **@dadsunite**

- Father community and support
- Activity ideas
- Parenting tips



## PODCASTS FOR FATHERS

### ***The Dad Edge***

- Host: Larry Hagner
- Focus: All aspects of fatherhood
- Topics: Marriage, parenting, self-improvement
- Interviews with experts and dads
- Practical advice

### ***Dad Tired***

- Host: Jerrad Lopes
- Focus: Faith-based fatherhood
- Topics: Christian parenting, marriage
- Honest discussions about struggles
- Community connection

### ***The New Dad Podcast***

- Host: Dan Doty
- Focus: First-time fathers
- Topics: Pregnancy, newborn care, adjustments
- Expert interviews
- Practical tips

### ***Dad University***

- Host: Sean Haas
- Focus: Applied fatherhood lessons
- Topics: Intentional parenting, child development
- Research-based approach
- Practical applications

### ***Fatherhood – Kevin Hart***

- Host: Kevin Hart
- Focus: Celebrity fathers sharing experiences
- Topics: Work-life balance, being present
- Entertaining and insightful
- High-profile guests

### ***The Art of Dadliness***

- Extension of Art of Manliness
- Focus: Masculine approach to parenting
- Topics: Teaching life skills, values
- Practical fatherhood



## APPS AND DIGITAL TOOLS

### **Peanut (Peanut for Dads)**

- Social networking for fathers
- Find local dads for playdates
- Chat and connect
- Event planning

### **Meetup**

- Search: "Dads" or "Fathers" in your area
- Find local dad groups
- Join activities and events
- Build local community

### **Fatherly App**

- Parenting tips specifically for dads
- Articles and advice
- Product recommendations
- Weekly newsletters

### **Baby Connect (or similar tracking apps)**

- Track baby's schedule
- Share with partner
- Coordinate caregiving
- Stay involved in daily care

### **Cozi Family Organizer**

- Shared family calendar
- Shopping lists
- To-do lists
- Meal planning
- Keeps dad connected to family schedule

## BOOKS FOR FATHERS

### **New Dad/Pregnancy**

- "The Expectant Father" by Armin Brott
- "Be Prepared: A Practical Handbook for New Dads" by Gary Greenberg
- "The Birth Partner" by Penny Simkin (for birth support)
- "Dude, You're Gonna Be a Dad!" by John Pfeiffer



### **Infants and Toddlers**

- "The New Father: A Dad's Guide to the First Year" by Armin Brott
- "Dad's Playbook to Labor & Birth" by Benjamin Watson
- "Rookie Dad: The Essentials" by Chris Illuminati
- "Oh Crap! I Have a Toddler" by Jamie Glowacki

### **General Fatherhood**

- "The Good Dad: Becoming the Father You Were Meant to Be" by Jim Daly
- "All Pro Dad: Seven Essentials to Be a Hero to Your Kids" by Tony Dungy
- "Strong Fathers, Strong Daughters" by Meg Meeker
- "Wild Things: The Art of Nurturing Boys" by Stephen James

### **Work-Life Balance**

- "Fatherhood: Rising to the Ultimate Challenge" by Etan Benatar
- "Working Dad's Survival Guide" by Scott Behson
- "The Stay-at-Home Dad Handbook" by Peter Baylies

### **Special Situations**

- "The Single Father's Guide to Life, Cooking, and Baseball" by Matthew Valentines (single dads)
- "The Absentee Father's Guide to Making It Up to Your Kids" by Tom Ellis (reconnecting)
- "The Co-Parenting Handbook" by Karen Bonnell (separated/divorced)

## **IN-PERSON RESOURCES AND CLASSES**

- Hospital-Based Programs
- Boot Camp for New Dads
- Offered at many hospitals
- Hands-on baby care practice
- Led by experienced fathers
- Learn basics: diapering, swaddling, soothing
- Connect with other new dads
- Usually one Saturday workshop



### **Dads-Only Prenatal Classes**

- Some hospitals offer father-specific classes
- Birth preparation from dad's perspective
- Partner support during labor
- Newborn care basics
- Ask your hospital about availability

## **Community Programs**

### **YMCA Dad Programs**

- Many YMCAs offer dad-specific programs
- Father-child activities
- Dad's night out
- Sports and recreation
- Check local YMCA

