

Dads Matter

Building a strong, connected relationship

The role of a father has changed considerably in the 21st century. Dads are navigating the integration of work and family, gender stereotypes/ expectations, disciplining their children and at the same time trying to have a positive relationship. This session will give dads a chance to think about what kind of father they want to be and to explore the role they play in bringing up their children. It then considers some of the differences in the relationship between fathers and sons versus fathers and daughters. Finally it will cover some core parenting skills that really enable dads to parent in a positive way and get the very best out of their relationship with their children. It provides a space to celebrate the role of fathers and normalise common challenges that dads may face as the world of work evolves.

Session Outline

Role of a 21st century dad

Different parenting styles – what kind of dad do you want to be?

Relationship between fathers and sons: fathers and daughters

Division of labour

Core positive parenting skills to develop real connection and communication

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Opportunity to ask questions



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers. In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally. She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.