Rising Above the Wound: Strong Men Forging Safe Homes

- **Addressing the unique needs fathers face when parenting children from hard places, including FASD**



- Joshua Legg, Pastoral Care & Mental Health Coach
- Papillion Center for FASD; Board Chair
- Joshua@joshualeggcoaching.com

Background & Rationale

- Conducted individually or within a group setting
- Sessions run 1-2 hours, depending on size
- Program lasts a minimum of 5 weeks
- Ideal for fathers parenting children from hard places.
- The program helps identify areas that the fathers are struggling in and develop parenting plans to create structure and reassurance.
- Then the program helps men carry the weight differently, learn connection practices and the value of their presence.



Program Overview

The 5-Week Fatherhood Journey

Week 1 — **How do I create “Felt Safety”**
Understanding Brain-Based Parenting

Week 2 — **Understanding what I bring to the table**; Reviewing historical impacts

Week 3 — **Raising Self-Awareness**; How identity impacts the lens I look through, my partner and my children

Week 4 — **Roadblocks and Road signs**; Learning to read the map and catch behaviors low

Week 5 — **Wrapping it up**; Priorities, where do I go from here?



Felt Safety & Father Engagement

Provided Safety

- Physical Shelter
- Rules & Boundaries
- Supervision

Felt Safety

- Emotional Attunement
- Predictability & Connection
- Trust & Responsiveness

Family of Origin and the Parenting Lens

Family of Origin

- Early attachment experiences
- Family messages about emotions
- Learned beliefs about safety and control
- Generational patterns

Parenting lens

- Beliefs shape interpretation
- Past experiences influence reactions
- Fathers often respond through old wounds
- The lens affects how children and partners are perceived

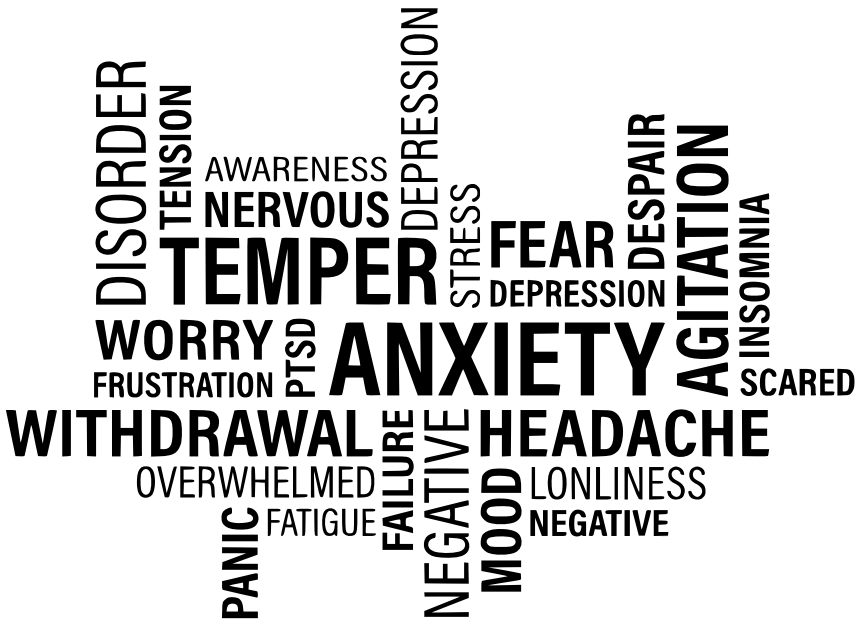
Why It Matters

- Stress activates old patterns
- Parenting exposes hidden wounds
- Awareness creates opportunity for change
- Understanding the lens increases connection



Parenting Children from hard places often reveals beliefs and wounds that were already present.

Mapping Patterns



Under Stress Fathers Often:

- Withdraw
- Escalate
- Over-Control
- Over-Function
- Disconnect

Goal:

Recognize patterns early and create healthier responses.

Implications for Practice

Professionals Can:

- Teach felt safety principles
- Intentionally engage fathers
- Explore family of origin influences
- Include father – specific supports

Learning Outcomes

Participants will:

- ✓ Understand felt safety and its impact on the brain
- ✓ Learn tools to engage fathers
- ✓ Identify scaffolding that includes fathers in family support work

Acknowledgements & Conflict of Interest

- Thanks to fathers and families who inform this work
- Papillion Center for FASD
- Community and professional partners

Conflict Statement:

No financial conflicts of interest to declare.

References & Resources

- Bruce Perry
- Stephen Porges
- Dan Siegel
- Karyn Purvis
- Bessel van der Kolk
- CanFASD

Joshua@joshualeggcoaching.com

Joshualeggcoaching.com

Fatherhood & Men’s Work