### **Library Story Times for Dads**

- Some libraries offer "Dads and Donuts" or similar
- Saturday morning story times
- Father-focused activities
- Social time for dads

### **Parks and Recreation**

- Father-child sports leagues
- Dad and kid classes
- Outdoor programs
- Check city/county rec departments

## **Therapy and Counseling**

### **Men's Therapy Groups**

- Focus on fatherhood challenges
- Process emotions and stress
- Build coping skills
- Connect with other fathers

### **Individual Therapy**

- Postpartum depression affects fathers too
- Anxiety about fatherhood
- Relationship issues
- Work-life balance stress
- Find therapists experienced with fathers



### **Couples Counseling**

- Navigate transition to parenthood
- Communication about parenting
- Division of labor
- Maintaining relationship

## **SUPPORT FOR SPECIFIC SITUATIONS**

### **Stay-at-Home Dads**

*Resources:*

- National At-Home Dad Network ([athomedad.org](http://athomedad.org))
- City Dads Group ([citydadsgroup.com](http://citydadsgroup.com))
- Local SAHD meetup groups
- Online forums (Reddit r/sahp)

### **Finding Local Groups:**

- Search Facebook for "[City] Stay at Home Dads"
- Use Meetup.com
- Ask in neighborhood parent groups
- Start your own if none exists

### **Challenges Addressed:**

- Identity and masculinity
- Social isolation
- Finding adult interaction
- Schedule and routine
- Activity planning

### **Single Fathers**

*Resources:*

- Single Parent Advocate ([singleparentadvocate.org](http://singleparentadvocate.org))
- Parents Without Partners ([parentswithoutpartners.org](http://parentswithoutpartners.org))
- DadsDivorce.com
- Reddit r/singledads

### **Legal Resources:**

- Dads Divorce ([dadsdivorce.com](http://dadsdivorce.com))
- American Coalition for Fathers and Children ([acfcc.org](http://acfcc.org))
- Local family law attorneys
- Legal aid if financial need



## Working Fathers

### **Resources:**

- Fatherly.com (work-life balance section)
- Working Dad's Survival Guide (book)
- Dad Bod Project podcast
- Local working dads groups

### **Support Topics:**

- Balancing work and family
- Being present when home
- Paternity leave advocacy
- Flexible work arrangements
- Guilt about missing moments

## Teen and Young Dads

### **Resources:**

- National Responsible Fatherhood Clearinghouse (fatherhood.gov)
- Young Dads Program (various locations)
- Local community centers
- School-based programs

### **Support Topics:**

- Finishing education
- Employment and career
- Relationship with baby's mother
- Legal rights and responsibilities
- Building parenting skills

## Adoptive and Foster Dads

### **Resources:**

- National Foster Parent Association (nfpaonline.org)
- Dave Thomas Foundation for Adoption
- Adoptive Families magazine
- Foster care support groups

### **Support Topics:**

- Attachment and bonding
- Trauma-informed parenting
- Navigating system
- Transracial adoption
- Special needs parenting



## LGBTQ+ Dads

### **Resources:**

- Family Equality ([familyequality.org](http://familyequality.org))
- COLAGE ([colage.org](http://colage.org))
- Gay Parents To Be
- Local LGBTQ+ parenting groups

### **Support Topics:**

- Path to fatherhood
- Legal protections
- Finding affirming communities
- Navigating discrimination
- Building family

## Dads of Kids with Special Needs

### **Resources:**

- The Fathers Network ([fathersnetwork.org](http://fathersnetwork.org))
- Special Needs Alliance
- Local special needs parent groups
- Diagnosis-specific organizations

### **Support Topics:**

- Processing diagnosis
- Advocacy and IEPs
- Finding services
- Self-care
- Sibling support

## MENTAL HEALTH RESOURCES FOR FATHERS

### Postpartum Depression in Fathers

#### **Facts:**

- 10% of new fathers experience postpartum depression
- Often unrecognized and untreated
- Can occur during pregnancy or first year
- Impacts entire family



**Signs:**

- Persistent sadness or irritability
- Withdrawal from family
- Loss of interest in activities
- Sleep problems (beyond baby-related)
- Anxiety about baby's health
- Feeling inadequate as father
- Anger or resentment

