

Dads Rock Key Aims:

What	Aim	Outcomes	Indicators (how we know the outcome is happening)	Measurement (How to collect information about the indicator)
Dads Rock 1. Weekend playgroups for Dads and their children 2. Dads in the Wood 3. Parenting Workshops 4. Young Dads work 5. Work in primary and secondary schools 6. Music Tuition 7. Dads Perinatal Support Use Dads Rock to champion the role of Dads and conduct advocacy work.	Our aim is to improve outcomes for children in Scotland to ensure the best start in life by providing support to Dads and families. Our hope is through achieving this, there will be a larger shift in society toward accepting the vital role Dads play. We aim to support Dads and support families through our work across Scotland.	Dads and children have lots of fun attending free Dads Rock events	Percentage of Dads that have attended more than one event or course	Record of attendance statistics
		Dads and their children develop closer relationships through free Dads Rock events	Level of activity with their children Observing positive interactions between Dads and children	Survey of Dads when starting and completing a service to measure closeness of relationship with children
		The confidence of Dads increases The resilience of Dads increases	Dads interaction with other children and Dads Awareness of other support services	Survey of Dads when starting and completing a service to measure change in confidence and resilience Use of Whatsapp group
		Children grow up feeling supported by their Dads	Level of activity with their children	Observe that babies are developing properly and are safe Linking to external research
		There is a shift in society improving acceptance of the vital role Dads play.	Level of Dad friendly/focused services.	Monitor research from external organisations Observations of organisations being more Dad friendly/focused.

Dads Rock Activities - Key Aims:

What	Aim	Outcomes	Indicators	Measurement
<p>Playgroups</p> <p>Play together, make art and music, read stories, count, investigate, go on trips, make food, generally mess about and have a great time.</p> <p>Friendships develop between Dads, between Dads and kids and between the families attending.</p>	<p>Dads and children have lots of fun attending playgroups, where they develop closer relationships between them. They also get a chance to meet other Dads, allowing them to learn from, and support, each other.</p>	<p>Dads and their children develop closer relationships</p> <p>The confidence and resilience of Dads increases, alongside an awareness of other support services</p> <p>Dads report having increased connections with a wider network of Dads.</p>	<p>Percentage of Dads that have attended more than one playgroup.</p> <p>Taking an active role in parenting</p> <p>level of activity with their children</p> <p>Dads interaction with other children and Dads</p> <p>Awareness of other support services</p> <p>Participating fully in the group activities</p> <p>Level of care Dads are providing</p> <p>Dads talk about other friendships within the groups</p> <p>Dads contribute to discussions within the group and message boards.</p>	<p>Record of attendance statistics</p> <p>Survey of Dads when starting playgroups and every 12 months after to measure:</p> <ul style="list-style-type: none"> - closeness of relationship with children - change in confidence, resilience and awareness of other support services - Connectivity with a wider network of Dads. <p>Project worker observation - record level of involvement of dad looking after their child</p> <p>Ask dad how he feels</p> <p>Ask mum/professional</p> <p>Photos taken at playgroups of Dads and their children interacting.</p> <p>Complete case studies throughout the year.</p> <p>Capture quotes from Dads, mums and children where appropriate.</p>
What	Aim	Outcomes	Indicators	Measurement
<p>Dads in the Wood</p> <p>Outdoor fun for Dads and Children</p> <p>Friendships develop between Dads and children, and families attending</p>	<p>Dads and their children come together for free and play outdoors. We deliver a selection of activities using the environment to explore foliage, look for bugs, craft using sticks and leaves, make paint out of mud and leaves and build dens. Dads and their children will be outside exploring nature, getting dirty and experiencing risk. We will push boundaries by climbing trees and using real tools to make things like swings, allowing the children to learn about risks and how to keep safe.</p>	<p>Children and families have more opportunities to play outside leading to improved health and wellbeing outcomes</p> <p>Children and families become more aware of the benefits of outdoor play</p> <p>Children and their Dads develop closer relationships and stronger attachment.</p> <p>Confidence and resilience of Dads increases and they feel less isolated</p>	<p>Availability and accessibility of sessions to families</p> <p>Percentage of Dads that have attended more than one DitW session</p> <p>Dads taking an active role in parenting</p> <p>Dads level of activity with their children</p> <p>Interaction between families</p> <p>Participating fully in the group activities</p> <p>Level of care Dads are providing</p> <p>Dads talk about their friendships within group</p> <p>Dads join in with other DR activities</p>	<p>Record of attendance statistics</p> <p>Survey of Dads attending at regular intervals</p> <p>Project worker observation - record level of involvement of Dads looking after their child</p> <p>Ask Dad how he feels</p> <p>Photos taken at sessions of Dads interacting with their children</p> <p>Capture quotes from Dads, mums and children where appropriate</p> <p>Case Studies</p>

