

Working with Men

Practitioner Checklist 2026



Photos created using AI

Use this checklist to support inclusive practice when working with fathers, fathers-to-be and male care givers.

IDENTIFICATION AND ENGAGEMENT

- ☐ Identify fathers/male care givers at the earliest opportunity, including during pregnancy.
- ☐ Record father/male care givers details on assessments, referrals and case records.
- ☐ Ensure fathers/male care givers are invited to appointments, meetings and reviews.
- ☐ Make direct contact with fathers/male care givers rather than relying solely on information from the mother or other family members.
- ☐ Assess any barriers to engagement and adapt your approach accordingly.
- ☐ Persevere with engagement and avoid assuming a lack of interest if contact is inconsistent.

CHALLENGING BIAS AND ASSUMPTIONS

- ☐ Reflect on personal attitudes about fathers/male care givers and fatherhood.
- ☐ Avoid stereotypes that fathers/male care givers are disengaged, immature or absent.
- ☐ Consider the impact of cultural, social and economic factors on the father's/male care givers experiences.
- ☐ Be aware of adultification bias and how it may affect practice.
- ☐ Ensure fathers/male care givers are valued equally alongside mothers and other caregivers.

COMMUNICATION AND PARTICIPATION

- ☐ Encourage fathers/male care givers to ask questions and express concerns.
- ☐ Provide opportunities for fathers/male care givers to speak privately where appropriate.
- ☐ Ensure fathers/male care givers understand plans, decisions and professional processes.
- ☐ Listen to fathers/male care givers' wishes, feelings and lived experiences.
- ☐ Include fathers/male care givers in decision-making that affects them and their children.

BUILDING A POSITIVE RELATIONSHIP

- ☐ Introduce yourself clearly and explain your role.
- ☐ Use respectful, non-judgemental language.
- ☐ Demonstrate empathy and genuine interest in the father's experiences.
- ☐ Actively listen and validate the father's/male care givers views.
- ☐ Be reliable and follow through on commitments.
- ☐ Communicate using the father's/male care givers preferred method (phone, text, email, face-to-face).

ASSESSMENT AND SUPPORT

- ☐ Explore the father's/male care givers strengths, aspirations and support networks.
- ☐ Assess emotional wellbeing, mental health and coping strategies.
- ☐ Consider any history of adversity, trauma or adverse childhood experiences (ACEs).
- ☐ Identify needs relating to housing, employment, education and finances.
- ☐ Support the father's/male care giver's relationship with the child and co-parent where appropriate.
- ☐ Develop support plans that are tailored to the individual father/male care giver.

CREATING FATHER/MALE CARE GIVERS INCLUSIVE SERVICES

- ☐ Review whether the physical environment feels welcoming to fathers/male care givers.
- ☐ Display materials and information that include fathers/male care givers.
- ☐ Ensure forms, letters and documents refer to both mothers and fathers/male care givers.
- ☐ Provide resources specifically relevant to fathers/male care givers.
- ☐ Offer activities and opportunities that encourage father/male care giver participation.
- ☐ Build staff confidence and competence in engaging fathers/male care givers.

Working with Men

Practitioner Checklist 2026



Photos created using AI

Use this checklist to support inclusive practice when working with fathers, fathers-to-be and male care givers.

REFLECTIVE PRACTICE

- ☐ Regularly reflect on interactions with fathers/male care givers.
- ☐ Seek supervision to explore challenges and biases.
- ☐ Remain professionally curious and avoid making assumptions.
- ☐ Consider whether fathers/male care givers' voices are being heard and acted upon.
- ☐ Identify learning needs and access training where required.

FEEDBACK AND SERVICE IMPROVEMENT

- ☐ Seek regular feedback directly from young fathers/male care givers.
- ☐ Use feedback to improve services and practice.
- ☐ Ensure feedback processes are accessible, confidential and inclusive.
- ☐ Record and evaluate outcomes for fathers/male care givers and families.
- ☐ Share learning and examples of good practice across teams.

PARTNERSHIP WORKING

- ☐ Share relevant information appropriately with partner agencies.
- ☐ Ensure fathers/male care givers' views are represented in multi-agency meetings.
- ☐ Work collaboratively to develop coordinated support plans.
- ☐ Clarify roles and responsibilities across agencies.
- ☐ Challenge professional disagreements respectfully when required.
- ☐ Keep the child's welfare and father/male care giver's needs central to planning.

QUICK SELF-ASSESSMENT

Ask yourself:

- Have I actively included the father/male care giver in my work?
- Have I challenged any assumptions I may hold?
- Does the father/male care giver feel listened to, respected and valued?
- Have I identified strengths as well as needs?
- Have I worked with partners to provide coordinated support?
- Would the father/male care giver describe my service as father-friendly?

Good practice principle:

-  See the father/male care giver,
-  Hear the father/male care giver,
-  Include the father/male care giver,
-  Support the father/male care giver.

For more information scan the QR code or visit [SSP - Working with Fathers and Male Caregivers](#)

