



HOME RUN DADS

father's stepping up to the plate

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First Edition of the HOME RUN DADS

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1

TEAM TALKS

Playbook Chapter 1 Outline

You and your kids are a team

Learn the RAM

ACTIVITY: Fundamentals of relationships

Benchmarks for Effective Talks

ACTIVITY: Practice positive coaching signals

ACTIVITY: Practice active listening

ACTIVITY: Practice emotional self-control

ACTIVITY: Stay “in the know” with your kids

STAT SHEET: Characteristics of your kid’s developmental stage

Replay: How are your team talks?

References

Brotherson, S., Yamamoto, T., Acock, A. Connection and Communication in Father-Child Relationships and Adolescent Child Well-Being. *Fathering*. Vol. 1, No. 3, October 2003, pp. 191-214.

Lamb, Michael E. (editor). *The Role of the Father in Child Development*. John Wiley & Sons, 2004. An excellent fourth edition that reviews and catalogs thousands of research articles describing the many ways that a father’s relationship with his children impacts their social, emotional, physical and mental development.

Baumeister, Roy F., Tierney, John. *Willpower: Rediscovering the Greatest Human Strength*. Penguin Press, 2011. Roy Baumeister has published hundreds of research articles on self-control and mastering will-power since the 1970’s. This summary of his research, written as a practical and easy-to-read guide, has a chapter devoted to developing self-control in children (versus just focusing on self-esteem).

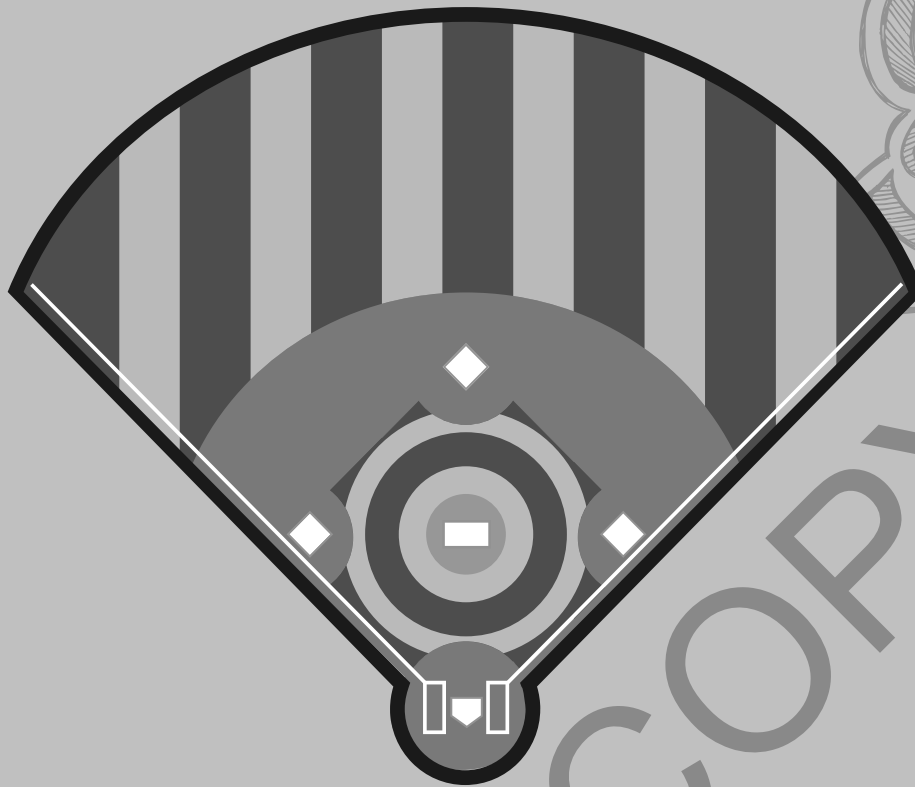


you and your kids are a team

How is your relationship with your kids like a sports team?

What are some characteristics of a good coach?

How would you define a relationship? A relationship is...



