

ANNUAL REVIEW 2023



PARTNERING FOR THE FUTURE



Our vision ahead

Geoff Lloyd, Chairman of the Board



As we reflect on the past year, we are proud of the progress we've made and the impact we've had. The Fathering Project's core mission of strengthening the bond between fathers and their children continues to be at the heart of everything we do. In the coming years, we are excited to build upon this foundation and take our initiatives to new heights.

I am pleased to welcome our new board member Ken Wyatt, whose distinguished career in government and the community makes him a valuable addition to our team. The insights and experience he brings will undoubtedly enrich our mission of supporting all fathers and their children. Alongside Ken, we have dedicated board members who volunteer their time to steer the organisation and safeguard our financial and operational integrity.

As a passionate advocate for indigenous communities, Ken has the vision for The Fathering Project's established Dads & Kids connection programs, to be adapted and trialled in a pilot for indigenous communities. In the spirit of reconciliation, an indigenous focussed program will become a transformative force in remote Australian indigenous communities. With our foundational focus on fostering meaningful connections between fathers and their children, this initiative will bridge cultural divides, instilling a sense of pride and responsibility in fathers.

By integrating traditional wisdom with contemporary parenting techniques, we aim to empower fathers to become positive role models, nurturing the emotional, spiritual, and intellectual growth of their children. Through this emerging program, we will cultivate resilient and cohesive communities, with fathers as key part of the solution, and laying the foundation for a brighter, more promising future for our indigenous young.

I want to thank our dedicated team, volunteers, partners, and all those who have supported us on this journey. Together, we are making a real and lasting difference in the lives of fathers and children across our communities.

In the coming year, we will continue to work tirelessly towards our mission, and with your support, we can achieve even greater milestones. Thank you for your commitment to The Fathering Project, and I look forward to the positive impact we will create together in the years ahead.



Our year in review

Káti Capaillard, CEO



Welcome to our 2023 Annual Review, a year of Partnering for the Future.

In the inaugural year of our 2025 three-year strategy, it has been our pleasure and privilege to partner with organisations to extend our reach and impact and enhance our scope and influence.

For the past ten years, we've been dedicated to delivering great services, with our values-driven ethos at the core of our operations promoting positive fathering and supporting children and families.

We have strategically fostered an inclusive culture that recognises diverse forms of fatherhood beyond traditional roles. Our supportive environment is a place where every father feels valued and encouraged in their journey to support their children. Through our Dads' Groups we ensured that every father, regardless of background, circumstance or stage of fatherhood, found a welcoming community with us.

Through engaging online content, webinars, social media campaigns, and the Fathering Channel, we reached fathers and mothers at their place of need, making our resources accessible and relevant to their busy lives.

In response to changing societal norms, we promoted gender equality and encouraged open discussions on changing parenting roles. We emphasised the importance of recognising and encouraging fathers to take on caring roles without facing social exclusion. Our resources and programs highlighted the value of shared caring responsibilities and the positive impact of engaged fathers on children's development.

We forged partnerships with like-minded organisations, community leaders, and policymakers. These collaborations have allowed us to amplify our impact and create a united front in advocating for father inclusivity across various settings, as well as stronger father-child relationships and to leverage resources and expertise, boosting our impact on a broader scale.

We continued our commitment to The Australian Fathering Awards to recognise and celebrate fathers, father figures and workplaces that encourage fathers to care for and build strong relationships with their children and families, from birth.



By amplifying fathers' voices and showcasing their nurturing impact, we're changing perceptions and attitudes and creating an environment for our children to thrive. We have collaborated and established a national 'Dads Alliance' to create an action plan we can all rally around.

Our partnership with Telethon Kids Institute demonstrates our commitment to research and evidence-based strategies, ensuring our initiatives are impactful and meaningful.

OUR AIM IS TO RESHAPE THE NARRATIVE OF FATHERHOOD, CHALLENGING STEREOTYPES, AND PROMOTING GENDER EQUALITY IN CARE AND BEYOND.

