

# NewDAy Caring Dads

supporting dads to improve relationships with their children



Improving lives with  
children & families

**NewDAy Caring Dads offers fathers the opportunity to manage themselves in ways that keep their children safe from harm and build more trusting relationships.**

## What to expect?

An opportunity for men to connect as fathers through a combination of group discussions, exercises and individual work to complete between sessions.

Classes focus on how your behaviour as a parent can be affected by your own childhood experiences of parenting, what emotionally abusive, controlling or violent behaviour between parents feels like for a child and what children need from their dads to improve and strengthen their relationship.

## Course details

17 sessions in a group setting.

## Who is it for?

NewDAy Caring Dads is for fathers who have abused, neglected, or exposed their children to domestic abuse.

## How does it help?

Fathers will learn:

- how different ways of fathering affects children
- about strengthening the father-child relationship
- about controlling, abusive and neglectful attitudes and behaviours
- skills to cope in a healthy way with conflict.

## Who can refer?

Social Worker or Families First Worker.

## What are the referral criteria?

NewDAy works best when fathers are willing to try a new programme and open to change.

This support is open to families who have a Social Worker or a Families First Worker.



**“As the group sessions go on you gain an understanding of how to deal with issues better. Until I went to the group, if anyone had even looked at me the wrong way I would have reacted to it, but I’ve learnt how to control myself – I had to.”**

To find out more, speak to your Social Worker or Families First Worker or contact NewDAy on [NewDAy@newham.gov.uk](mailto:NewDAy@newham.gov.uk) or **020 3373 3200**.