THE RULES OF THE GAME

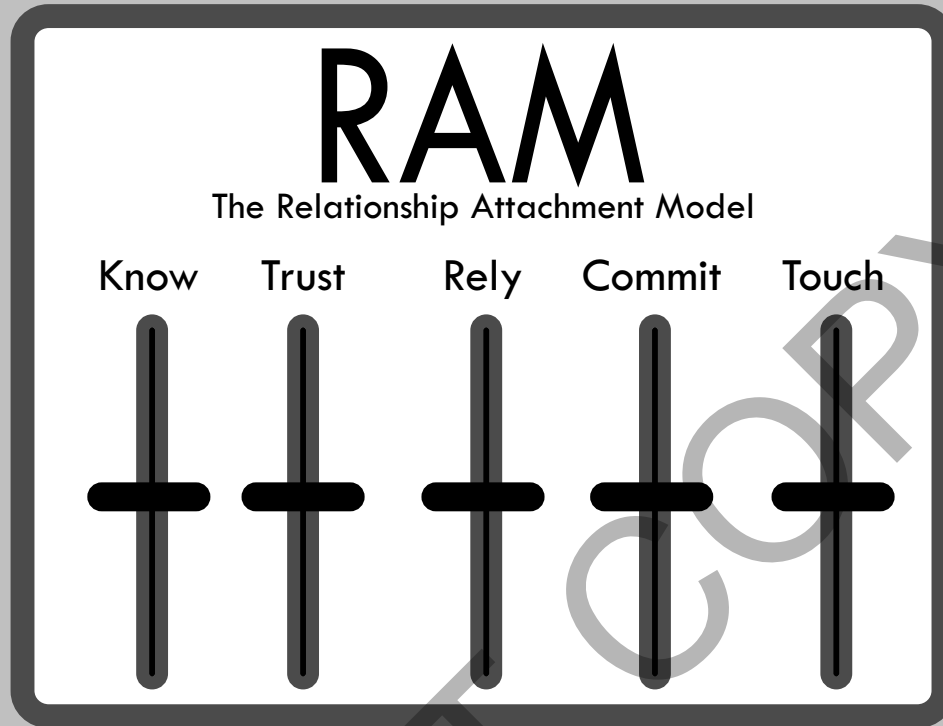
First there are two teams. One team has their team members take turns trying to hit the baseball with a bat and run around the three bases while the other team tries to catch the ball and tag the base runner(s) or the appropriate base to get them out.

The goal is to get around the 3 bases and get home (home plate) without being tagged out. Each time a player gets around the three bases and makes it home, that is a point or what is called a “run.” Whoever has the most runs at the end of nine times coming to bat (innings) wins.

When a batter comes up to bat, the other team throws the ball so he/she can hit it. If that batter swings and misses the ball, then that is called a STRIKE. If that batter misses the ball three times then that batter is done (3 strikes is all he or she gets and then the batter is considered “out” and has to wait until his or her turn to bat again and try to hit the ball.

The name of this course is HOME RUN DADS and is a play on words. First, it is a statement of hope that, as a father, you are successfully making your home run—wisely handling the ups and downs of life and positively working to help your children achieve their goals. But second, the title also plays on the baseball idea because a HOME RUN is when the batter hits the ball so far that he/she is able to run around all three bases and make it home before being tagged. Making a HOME RUN is the top achievement for a batter—so a HOME RUN DAD is one who is doing the best job imaginable as a father. This course is designed to help you have tools to successfully run your home, and to become a home run dad!

LEARN THE RAM



KNOW: TEAM TALKS

The ways your Team TALKS and KNOWS each other.

TRUST: TEAM SPORTSMANSHIP

The ways your Team RESPECTS each other.

RELY: TEAMWORK

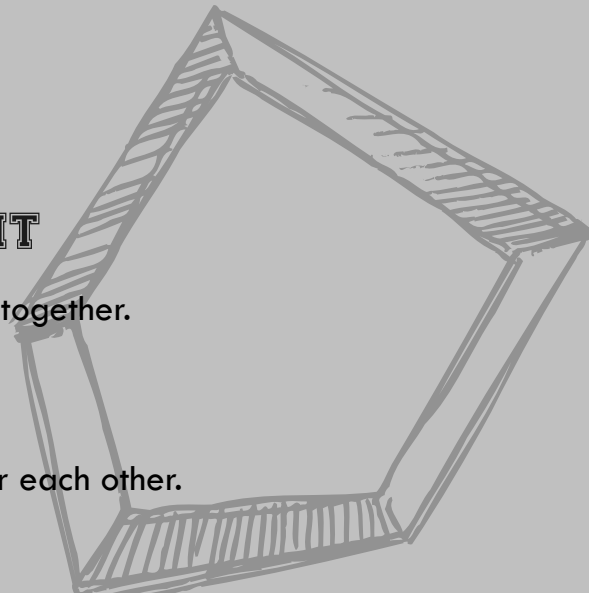
The ways your Team WORKS and PLAYS together.

COMMITMENT: TEAM COMMITMENT

The ways your Team SUPPORTS each other and STICKS together.