We have also focused on the importance of mental health, emotional wellbeing and family safety with and through fathers. In a society where traditional notions of masculinity are being challenged, we have encouraged open conversations about emotional expression and vulnerability, aiming to create healthier family dynamics. In our Community Fathering initiatives, we provided individual and group counselling for men, focusing on preventative mental health and finding alternatives to anger. In our corporate programs, we collaborated closely with workplaces to empower fathers, fostering family wellbeing as a top priority.

As we stand on the cusp of the next 10 years for The Fathering Project, we will leave no stone unturned in our pursuit of a future where every child benefits from the active involvement of a loving father. We do this because if we don't, our children will pay the price.

We extend our sincere thanks for the opportunity to be a part of the journey of hundreds of thousands of parents, and thank our board, staff, partners, volunteers and supporters for their commitment to what has been a remarkable year. This report shares stories from different corners of the country, showcasing the lives we've had the privilege to touch this year.



10 Years of The Fathering Project

Prof Bruce Robinson



Vision and Mission:

Our vision from our inception remains - to witness fathers actively engaging in the lives of their children, establishing a foundation of mutual respect, and understanding. We firmly believe that by investing time and energy into father-child relationships, we contribute to a future where children are confident, self-assured, and resilient.

As we reflect on our journey through the last ten years, it brings me immense joy to share my reflections, in this our tenth year since the inception of The Fathering Project. The theme for this significant year has been “Ten More Minutes,” symbolising our unwavering commitment to encourage fathers to devote quality time to fostering meaningful connections with their children.

We have been inviting dads to think about how they can spend ten more minutes each day, with each child, and we’ve been listening to the voice of the child; how would you like to spend ten more minutes each day with dad if he was available?

When I first visioned The Fathering Project, I was encouraged by experienced parents, who said to me that one cannot reclaim lost time with your children. They stressed the significance of quality time and family bonding, and I learnt first-hand as a physician and through my patients, many of them dads, about the importance of good fathering. In light of this experience and advice, we have strived to create a platform that enables and encourages fathers to prioritise valuable moments with their children, nurturing bonds that will resonate for a lifetime.

So many examples resonate with me, of individual relationships enhanced, and children’s lives changed. One teenage girl shared an emotional story of her father’s disconnection from her life. When dads like that are prompted to engage with their kids through our programs, they learn what their involvement in their kid’s life brings. Not only is general wellbeing enhanced, but the statistics show a father’s active involvement leads to better outcomes for a child’s education, juvenile detention, gang activity and drug use are reduced, and self esteem is enhanced.

Appreciation

I extend my immense gratitude to our dedicated team, volunteers, and partners, whose support and enthusiasm have been instrumental in driving our mission forward. Our sincere appreciation also goes to the communities and families who have embraced our initiatives and made them an integral part of their lives.

As we celebrate a decade of empowering fatherhood, let us collectively recommit ourselves to the cause, envisioning a future where every child experiences the profound impact of an actively engaged father.



THE FATHERING LANDSCAPE

The modern-day Australian father spends more time with their children than their generational counterparts. This introduces more opportunities for fathers to shape, and be shaped by, their children than ever before.

80+%

of Australian fathers agreed that they were equally as responsible for care work as their partner.

81%

of Australian fathers consider caring for their children to be one of the most enjoyable aspects of their lives.

In the current fathering landscape, we are witnessing a profound shift. Dads today are more eager than ever to play an active and equal role in their children's lives, aspiring to be not just providers, but also nurturing caregivers. This change is mirrored in the workplace, where organisations are increasingly recognising the importance of supporting their employees who are fathers, acknowledging the significance of gender equity and work-life balance.

At The Fathering Project, we've been at the forefront of this transformation. As we move forward, we anticipate even greater momentum in this shift towards more engaged and connected fathers, who continue to seek support, knowledge, and community to further strengthen their role in their children's lives.



OUR VISION REMAINS UNCHANGED AND STEADFAST.

A world where dads are left with no regrets, where they exude confidence in their fathering role and consistently show up for their children. We are determined to create an environment where children bask in the safety and security of an engaged and present dad, paving the way for them to reach their full potential and thrive.

