

WHERE TO FIND US



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BEING A DADLINE MENTOR

*Adapted from the
National Fatherhood Initiative Mentor Guide*



WHAT IS LIFELINE?

DadLINE is a program of Lifeline. Lifeline serves women, men, and students in Northeast Missouri. All the services are offered at no cost and include pregnancy testing, limited obstetrical ultrasound, prenatal and parenting education, material support, counseling, tutoring, and more.

WHAT IS RAY OF HOPE?

DadLINE is also offered at Ray of Hope PCM in Macon, Missouri. Ray of Hope offers no-cost and confidential resources to women and families facing an unexpected or first time pregnancy.



REACH FATHERS IN YOUR CHURCH

Do you attend church regularly? Talk with your pastor or staff about starting a fatherhood group and mentoring men at your church. You can use any of our fatherhood programs in a church setting.

JOIN OUR FACILITATOR TEAM

If you are interested in being more involved with DadLINE, consider joining our fatherhood workshop facilitator team to lead DadLINE groups. Reach out to us for more details.



DADLINE is proud to be a Fatherhood FIRE (Family-focused, Interconnected, Resilient, and Essential) grantee of the Office of Family Assistance.

GET MORE INVOLVED



REACH OUT TO NEW FATHERS

If you know new and expectant fathers that could benefit from participating in the DadLINE program, we have resources that you can share with them. We have education and support for new dads navigating the prenatal and early parenting stages. Help them connect with our program and support team.

REACH FATHERS AT YOUR WORKPLACE

Talk to your human resources department about starting a “working dads” club or lunch group. Ask if you can bring together working fathers who can learn from each other. Encourage your HR department to share resources that provide guidance on how to be a great father around the clock.

REACH FATHERS IN YOUR COMMUNITY

Tell fathers in your community about Lifeline’s resources and programs. Encourage other experienced dads to sign up to be a mentor as well. Consider meeting monthly to share ideas for mentoring activities and the successes and challenges of being a mentor. You could also consider hosting DadLINE workshops and distribute any of the resources from the program.

WHAT IS DADLINE ?

DadLine is a fatherhood coaching program located in Northeast Missouri. Our mission is to support each dad in developing the relationship and parenting skills necessary to be a caring and responsible father.

4 AREAS OF TOPICS:

Healthy Relationship Workshops



Group Workshop Topics:

- Personal Strengths
- Communication Skills
- Conflict Resolution
- Emotional Needs
- Personality Styles
- Relationship Red Flags

Responsible Parenting Workshops

Group Workshop Topics:

- Parenting skills
- Co-parenting
- Healthy discipline
- Family roles
- Nurturing children
- Modeling a healthy lifestyle
- Engaging in the community



Financial and Career Coaching

One-on-one Coaching Topics:

- Job search
- Budgeting
- Addressing debt
- Furthering education
- Resume and interview training



Case Management Sessions

Resources and Community Partnerships to help with:

- Medical services
- Mental health
- Education services
- Childcare
- Employment
- Food, Housing
- Utilities
- Transportation



For more information, visit dadlineprogram.org!

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ENCOURAGE, ENCOURAGE, ENCOURAGE

Every father needs encouragement to keep pressing forward. Everybody needs to feel like someone believes in them.

MENTORING ACTIVITIES

Here are a number of helpful activities that can provide the context in which to mentor a father. Be sure to keep regular contact with the father you are mentoring. Email or text him on a weekly, or at least, monthly basis and schedule some activities together.