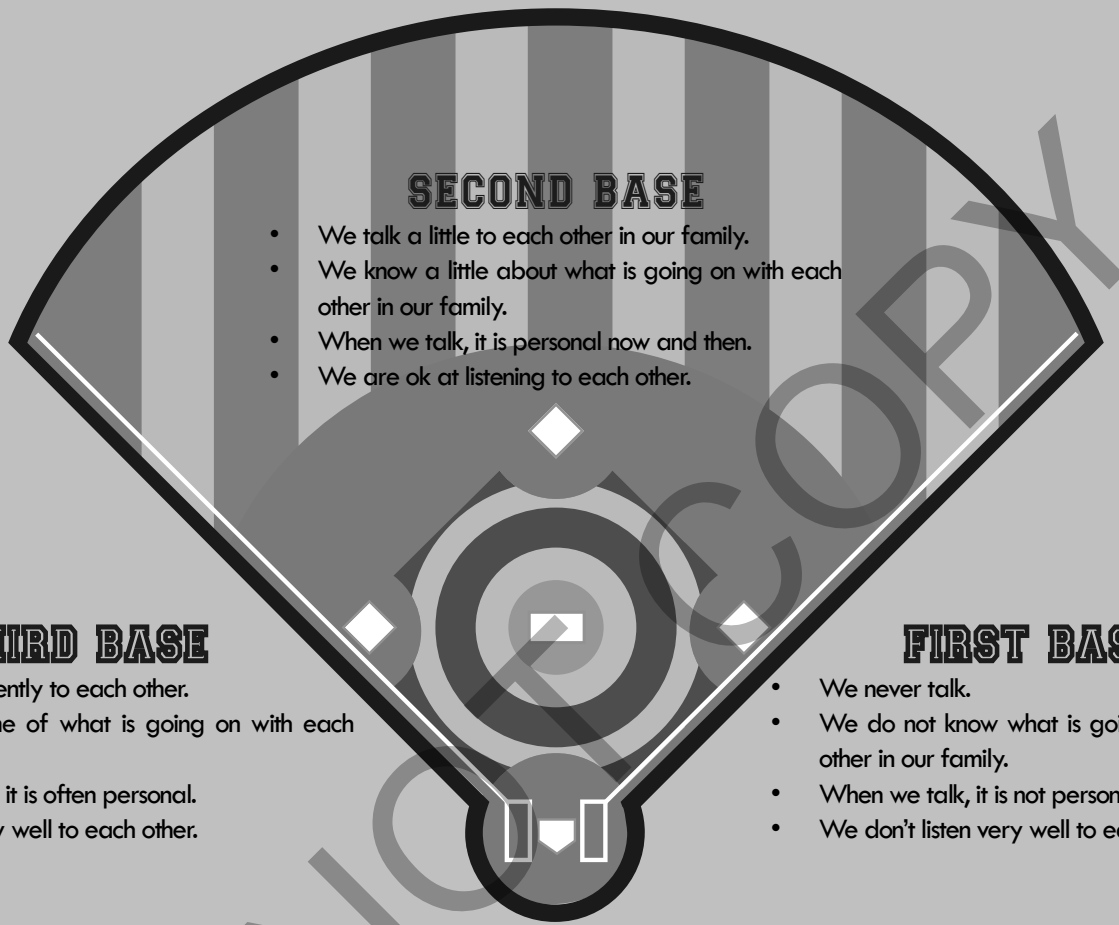
TOUCH: TEAM SPIRIT

The ways your Team shows LOVE and APPRECIATION for each other.



KNOW: TEAM TALKS

The ways your Team TALKS and KNOWS each other.



SECOND BASE

- We talk a little to each other in our family.
- We know a little about what is going on with each other in our family.
- When we talk, it is personal now and then.
- We are ok at listening to each other.

THIRD BASE

- We talk frequently to each other.
- We know some of what is going on with each other.
- When we talk, it is often personal.
- We listen fairly well to each other.

FIRST BASE

- We never talk.
- We do not know what is going on with each other in our family.
- When we talk, it is not personal.
- We don't listen very well to each other.

HOME

- We talk a lot to each other in our family.
- We know a lot about what is going on with each other in our family.
- When we talk, it is usually personal.
- We really listen to each other.

STEP ONE: Read out loud each of the four levels starting with 1st base, then 2nd base, 3rd base and finally, home.

STEP TWO: Discuss which base most accurately describes the ways that you and your children TALK and STAY IN TUNE with what is happening in each other's' lives.

STEP THREE: What are three practical ways that could help you or any father and his children get to the next base (or try to improve) in these specific areas of TALKING and KNOWING each other.