

Theory of change – Positive Fatherhood

Outset: problem(s) to be solved	Inputs: actions	Indicators of success	Outputs: what will be different – effects, wider benefits	Outcomes/impact: long-term change (to spread)
The system for children and families burdens women and often stereotypes or does not value men.	Use strengths-based working with dads. Relate to dads as dads, rather than as men.	Fatherhood is seen as a positive asset. More dads engaged, in a timely way.	Dads improve their self-control, self-confidence and well-being.	Improved well-being of children and young people.
Some services and communities largely ignore dads or see them as a threat/risk	Include the dad when working with a family. If possible, work with dad and mum as a team, affording them equal importance.	Fatherhood is talked about positively at all levels. What dads do well is actively recognised.	Dads engaged as a positive asset, and some activities are led by men. Services reshaped with mums and dads	Improved quality of family relationships.
Dads are a hugely underused asset in the lives of children and young people.	Enable dads to work together, 'shoulder to shoulder'.	Fathers see themselves as parents and adjust well to the role.	Demand on services and professionals is reduced.	Improved well-being of partners and ex-partners.
Many professionals do not seek out or actively engage dads. They have had little or no training in working with dads.	Recruit more men. Integrate positive fatherhood as a consistent theme in all learning and development.	Consideration is given to when, where and how to meet with dads.	Environments are equally appropriate for dads and mums.	Improved well-being of dads.

Assumptions:

- The role of dads has changed over time, through social, economic and cultural change.
- Most dads love their children and want the best for them.
- Dads have a significant impact on the lives of their children, whatever their relationship with them. The well-being of fathers directly affects the well-being of their children, and their ability to care for them.
- Wanting to be a good dad is often a strong motivator for men to act and make positive changes in their lives.
- It is especially important to engage dads in the ante-natal period and early years - the relationship with the child is formed, and the tone and mind set are laid for later on.
- Fathers are very diverse.
- It is critical to get to know each dad as an individual, and to create a relationship in which they feel both accepted and listened to.