By improving child wellbeing and development outcomes through the profound influence of fathers, we are making strides towards a brighter future. We aim to shift societal attitudes through strategic partnerships and collaborations with industry bodies, forming a fathering alliance that echoes a unified message: “Dads matter.”

Our goal is to break the cycle and reduce the instances of continuing intergenerational trauma. As the face of fatherhood undergoes a transformation, we are excited to embark on this journey, and we wholeheartedly invite you to join us for the ride.

TOGETHER, WE CAN MAKE A LASTING DIFFERENCE.

STRENGTHENED CONNECTIONS

Improved child wellbeing

Empowered Fathers

ACTIVE FATHER ENGAGEMENT

Collaborative Partnerships

Research and Advocacy

INTERGENERATIONAL CHANGE



493 890

families have received our resources



35 050

children have actively participated in our sessions



***650 000**

fathers reached

5,243,350

people reached through The Fathering Channel



***47 200+**

sessions that equip fathers with practical skills and knowledge to support their children's development

**Please note, these figures are cumulative over 10 years.*



WRAP-AROUND SUPPORT PROGRAMS



School and family partnerships

The Fathering Project's Schools Program has been instrumental in bringing about transformative change in the lives of fathers, children, and families. Over the past year, we've achieved remarkable milestones that have reinforced our commitment to promoting engaged and supportive fathering. Here are some of our notable accomplishments:



FATHERING WORKSHOPS

We conducted a series of interactive fathering workshops across various schools, using our Fathering Fundamentals to engaging fathers in meaningful discussions about their roles and responsibilities. These workshops reached over 500 fathers, equipping them with the skills and knowledge to build stronger bonds with their children.



PROGRAM COORDINATORS

The Fathering Project established support for program coordinators in several communities, connecting experienced educators with those who were seeking guidance on how to better engage fathers in education. This initiative not only benefited fathers but also provided children with positive role models in the school.



COMMUNITY ENGAGEMENT

We expanded our community outreach initiatives, partnering with local schools and early learning centres to create family-friendly environments. Our 'Dads Group' events saw an increase in attendance, fostering a sense of belonging and increased connectedness among fathers.



“THE FATHERING PROJECT HAS BEEN A GAME-CHANGER FOR ME. I USED TO STRUGGLE WITH HOW TO CONNECT WITH MY KIDS. THROUGH THEIR WORKSHOPS, I LEARNED TO COMMUNICATE BETTER, LISTEN AND UNDERSTAND THEIR NEEDS. IT’S MADE ME A BETTER DAD.”



“THE POSITIVE IMPACT OF THE FATHERING PROJECT ON OUR SCHOOL COMMUNITY HAS BEEN UNDENIABLE. STUDENTS ARE HAPPIER, MORE ENGAGED, AND THEIR ACADEMIC PERFORMANCE HAS IMPROVED. WE’RE GRATEFUL FOR THE PARTNERSHIP.”

– School Principal



The Fathering Project’s success in the past year reflects our commitment to building stronger, more connected families. Through school events and community engagement, we’ve supported fathers to play a more active role in their children’s lives. Despite the challenges we faced, our determination and the support of our partners enabled us to make a significant impact. We look forward to continuing our mission to strengthen families and create a brighter future for Australian children.

“WE WERE THRILLED TO SUPPORT THE FATHERING PROJECT’S MISSION. STRENGTHENING FAMILIES IS NOT ONLY ESSENTIAL FOR LOCAL COMMUNITIES BUT ALSO FOR OUR CHILDREN’S FUTURES. WE’VE SEEN A POSITIVE SHIFT IN FATHERS’ INVOLVEMENT AT SCHOOL AND STUDENTS’ ATTITUDES TOWARDS LEARNING.”





In our ongoing commitment to fostering positive school/family partnerships and strengthening community connections, The Fathering Project takes pride in its resources for schools. Our initiatives aim to empower educators, engage fathers, and enhance the overall educational experience for children. Below is a summary of resources provided to our member schools:



Digital Resource Library: A Parenting Knowledge Hub

Our Digital Resource Library hosts a dynamic and ever-expanding hub of research and evidence-based information. This 'one-stop shop' is designed to cater to parenting questions and needs. Beyond this, it serves as a valuable resource for Program Coordinators and Dad Group Leaders, offering guidance to successfully implement program initiatives.

