



## 1.4 Fathers within Family Systems Reflection Questions & Resources

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### Reflection Questions

1. After watching this video, take a moment to reflect on this concept of gender equity. What do you think gender equity means in the context of your own father engagement work? How might you bring more gender equity into your work with fathers?
2. In your work, how do you find gender norms affect family systems? How is the mental health of fathers influenced by these norms?
3. Each family system is different. What kinds of questions and techniques can you use to learn more about each father's unique situation?
4. How can you be both Pro-Father and Pro-Mother in your work? Why is there not a trade-off between the two? How can you celebrate and support both fathers and mothers?

For questions 1-4, please consider submitting your reflections to our collective pool of answers from all practitioners on our Mentimeter link [here](#).

5. It's sometimes said that there is a sacred 'third space' between partners. What would it mean for you to 1) support fathers 2) support mothers and 3) support their relationship, that third space between them?

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### Resources for Further Exploration

- [Applying Whole Family Approaches in Responsible Fatherhood Programs](#)
- [Fathers Are Parents, Too! Widening the Lens on Parenting for Children's Development](#)
- [Coparenting and Healthy Relationship and Marriage Education for Dads \(CHaRMED\)](#)
- [Family Systems Theory, Attachment Theory, and Culture\\* - Rothbaum - 2002 - Family Process - Wiley Online Library](#)
- [Attachment Theory and Fathers: Moving From "Being There" to "Being With" - Palm - 2014](#)