



# HOME RUN DADS

father's stepping up to the plate

## OVERVIEW

*Home Run Dads* is a fatherhood, skills-based program built around a sports theme in which the skills essential for healthy relationships between a father and his children are compared to building and maintaining strong team relationships with positive coaching skills. The sports comparisons make the activities and concepts very concrete and fun. The course has five sessions and each session develops one of five dynamic bonds or connections that occur in relationships represented by the evidenced-based Relationship Attachment Model (RAM) and are summarized below (the capitalized words are the five relationship connections represented in the RAM).

**KNOW:** Fathers learn and practice positive communication skills that keep them “in the *know*” with their kids, and they begin a detailed “stat sheet” on each of their children describing their goals and involvement based on that child’s unique strengths, interests, needs, developmental characteristics, responsibilities, and skills.

**TRUST:** Fathers learn ways to encourage attitudes of respect and *trust* through a “game plan” that identifies and implements their core values, promotes consistent structures for their children, and practices respectful and mutually engaging strategies for handling conflicts, discipline, and follow-up discussions.

**RELY:** Fathers form practical and balanced plans for cooperative co-parenting, and for meaningful involvement with each child congruent with the ways that their children *rely* on them for their physical, emotional, social and educational needs. They make tickets for their kids for “hall of fame” activities that they want to do together.

**COMMIT:** Fathers explore their own childhood experiences with a father or caregiver and identify ways they want to repeat and revise these experiences in their own identity and relationships with their children; they design a team pennant that has the names and “motto” of their family; they examine the balance of their life commitments with how they *commit* their time and involvement with their children.

**TOUCH:** Fathers explore and discuss ways they affirm their love, affirmations and appreciation for their children through physical interactions and affectionate *touch*.

## LEARNING OBJECTIVES

1. Fathers learn a simple but comprehensive picture of the key connections in their relationships with their children that need to be regularly strengthened so that they can have a concrete plan for building and maintaining positive relationships with each of their children.
2. Skills that are essential to the ongoing strength and resilience of these father-child relationship connections are taught, explored in small and large group discussions, and practiced in various activities and exercises. These skills include positive communication, identifying each child’s specific emotional, mental, social and educational developmental needs, defining values for fathers to practice and instill in their children, cultivating strategies for respectful negotiations and discipline, exploring consistent and healthy structures for their children, identifying enjoyable and meaningful activities they can participate in with each child, maintaining a healthy balance between life commitments and involvement with their children, and facilitating positive expressions of appreciation and affirmation for their children.
3. Provide a practical, easy-to-follow five-step format for engaging in regular meetings with their children that emphasize positive appreciation, respect, forgiveness, mutual exploration of interests and involvement, and goal setting for meaningful togetherness.



## WHAT WE'RE DOING AT LOVE THINKS

### CERTIFICATION COURSES

PICK: how to avoid jerks

COUPLE LINKS

OUR HOME RUNS  
home run families  
home run dads  
home run parents

SPIRITUAL R&R

RELATIONSHIP COACHING &  
COUNSELING WITH THE RAM

### ONLINE COURSES

HEAD MEETS HEART (PICK)

ROCK SOLID MARRIAGE (LINKS)

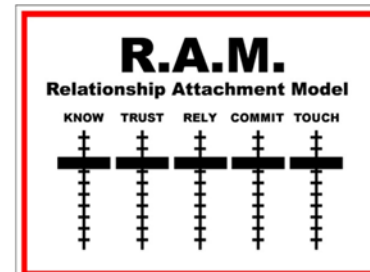
ROCK SOLID MARRIAGE READY  
premarital engaged couples

### PLUG-N-PLAY COURSES

RELATIONSHIP GOALS (PICK)

RELATIONSHIP GOALS (LINKS)

RELATIONSHIP GOALS  
churchwide series



### WEBSITE FOR INSTRUCTORS: [www.LoveThinks.com](http://www.LoveThinks.com)

- Overview of ALL Love Thinks courses and Services
- Information on how to become certified to facilitate Love Thinks courses
- Love Thinks Program Information, Research, and Resources for Certified Instructors
- Love Thinks Store
- Links to other two sites for online courses and RAM small group studies & churchwide RAM series

### WEBSITE FOR INDIVIDUALS: [www.MyLoveThinks.com](http://www.MyLoveThinks.com)

- Weekly blogs
- Online courses (Head Meets Heart; Rock Solid Marriage; Rock Solid Marriage Ready)
- Get access to our free relationship resource library
- Watch the latest Webinar

### WEBSITE FOR CHURCHES: [www.RAMseries.com](http://www.RAMseries.com)

- Specific website just for churches about the RAM study for couples or singles, and churchwide series
- Video and workbook samples, sermon, elementary lessons, & parent guide samples

### INSTAGRAM @DrMorganCutlip

- Free daily relationship tips and advice