Father Inclusive Practice Guide: Engaging Fathers in Education

The Father Inclusive Practice (FIP) Guide serves as a foundation for schools that aim to intentionally include fathers. It provides staff with invaluable insights into engaging fathers within their communities. Written from the research evidence, this guide not only promotes the importance of father involvement in education but also offers practical strategies for staff to implement. From fostering positive contributions at home to encouraging active participation within the school environment, the FIP Guide is a versatile tool for schools.

New Dads to School Resources: Facilitating Smooth Transitions

For schools welcoming new families, we provide resources covering essential topics for fathers' involvement in education. Whether shared before enrolment, included in enrolment packs, or distributed as new families join throughout the year, these resources address critical areas such as resilience-building, fostering growth mindsets, and supporting learning at home.

The Fathering Project remains committed to providing valuable tools and resources to schools and strengthening partnerships between fathers, schools, and communities for the overall development of children. Through these initiatives, we continue to create a positive ripple effect in the lives of families and the educational landscape.



GENDER EQUITY IN THE WORKPLACE

The Working Families Program

The Fathering Project's Working Families Program is a multifaceted initiative designed to empower fathers, father figures and families by targeting parental education, establishing peer-to-peer support networks, and fostering family engagement in the workplace.



24,586

working dads and families
through the corporate
program across Australia.





Key Highlights

1

Parental Education

The Fathering Project has continued to offer a robust calendar of educational Lunch & Learn Workshops and Seminars catering to the diverse needs of our clientele. These sessions have empowered parents with knowledge and practical skills, enhancing their ability to balance work and family life effectively. Participants have verbalised an increase in confidence and competence in managing their family and work responsibilities as a result of program participation.

2

Peer-to-Peer Support Networks for Fathers and Father Figures

The Working Families Program expanded its support network for fathers and father figures, successfully establishing peer-to-peer groups over the past 12 months. These networks have provided fathers and father figures with a platform to share experiences, seek advice, and build a strong sense of community among themselves. Testimonials from participants have highlighted increased job support and a notable reduction in stress levels due to the connections formed within these support networks.

3

Digital Parenting Resources Hub

To address the importance of providing accessible and up-to-date resources for parents, the Working Families Program provided a digital parenting resources hub for all program participants, offering a wide array of articles, videos, webinars, and tools covering a range of parenting topics. This online platform served as a convenient and valuable resource for employees seeking guidance on their parenting journey.



LOOKING TO THE FUTURE

To maintain and build upon these successes, The Fathering Project remains committed to evolving and expanding the Working Families Program. We will continue to evaluate its effectiveness, align it with emerging employee needs, and further strengthen its role in enhancing work-life harmony for fathers, father figures and families in the workplace.



OUR PARTNERS

**JOHN
HOLLAND**



Schroders



Hollard.

**CRICKET
AUSTRALIA**



**Queensland
Government**

The connection piece: Lunch and Learn Workshops

Our Lunch and Learn Workshops are engaging, and informative sessions facilitated by highly skilled staff members of The Fathering Project. These workshops provide fathers with valuable insights, techniques, and advice to enhance their parenting skills and strengthen their relationships with their children.

In a group setting, participants have the opportunity to engage in meaningful discussions about parenting, sharing their experiences and learning from one another. This collective learning environment fosters a sense of community and camaraderie.

One unique aspect of these workshops is their workplace connection. By offering these Lunch and Learn sessions in the workplace, companies can actively support their employees' wellbeing and personal growth. This not only demonstrates the organisation's commitment to its staff but also contributes to a positive workplace culture.

The Fathering Project Lunch and Learn Workshops are a valuable resource for employees looking to enrich their parenting skills, connect with other dads, and for companies seeking to promote employee wellbeing and create a supportive work environment.



JOHN HOLLAND - NSW & WA

“In an industry like ours, that is fast moving and where our people often work at unconventional times, or away from home, the work of The Fathering Project is important to ensuring that our workforce and their families are connected and supported. I’m personally committed to support and work alongside families to help make the working environment and family life connected. It’s a must that fathers are present and connected in every way.”