Even though you might already have some idea about the activities you want to do, consider doing these activities together:

- Play sports like basketball, tennis, and golf
- Go running or biking
- Visit a park
- Go fishing or boating
- Attend a play or movie
- Do seasonal activities
- Make a phone call to ask about his day
- Have lunch or coffee together
- Visit him at home to sit outside and catch up
- Throw the football or play catch
- Work on a project together
- Invite his family to dinner
- Invite him to a church, small group, or bible study (if you attend)
- Invite him to another organized group you are part of

**All mentors and participants will be required to agree to and sign a release of liability form prior to engaging in a mentoring relationship. It will be expressly noted for participants that mentors are volunteers and not employees of Lifeline. As such, the mentors may not necessarily reflect Lifeline values and beliefs.*

SAVE YOUR ADVICE FOR LATER

Building a solid mentoring relationship takes time. In fact, research shows that the most effective mentoring relationships last at least one year. Your first and most vital job is to build trust between you and the father you're helping. No one cares how much you know until they know how much you care. So don't rush to be the mentor a father never had. Resist the notion of offering advice and guidance right off the bat. You'll know when you've reached a healthy level of trust with your mentee when he seeks you out for advice or asks you questions about the challenges he's facing. Never underestimate the power of being a great listener; ask good questions, show patience, and be actively engaged in what your mentee has to say.

CROSSING GENERATIONAL LINES

If there is a large gap in age between you and the father you want to mentor, keep in mind that different generations have different ways of viewing the world. The world of fathering is rapidly changing. Men are becoming fathers at older ages than ever before. It's not uncommon today to encounter many fathers in their 40's and 50's with toddlers running around the house.

The role of the father has changed dramatically in recent years. The average amount of time that fathers dedicate to the primary care of their children has increased. So too has the amount of time they dedicate to doing housework. Before you give advice to a much younger father, take the time to listen to and explore his world and the world of his child. After you understand where he's coming from, you'll be in a better place to provide useful guidance that he'll accept.

WHAT'S THE NEED?

Research is clear: dads matter. Dads' presence, engagement, and love make a difference in the lives of their children.

Unfortunately, father's absence is rampant in our societies, and families suffer from it. There is a need, more than ever, to reach out to dads and support them in their fatherhood journey.

WHAT THE RESEARCH SHOWS:

- *In the U.S, 26.6% of children (17.4 million) lived in father-absent homes in 2014 (U.S Census Bureau, 2015).*
- *The single biggest protective factor against child neglect is living in a two-parent family.*
- *Adolescent boys with absent fathers are less likely to engage in delinquency than those with fathers who are present.*
- *Nonresident fatherhood leads to earlier sexual debut for girls.*
- *Adolescents with resident biological fathers have higher school performance than adolescents with nonresident fathers.*
- *In 2011, children living in female-headed homes with no spouse present had a poverty rate of 47.6%. This was over four times the rate for children living in married-couple families.*

Source: FATHER FACTS, 8th edition, 2019 National Fatherhood Initiative.

WHAT IS A MENTOR?

A mentor to another father is someone who is involved, responsible, and committed.

INVOLVED

He gives of his time and is interested in the well-being of the father he mentors.

RESPONSIBLE

He is a good role model (in his personal and professional life) for a father and takes care to keep those he mentors safe from physical and emotional danger.

COMMITTED

He is reliable and keeps his promises.

Coaches, teachers, neighbors, coworkers, and lots of other people mentor fathers within their personal and professional networks. You can be a mentor for a father in the DadLINE program.

As a mentor to a father, the DadLINE program asks you to give a minimum of 12 hours in a year—just a few minutes each week to help another father you know by teaching him what you've learned and know about being an involved, responsible, and committed father.



GETTING STARTED

GET THE FACTS

There is a father absence crisis in America. Get the facts on the importance of fatherhood so you can know yourself and share with others the “why” behind your mission to help fathers understand how vital their role is in the family. Check out these great resources at dadlineprogram.org and fatherhood.org

START BEING HELPFUL

You don't need permission to be helpful. The mentoring relationship doesn't have to be an overly formal connection. After you have been matched with a father to mentor from the DadLINE program, you don't have to tell him that he's your “volunteer project.”

Indeed, it might be best to simply enter into an informal mentoring relationship without mentioning the word “mentoring.” He might be reluctant to open up if he thinks you want to help him because he's seen as “in need.”

APPROACH HIM AS A FRIEND

Let the mentoring part come naturally as your relationship builds. As part of your initial approach, simply tell him that you've had some experience as a father, and that you would welcome the opportunity to talk with him about what he's going through. Chances are when approached in this non-threatening way, he will welcome your support and friendship.