What	Aim	Outcomes	Indicators	Measurement
<p>Parenting Workshops</p> <p>Facilitate FREE Parenting workshops including antenatal classes specifically for Dads, hairstyling, cycling, first aid, feeding, sleeping, Raising Children with confidence, etc.</p>	<p>Provide relevant information to expectant Dads in an engaging way, to help them prepare and be confident ahead of the birth.</p> <p>Provide ongoing learning opportunities for Dads and Mums through parenting workshops.</p>	<p>The confidence and resilience of Dads increases, alongside an awareness of other support services</p> <p>Dads recognise the importance of their role, alongside Mum and baby</p> <p>Dads form better relationships with other Dads</p> <p>Parents learn new skills to enable them to better care for their children.</p>	<p>Taking an active role in parenting</p> <p>level of activity with their children</p> <p>Dads interaction with other children and Dads</p> <p>Awareness of other support services</p> <p>Participating fully in the group activities</p> <p>Level of care Dads are providing</p> <p>Dads talk about other friendships within the groups</p> <p>Dads contribute to discussions within the group and message boards.</p>	<p>Survey of Dads when starting and on completion of course to measure:</p> <ul style="list-style-type: none"> - change in confidence, resilience and awareness of other support services - how well they define their role as a Dad - connectivity with wider network of Dads <p>Photos taken at the classes highlighting the work of the Dads</p> <p>Project worker observations</p> <p>Complete case studies throughout the year.</p> <p>Capture quotes from Dads and mums where appropriate.</p>
What	Aim	Outcomes	Indicators	Measurement
<p>Young Dads</p> <p>One to one mentoring to help Young Dads, aged 30 or under to improve parenting.</p> <p>Coaching young Dads to help increase confidence and resilience.</p> <p>Collaborating with other organisations for referrals and support, such as Social Work, Education, Health professionals.</p>	<p>Give at risk young men the skills and confidence to enjoy the experience of being a Dad. This will help at-risk young babies have the best possible start in life.</p>	<p>The confidence and resilience of Young Dads increases, alongside an awareness of other support services</p> <p>Dads form relationships with other Young Dads.</p>	<p>Taking an active role in parenting/ Level of activity with their children</p> <p>Awareness of other support services</p> <p>Relations with mum and family</p> <p>Dads talk about other friendships within the groups / Positive interactions between Dads and children</p> <p>The child's development over a period of time</p> <p>Ability to ask for help/ability to take advice/receives support in a positive way</p> <p>Approaches professional services in a positive and productive way</p> <p>The baby is in a safe environment</p> <p>The baby is developing properly.</p>	<p>Survey of Dads when starting and on completion of support to measure: change in confidence, resilience and awareness of other support services connectivity with wider network of Dads</p> <p>Project worker observation - record level of involvement of dad looking after their child Ask dad how he feels Ask mum/professional</p> <p>Photos taken of Dads and their children interacting, where appropriate.</p> <p>Complete case studies throughout the year.</p> <p>Capture quotes from Dads, mums and children where appropriate.</p>
What	Aim	Outcomes	Indicators	Measurement
<p>Primary School Work</p> <p>Working in partnership with local primary schools to deliver a</p>	<p>Improving outcomes for children by getting Dads actively involved in their education, both at school and home.</p>	<p>Children have the opportunity to take part in activities with their Dads in the school setting.</p>	<p>Percentage of Dads that have attended more than one school event.</p>	<p>Record of attendance statistics</p>