Steve Butcher - Executive General Manager & Managing Director Rail & Transport Division.

“SINCE STARTING THE WORKING FAMILIES PROGRAM WE HAVE SEEN A MASSIVE SHIFT IN THE WAY OUR EMPLOYEES WHO ARE DADS ARE NOT ONLY SHOWING UP AT WORK, BUT HOW THEY ENGAGE WITH ONE ANOTHER.

THE WORKSHOPS HAVE FACILITATED SOME DEEP, RAW AND OPEN CONVERSATIONS, THAT OTHERWISE WOULD NEVER HAVE COME TO THE SURFACE. THEY TALK ABOUT BEING A DAD, SHARE THEIR ADVICE AND CHALLENGES - THE PROGRAM HAS PROVIDED A SPACE FOR DADS TO CONNECT LIKE NEVER BEFORE.

WE ARE PROUD TO BE RUNNING THE WORKING FAMILIES PROGRAM FOR THE SECOND YEAR IN A ROW, WE’VE SEEN THE SHIFT AND WE AREN’T LOOKING BACK!

WE THANK ADRIAN AND THE TEAM AT THE FATHERING PROJECT FOR THIS PROGRAM AND WE LOOK FORWARD TO OUR CONTINUED PARTNERSHIP.

- Lisa Moore, WesCEF



Hear from the dads



**“MY FIRST SESSION,
WAS REALLY
POWERFUL AND
MOVING AND HIT A
LOT OF TOPICS FOR ME
PERSONALLY.
THANK YOU”**



**“THANKS FOR
MAKING IT EASY
TO TALK”**





COMMUNITY FATHERING



Re-launched the Community Fathering Hub

Port Kembla, NSW

We oversaw the successful relaunch of the 'hub' in Port Kembla in September where we invited local services to connect and see what we'll be offering going forward. This was well attended and welcomed within the local community.

Stemming from the relaunch we have developed excellent working relationships with local agencies and organisations supporting children and families across the Illawarra and are actively supporting clients to overcome and work through challenges related to their own and their family's wellbeing.

Our case management program has been hugely successful and has seen us providing intense support to fathers this year and continuing to grow into the future.



12,892

families and children
through our Community
Fathering Hubs.



Our Partnerships

BOTANY FAMILY AND CHILDREN'S CENTRE | NSW

Throughout this year we also have been successfully partnering with the Botany Family and

Children's Centre where we have been running bi-monthly events for dads and kids as well as more intimate and in depth talks and discussions with dads - covering such topics as 'modern fathering' and 'why you're already enough'.

KARITANE | CIRCLE OF SECURITY | NSW

We successfully partnered with Karitane a highly respected family and parenting service to deliver the Circle of Security program. Run over 6 sessions the course was successfully completed by 6 dads who have all since remained connected to TFP via the Port Kembla hub.



Community Engagement

Community Fathering Armadale has been the cornerstone of transformation since its inception in 2017. Operating as a central hub overseeing 11 schools, it fosters bonds between fathers and their children through engaging in a variety of community activities conducted at each school every term.

This concerted effort not only strengthens family connections, but also raises community awareness about the impactful programs administered at the hub, such as our impactful Connect Dads Program. This initiative serves as a beacon of hope in lower socioeconomic areas, uniting communities and uplifting fathers and children, forging resilient bonds that ripple through the very heart of our society.

Through our programs, including the Connect Program and Fathers on Friday, as well as our range of community events and activities, we provide a space for dads to get together, connect and feel supported in their role of being a dad.



Specialised Case Management Support

We are committed to continuing to service our community by providing case management support to dads who need an extra helping hand in getting back on their feet and showing up as a father to their children.

We worked with dads out of our Community Fathering Hubs located in WA and NSW. In partnership with government bodies and health care professionals we ensure the best possible support is provided impacting child and family wellbeing.

Counselling Sessions

Our educational efforts are multifaceted, addressing the critical need to recognise and prevent all forms of violence and abuse in families. Through our comprehensive behaviour change programs, we equip men with the necessary tools to understand their beliefs about masculinity, the causes of violence, signs of abuse and the severe impact it can have on young children.