**Resources:**

- Postpartum Support International: 1-800-944-4773
- Website: [postpartum.net](http://postpartum.net) (resources for fathers)
- Therapy (find therapist at [psychologytoday.com](http://psychologytoday.com))
- Psychiatry if medication needed
- Support groups

## General Mental Health

**Crisis Resources:**

- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text HOME to 741741
- SAMHSA National Helpline: 1-800-662-4357

**Therapy Resources:**

- Psychology Today therapist finder (filter for "men's issues" and "parenting")
- BetterHelp or Talkspace (online therapy)
- Open Path Collective (affordable therapy)
- Employee Assistance Programs (EAP) through employer

**Topics Therapists Can Help With:**

- Transition to fatherhood
- Anxiety about parenting
- Work-life balance stress
- Relationship issues
- Anger management
- Past trauma affecting parenting
- Identity and purpose



## WORKPLACE RESOURCES

### **Paternity Leave Advocacy**

#### *Organizations:*

- Paid Leave for All ([paidleaveforall.org](http://paidleaveforall.org))
- National Partnership for Women & Families
- A Better Balance
- PL+US (Paid Leave for the United States)

#### **Resources:**

- Know your rights (FMLA)
- Company policy information
- Negotiating leave
- State-specific paid leave laws

## Work-Life Balance

### **Flexible Work Arrangements:**

- Remote work options
- Flexible hours
- Compressed work weeks
- Part-time or job sharing

### **Dad-Friendly Employers:**

- Research company policies
- Ask during interview process
- Connect with other working dads at company
- Advocate for improvements

## ACTIVITY AND BONDING RESOURCES

### **Father-Child Activities**

#### *National Programs:*

- YMCA Indian Guides/Princesses
- Cub Scouts/Boy Scouts
- Big Brothers Big Sisters (mentoring)
- Youth sports leagues

### **Activity Ideas Sites:**

- DadSuggest.com
- Fatherly.com (activities section)
- Dad Suggests blog
- Pinterest (search "dad and kid activities")



## Adventure and Outdoor

### Resources:

- Dads Adventure ([dadsadventure.com](http://dadsadventure.com))
- Sierra Club Outings (family programs)
- REI classes and events
- Local hiking/camping groups

## EDUCATIONAL RESOURCES

### Online Courses and Videos

### Fatherly University

- Free online courses for dads
- Topics: Baby care, toddler discipline, etc.
- Expert instructors
- Self-paced

### Dad University (YouTube)

- Video lessons on fatherhood
- Parenting strategies
- Child development
- Practical applications

### National Fatherhood Initiative

- Online trainings
- Webinars
- Tip sheets and guides

## Parenting Education Classes

### Topics Often Available:

- Newborn care
- Positive discipline
- Age-specific development
- Father-specific classes



**Where to Find:**

- Local hospitals
- Community colleges
- Family resource centers
- Online platforms (Udemy, Coursera)

## FINANCIAL RESOURCES

Financial Planning for Dads

**Resources:**

- The Financial Diet
- Dave Ramsey (baby steps)
- Local financial advisors
- Non-profit credit counseling

**Topics:**

- Budgeting with kids
- College savings (529 plans)
- Life insurance
- Estate planning
- Single income families

## Child Support Resources

**Information:**

- Office of Child Support Enforcement
- State child support agencies
- Legal aid societies
- Family law attorneys

## LOCAL RESOURCES

How to Find Local Dad Groups

**Search Terms:**

- "[City] dads group"
- "[City] father's group"
- "Dads of [neighborhood]"
- "[City] stay at home dads"



### **Where to Search:**

- Facebook Groups
- Meetup.com
- Nextdoor app
- Local parenting forums
- Library bulletin boards
- Community centers

### **Starting Your Own Group**

#### **Steps:**

1. Create Facebook group or Meetup
2. Post in local parenting groups
3. Start with simple meetups (park, coffee shop)
4. Be consistent with schedule
5. Keep it casual and welcoming
6. Let it grow organically

#### **Activity Ideas:**

- Weekend park meetups
- Dad's night out (monthly)
- Family picnics
- Sports activities
- Game nights
- Service projects

## **CULTURAL AND IDENTITY-SPECIFIC RESOURCES**

### **Black Fathers**

#### *Organizations:*

- The Dad Gang (@thedadgang)
- Black Dads Matter
- National Black Child Development Institute
- My Brother's Keeper Alliance



