



FATHERS OF TRADITION

DEVELOPING FATHERING SKILLS OF INDIGENOUS MEN



Fathers of Tradition is a culturally oriented educational program that develops the fathering skills of Indigenous men. This is a cognitive, behavioral, and spiritual program. Life skills are embedded in each of the sessions. Ceremonial activities such as sweat lodge and smudging, drumming, and singing may be included as part of the cultural practices. Teachings of the Elders provide the foundation for the curriculum. Core elements of the program include talking circles, mind mapping, mentoring, experiential learning, traditional storytelling, cultural practices, and service-learning.

The men work together in a circle to address issues of Indigenous identity, what it means to be an Indigenous man, and the role of fathering in Indigenous culture.

Of particular importance in this program is the emphasis on healing the effects of intergenerational trauma, developing skills and confidence as fathers, and defining a lifeway that is healthy, and balanced emotionally, mentally, physically, and spiritually.

Benefits:

- This would allow the adult men to learn how they might mentor the boys effectively
- It would also be an excellent opportunity for fathers who have been separated from their sons as a result of treatment, divorce, or incarceration, to get reacquainted and to develop new parenting skills

- Having the father or other adult mentor there will also help promote the benefits of the program in the community
- The adult mentors will also learn how they can enhance their own connections to their culture and traditions
- These individuals also may participate as co-leaders, resource people, and help with other aspects of the program such as chaperoning on field trips or transporting boys to community events
- Men would have the opportunity for more reinforcement between the sessions
- The responsiveness and attention of the boys might be more focused with an individual mentor at each session

The curriculum for this program includes:

- Facilitator Manual
- Participant Manual
- Set of Videos
- 7 Philosophies for Native American Men

10 Life Skills videos on the following topics:

- Overview: Fathers of Tradition
- What it was Like
- The Four Laws
- The Cycle of Life
- Co-Dependent Communities
- The Thought Process
- Self-Talk
- Role of the Protector
- Positive Warrior
- 7 Philosophies
- Innate Knowledge
- Comfort Zones

**24 Continuing Education Hours
NAADAC Provider #64009**