By facilitating open dialogue and providing expert-led training, we guide and support fathers to examine their motivations for violence, regain the trust of their family and learn how to behave in more respectful ways.



CASE STUDY

REBUILDING FAMILY BONDS THROUGH THE CONNECT PROGRAM

Joel*, a devoted father, and husband, reached a breaking point six months ago. The challenges of raising two teenagers, including a 13-year-old daughter diagnosed with Autism Spectrum Disorder (ASD), had put enormous strain on his marriage. When he initially sought support, he gave himself a mere 30% chance of still being married in three months.

Joel* was introduced to the Community Fathering 'Connect' program, designed to provide support and guidance for individuals facing similar family challenges. The program's aim was to rebuild connections and strengthen his familial bonds, especially in situations where the family structure was at risk.

Over the course of several months, Joel* actively engaged with the program and its resources. He took significant steps to work through the challenges that had tested his marriage and family bonds.

Remarkably, Joel's* journey so far has been one of transformation. Despite his initial doubt about the survival of his marriage,

he stated "There is no way I'd still be married without your support, and the program information has helped hugely with my connection to my wife and kids."

The 'Connect' program, combined with Joel's* keen determination, not only saved his marriage but also facilitated profound healing and understanding within his family and his role as a dad to his two daughters. The program enabled Joel*, his wife and their children to navigate the unique challenges presented by ASD and, in the process, they became a stronger, more connected family.

Joel's* case serves as a compelling illustration of the transformative potential of support, resilience, and dedicated programs like 'connect' across our communities. It underscores the importance of seeking help, even when the odds appear insurmountable, and demonstrates how love, support, and resources can rekindle and fortify family connections.

*Name changed for privacy purposes



DADS GROUP

The Dads Group Program has long been a cornerstone of our organisation's commitment to supporting fathers in their journey through parenthood. Over the years, we have continuously strived to improve and adapt the program to better meet the needs of group facilitators and participants.

As a society, men are becoming more open about sharing their emotions and looking after their mental health. Dads Groups provide a space where men can feel comfortable, share, connect and learn from other dads and realise they are not alone in the challenges of parenthood.

In 2022 we took our Dads Group program to the next level by implementing a diverse and detailed series of content and training materials used to facilitate open discussions in Dads Group sessions and provide a tailored and specific framework to follow.

A new content framework for Dads Groups



Comprehensive training materials covering active listening, communication, conflict resolution, and child development.



Facilitator guides with step-by-step instructions, discussion topics, and customisable activities.



An extensive resource library containing articles, videos, and tools on co-parenting, stress management, and father-child bonding, addressing various parenting challenges.



Culturally sensitive materials addressing the unique challenges of fathers from diverse cultural backgrounds.



Inclusive content covering a broad spectrum of parenting styles, such as single fathers, co-parenting, and same-sex parenting.



A diverse pool of content creators, including psychologists, educators, social workers, and fathers, providing a well-rounded perspective on fatherhood.

“MEETING AN AWESOME GROUP OF MEN (IS THE KEY POSITIVE). ALL HAVING THE SAME GOAL. OUR DAD’S GROUP ALSO HAD A GROUP OF DADS FORM THEIR OWN SINGLE DADS GROUP AND THEY MEET UP FOR SOCIAL ACTIVITIES OCCASIONALLY”

- Dad describing the positive aspects of participating in a Dad's Group.



The effectiveness of our Dads Group Program has significantly improved through the enhancement of the quality and diversity of its content for group facilitators. By providing comprehensive training materials, facilitator guides, and a diverse array of resources, we have empowered facilitators to connect with and support fathers more effectively.

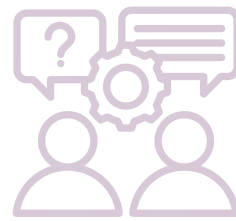
Furthermore, our commitment to inclusivity and cultural sensitivity has made the program more accessible to fathers from all backgrounds and experiences. As we continue to adapt and refine our program, we aim to ensure that it remains a valuable resource for fathers seeking guidance and camaraderie on their parenting journey.