<p>range of activities throughout the year.</p> <p>Dads will be involved in lots of different activities with their children within the school.</p> <p>Working with schools in a collaborative manner to reach out to families and help develop positive relationships between Dads Rock, Schools and Dads. (*includes any male carer)</p>		<p>Dads and their children develop closer relationships The confidence and resilience of Dads increases, alongside an awareness of other support services</p> <p>Dads report having increased connections with a wider network.</p> <p>To aid the creation of 'Dad-friendly' schools</p> <p>For boys to have the emotional and psychological tools they need to succeed.</p>	<p>Level of activity with their children</p> <p>Awareness of other support services</p> <p>Dads talk about other friendships within the groups</p> <p>Dads contribute to discussions within the group and message boards.</p>	<p>Survey of Dads when attending the first event and every 12 months after to measure closeness of relationship with children.</p> <p>Survey of children to measure improvement in relationship with their Dad</p> <p>Project worker observation - record level of involvement of dad looking after their child</p> <p>Ask dad how he feels Ask mum/professional</p> <p>Photos taken at sessions of Dads and their children interacting, where appropriate.</p> <p>Complete case studies throughout the year.</p> <p>Capture quotes from Dads, mums and children where appropriate.</p>
What	Aim	Outcomes	Indicators	Measurement
<p>Secondary School Workshops</p> <p>We deliver workshops for boys and girls covering: The role of a Dad - Challenging stereotypes Gender equality – Who's job is it? Role Models, positive and negative Relationships, both personal and social Mental Health and wellbeing of families Brain Development, with a focus on babies.</p>	<p>To prepare young men for becoming Dads and understand what it means to be a dad today.</p> <p>To develop young women's views of the role of Dads.</p> <p>To help young people understand gender bias and gender equality.</p>	<p>Young people will increase their understanding of the role of a dad in today's society.</p> <p>Young people will learn about the importance of positive relationships between fathers and their children.</p> <p>Young people have the opportunity to talk about mental health. Young people will understand how a parent helps their babies' brains develop.</p> <p>Young people have the opportunity to talk about gender stereotypes and gender equality.</p>	<p>Awareness of the role of a Dad</p> <p>Ability to identify positive role models</p> <p>Awareness of resources to aid good mental health</p> <p>Understanding the importance of gender equality and gender bias.</p>	<p>Survey at the beginning of each block of workshops to gauge children's knowledge around the key outcomes and then ask them to complete it again at the end of the end of the session to document what they have learned.</p> <p>Project worker observation</p> <p>Photos taken at workshops, where appropriate</p> <p>Complete case studies throughout the year.</p> <p>Capture quotes from children and staff where appropriate.</p>
What	Aim	Outcomes	Indicators	Measurement
<p>Music Lessons</p> <p>Weekly music lessons for young people and families</p> <p>We teach: Bass, Drums, Guitar and Vocals.</p> <p>Opportunities to perform</p>	<p>To allow families to learn music together, to encourage self expression and improve self esteem in children and their parents.</p> <p>To offer music tuition for at risk students who otherwise may not have the opportunity.</p>	<p>Participants develop their music making skills</p> <p>Families develop closer relationships through learning together</p> <p>Improved self esteem and confidence in participants through learning and performing together.</p> <p>Reach young people who would not normally have the chance to participate take part in music- making opportunities.</p>	<p>Participants improve their musical skills either by playing an instrument or vocal skills.</p> <p>Positive interaction between Dads/ mums and children develops</p> <p>Families talk about other friendships within the groups</p> <p>Participants feel more confident.</p>	<p>Survey at the beginning of each new year (September) to gauge children's knowledge again at the end of the end of the session (June) to document what they have learned.</p> <p>Participants are able to perform a number of songs through their chosen medium.</p> <p>Tutor observation</p> <p>Capture quotes from participants and staff where appropriate.</p>

				End of year concert.
What	Aim	Outcomes	Indicators	Measurement
Dads Perinatal Support	To improve confidence and resilience for new Dads and improve the long term outcomes for their children.	Fathers are better able to maintain a warm and secure relationship with their child. Fathers feel better able to meet the needs of their children (physical, social, emotional and cognitive) Fathers with perinatal mental health issues feel less isolated and better able to seek support from family, friends and their community.	Dads talk about positive interactions between their children and themselves Ability to complete day to day tasks Anxiety levels decrease Level of activity with their children Awareness of other support services Dads report having increased connections with a wider network of Dads Dads contribute to discussions when participating in other Dads Rock activities (Dads Talk/WhatsApp group).	A baseline survey and 6/12 month questionnaire for Dads on the programme to measure Mental Health, closeness of relationship with children, confidence level, awareness of other support services and connectivity with a wider network of Dads. Project worker observation Photos taken at workshops, where appropriate Complete case studies throughout the year. Capture quotes from children and staff where appropriate.
What	Aim	Outcomes	Indicators	Measurement
Advocacy/ lobbying work Attending conferences regarding the role of Dads and men Working with young people Supporting organisations become more focused on fathers.	There is a shift in society toward accepting the vital role Dads play.	Increased equality for Dads.	Increase in Dad friendly services/organisations.	Monitor research from external organisations.