## **Latino Fathers**

### *Organizations:*

- Brown Dads (@brown.dads)
- National Compadres Network
- Latino Fatherhood Initiative

## **Asian American Fathers**

### *Resources:*

- Asian American Father's Coalition
- Online communities and social media groups

## **Indigenous Fathers**

### *Resources:*

- National Indian Child Welfare Association
- Tribal fatherhood programs
- Local tribal resources

## **Immigrant Fathers**

### *Resources:*

- Cultural community centers
- Immigration legal services
- ESL classes with childcare
- Culturally specific parenting groups

## **Military Fathers**

### **Resources:**

- Military OneSource (militaryonesource.mil)
- Operation Military Kids
- Zero to Three (military families section)
- Base family support programs

### **Topics:**

- Deployment and separation
- Reintegration with family
- PTSD and parenting
- Frequent moves



## **ADVOCACY AND FATHER'S RIGHTS**

### Organizations

#### **National Center for Fathering**

- Research and resources
- Championship Fathering program
- Training and tools

#### **American Coalition for Fathers and Children**

- Father's rights advocacy
- Custody and support issues
- Legislative advocacy

#### **Dad 2.0 Summit**

- Advocacy through media
- Representation in advertising
- Challenging stereotypes

### Issues

#### **Advocacy Topics:**

- Paid paternity leave
- Custody equality
- Workplace flexibility
- Representation in media
- Parenting resources access
- Mental health support

## **TIPS FOR FINDING AND USING SUPPORT**

### Overcoming Barriers

#### **Common Obstacles:**

- "I should be able to handle this alone"
- Stigma about asking for help
- Not knowing where to find resources
- Feeling like only dad in group
- Work schedule conflicts



**Solutions:**

- Recognize that all parents need support
- Start with online communities (lower barrier)
- Try several groups to find right fit
- Look for weekend/evening options
- Remember you're modeling healthy help-seeking for kids

**Making Connections**

**Tips:**

- Be consistent – show up regularly
- Exchange contact info with other dads
- Suggest activities outside organized group
- Be vulnerable and authentic
- Listen and support others
- Don't just talk about kids – build real friendships

**Online vs. In-Person**

**Online Benefits:**

- Accessible anytime
- Larger community
- Anonymity if desired
- More diverse perspectives
- Schedule flexibility

**In-Person Benefits:**

- Real-life friendships
- Kids can play together
- More accountability
- Hands-on activity sharing
- Local connections
- Best Approach: Use both! Online for daily support and information, in-person for deeper connections.



## PARTNER SUPPORT RESOURCES

### Supporting Your Partner

#### Resources for Both Parents:

- Gottman Institute (relationship resources)
- Bringing Baby Home workshop
- Couples counseling
- Parenting together classes

#### Communication Tools:

- Regular check-ins
- Fair division of labor discussions
- Shared calendar apps
- Appreciation practice

#### Co-Parenting After Separation

##### Apps:

- OurFamilyWizard
- Coparently
- Talking Parents
- 2Houses

##### Classes:

- Court-mandated co-parenting classes
- Voluntary co-parenting education
- Online courses

## RED FLAGS: WHEN TO SEEK IMMEDIATE HELP

- Mental Health Crisis
- Thoughts of harming self or baby
- Severe depression or anxiety
- Inability to function
- Substance abuse
- Domestic violence
- Call 988 or 911 immediately



## Child Safety Concerns

- Feeling unable to care for baby safely
- Intrusive thoughts about harming child
- Impulse control issues
- Seek immediate help from pediatrician or hospital

## FINAL ENCOURAGEMENT

### You Are Not Alone!

Millions of fathers face similar challenges. Seeking support and resources doesn't make you weak - it makes you a better father. Modern fatherhood involves being present, involved, and connected.

### Key Takeaways:

- Support is available and often free
- Online and in-person options exist
- Dad-specific resources address unique challenges
- Mental health support is essential
- Building community benefits whole family
- You're doing important work
- It's okay to need help
- Other dads want to connect too

### Start Small:

- 1. Join one online community this week
- 2. Attend one local meetup this month
- 3. Read one parenting book
- 4. Connect with one other dad
- 5. Ask for help when you need it

**Remember:** *Being a great father means being willing to learn, grow, and seek support. Your children benefit from having a supported, connected, healthy father.*