We established peer-to-peer communities reaching

12,548

fathers and father figures across Australia within our Dads Groups.



FATHERS WHO HAVE OR ARE PARTICIPATING IN ANY FACE-TO-FACE SERVICES PROVIDED BY TFP REPORTED SIGNIFICANTLY HIGHER LEVELS OF SELF-EFFICACY, SELF-MANAGEMENT AND SELF-SUFFICIENCY COMPARED TO THOSE FATHERS WHO ONLY ENGAGED WITH ONLINE MATERIALS AND RESOURCES.

The support systems providing mental health

Recognising the critical role mental health plays in family dynamics, our Dad Groups serve as a sanctuary for sharing, learning, and support. These groups provide a space for men to discuss their experiences, challenges, and successes, which is essential for their mental and emotional wellbeing. The positive ripple effect of mentally healthy fathers on their families cannot be overstated, and these groups have been a cornerstone of our success.



TFP-100 event and Classic Tour

The Fathering Project's TFP-100 and the Classic Tour Bike Ride are annual fundraising initiatives that unite like-minded Dads and Father Figures, acknowledging the vital role they play in raising children from disadvantaged communities who lack the support of an engaged and active father.

The bike ride generated critical funds to ensure these kids can access opportunities they would not normally have, breaking intergenerational cycles and trauma. Funds go towards supporting fathers and father figures in the local community so children can reap the benefits of an engaged dad.

The Classic Cycle Bike Ride epitomises solidarity in action, as it brings together dedicated individuals on a shared journey to back the cause. In doing so, they pedal towards a brighter future for children, reinforcing the essential support system provided by fathers while fostering a sense of community.





MY DAD MY HERO

#mydadmyhero



Being the dad I always wanted

the
fathering
project
Changing Children's Lives

Proudly Supporting The Australian Fathering Awards

In our 2022 Father's Day campaign we celebrated the theme: "My Dad, My Hero."

We recognised the profound impact that fathers have on their children's wellbeing and development. Dads play an irreplaceable role in shaping their children's lives, offering love, guidance, and support that serves as a sturdy foundation for their growth. Fathers possess the remarkable potential to be role models, instilling values, ethics, and character in their children through their own actions and choices.

Children are always watching their dads, looking up to them with admiration and affection, as they navigate the journey of life. It's in those precious moments of being there and connecting with your child that the bond between father and child strengthens, building a trust that can withstand any challenge.

The campaign was a tribute to the selfless dedication of fathers and father figures worldwide, reminding us all that behind every great individual, there is often a father who has played a vital role in shaping their story. It's a heartfelt recognition of the heroes in our lives, our dads, sports coaches, granddads, teachers and positive male role models, who inspire us and leave an enduring mark on our hearts.



STOCKLAND MALL ON FATHER'S DAY

Dads and kids celebrated Father's Day at Stockland Mall with a paper planes and pizza activation. Dads and kids from across the WA community were provided the opportunity to create paper planes and engage in a friendly competition right in the heart of each mall of Stockland's malls.

It was a day filled with laughter, connection, and the joy of making unforgettable memories. The event truly exemplified the spirit of Father's Day by bringing families closer and providing a platform for dads and kids to share quality time while fostering a deep sense of togetherness.





THE AUSTRALIAN FATHERING AWARDS



In this financial reporting year, we hosted Father of the Year in September 2022.

The Fathering Project became the new home to The Australian Fathering Awards, taking it to new levels by recognising fathers, father figures and workplaces across the Australian Community.

These individuals served as illustrious examples, embodying the quintessential essence of fatherhood and standing as role models for fathers and father figures within their communities. Their unwavering commitment, affection, and guidance extended far beyond their own families, leaving an indelible mark on child wellbeing and development.



As their accomplishments were celebrated, it underscored the continual necessity of continuing to honour and support fathers universally. This ongoing recognition not only spotlighted their profound influence but also reinforced the crucial role fathers play in nurturing children and molding prosperous futures.





RESEARCH AND ADVOCACY

The position of The Fathering Project Research Fellow is appointed at Telethon Kids Institute and is a two-year fellowship spanning June 2022 to 2024. Briefly, the role is designed to:

- (a) evaluate The Fathering Project's existing programs,
- (b) conduct desktop research that will help optimise existing programs and lead to new programs,
- (c) build The Fathering Project's research profile as a leader in fatherhood science both domestically and internationally.

Dr Vincent Mancini commenced in this role in June 2022. Research related activities spanning the 12-month period between June 2022 and June 2023 are described below:



Evaluation of Existing Program

Annual evaluation Time 1

- Approximately 380 current and former Dads' Group members and leaders, and fathers engaged online completed the first wave of a multi-wave annual evaluation in July-August 2023.
- Currently undertaking focus group interviews with Dads' Group Leaders and members.

Research Reports

- **Why Fathers Matter 2.0**
- State of the World's Fathers: Australia – Report



Peer-Reviewed Publication in International Journals

- May, C, Atherton, C, Colyvas, K, Mancini, V & Campbell, LE 2023, '**Development of a Brief Coparenting Measure: The Coparenting Competence Scale**', *International journal of environmental research and public health*, vol. 20, no. 13, DOI 10.3390/ijerph20136322.
- Mancini, VO, Takeda, R, Nagar, A & Robison, BWS 2023, '**Connection, community, and convenience**': A case study of a Facebook group for fathers navigating parenthood', *Health Promotion Journal of Australia*.
- Mancini, VO 2023, '**The role of fathers in supporting the development of their NICU infant**', *Journal of Neonatal Nursing*.

Domestic Conferences

- Australian Fatherhood Research Symposium, May 2023
- The Australasian Marcé Society and Helen Mayo House Joint Perinatal Mental Health Conference, September 2023
- 47th International Mental Health Nursing Conference, September 2023
- Australian Association for Infant Mental Health, October 2023

International Conferences

- Emotions (Tilburg, Netherlands), September 2023

Other Activities

- Successful co-supervision of student-led fatherhood science projects:
 - **2x University of Western Australia Honours Students**
 - **3x Curtin University Honours Students**
 - **2x Curtin University Masters Students**
- Team expansion, recruitment of Dr Thom Nevill (Ph.D., sociology) to assist with all research activities based at Telethon Kids Institute.



LOOKING AHEAD



The importance of dads recognising their most significant role in their children's lives cannot be overstated. Research consistently shows that involved fathers have a profound impact on child development and wellbeing. When fathers actively engage with their kids, they contribute to their emotional, social, and cognitive development, fostering resilience and confidence.

Furthermore, involved fathers can play a pivotal role in breaking the cycle of intergenerational trauma. By nurturing positive and healthy relationships with their children, dads can model healthy behaviours and emotional connections, thereby creating a new legacy of well-being and emotional stability for generations to come. This recognition of their role as fathers is not just transformative for the present but carries a far-reaching impact on the future, creating a ripple effect of positive change in families and society.

We are excited about the future, as we remain committed to empowering fathers and fostering deeper bonds with their children and the supportive networks they build with each other.



THANK YOU PARTNERS, FUNDERS AND FATHERS

We extend our sincere gratitude to our Funders, donors, Fathers, Partners, and the wider community. Your collective support, dedication, and collaboration have been instrumental in advancing the mission of The Fathering Project.

Your contributions have made a significant impact on strengthening fatherhood and enhancing family bonds and child wellbeing. We are immensely thankful for your ongoing commitment to the cause and look forward to continuing this vital journey together. Your involvement is pivotal in making a difference in the lives of fathers and children across the country.



PARTNER WITH US



Learn how you can get involved by visiting our website:

[Thefatheringproject.org](https://thefatheringproject.org)

Follow us:



While we have achieved an extraordinary amount this past year, we still have a long way to go. There is a role for every Australian in supporting The Fathering Project. Whether it is funding support for our evidence based programs or amplifying our advocacy efforts via your social media, we need your help.

As a not-for-profit organisation, a lot of what we achieve relies on the generous support of the Australian community, individuals, large corporate companies, or small businesses.