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Parenting Perspective Podcast Capstone Project

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Abstract

The Dads That Talk Podcast is a Capstone Project that intends to help parents, including myself, learn new parenting styles or techniques that they could not be otherwise aware of. This is being accomplished by solving the problem statement, how might I improve my parenting skills and the parenting skills of my peers by producing a podcast that reviews real life parenting challenges in today's society. I focus on discussing different styles of parenting to establish a foundation of understanding on the many different approaches and styles that a parent can leverage. Listeners have an easy to consume source of information that can be utilized at any time, particularly when navigating a challenging situation or when looking to grow personally as a parent. I utilized the action approach for the capstone project due to creating a podcast and it being something I have never attempted before. The podcast reached thirty eight listeners with the first episode.

Keywords: Parenting, continuous growth, personal development

Section 1: Introduction to your Capstone Project

I could argue that there is no job that is more important than being a father and a husband. As a father, and step father, there is no end all, be all way to parent. This was the basis for creating the Dads That Talk Podcast for my capstone. In the podcast I wanted to pull together typical parent challenges, and how I've navigated them to present the background and my approach to the public. The intention is by discussing an experience or theory, that information could help someone through a challenging situation as a parent.

Using a podcast instead of a different form of media, such as writing or video was preferred since podcasts don't command the undivided attention of the listeners. Writing requires a person to immerse themselves in the act of reading, and videos require visual and auditory attention. Limiting the ability of those mediums to be consumed. Whereas the podcast can be played in different settings and can be integrated into daily life. Forbes discusses statistics that nearly 60% of Americans older than 12 listen to podcasts on a regular basis, and 41% of the US listens to a podcast monthly. (Hoover, 2022) Using a podcast will increase the chance that a parent in need can access the information.

Section 2: Elements coming together

Innovative Approach

Creating a podcast that focuses on helping parents learn about different styles of parenting techniques is innovative as it is a quick access resource for anyone. I am focusing on how might I improve my parenting skills and the parenting skills of my peers by producing a podcast that reviews real life parenting challenges in today's society. The intention is to use my perspective as a Dad to discuss parenting challenges/techniques that I may or may not have

encountered yet. My project is justified in the fact that there is no right or wrong answer on how to parent, and there are many different styles or techniques that can be used, but everyone (including myself) may not know what styles exist. If I do this successfully, the podcast will be a point of reference for parents that can easily listen or refer to when they need guidance or insight.

Emotional Intelligence

My project indicates awareness of self because the basis that my podcast is built on is that there have been so many different inputs from others on how I should parent. While I recognized that everyone feels they are doing what is best by sharing their perspective, I don't always agree. Regardless of if I agree or not, I appreciate the context given to me, and even if I don't always agree, the podcast will become a resource of these perspectives that may benefit someone else. Since it will have varying levels of depth of topics, and utilization of published research, it will be easy to consume, while also recognizing that everyone and every style is different. It brings value by collecting information from personal, professional, and societal inputs to present in a manner that will help create perspective. It will also add tools to parents' tool belts to be able to address situations that may be challenging, such as navigating behavioral challenges with kids.

Creative Thinking

I built my project on the basis that there seemed to be so many different inputs, but not enough understanding. What I mean is that I, and others that I talked to, seemed to all be inundated with input from others. How their parenting style should be, and what they needed to do to be a good parent. The problem was, no one really had the answer. That's where I began creating a project that could provide a reference point for anyone that would like to use it. Using

a podcast as the media delivery tool was something I hadn't thought of personally, nor did my stakeholders. Taking it on made it personal for me, but also creates a resource for those around me too. It is unique because it is going to be unbiased and easily accessible. I'm not going to waver on my personal values, but having a discussion on how parenting can take many different forms and be successful, will be encouraging and enlightening to the stakeholders. I'm working to make a relatable resource that doesn't feel intimidating.

Your Innovative Solution

My innovative approach comes by leveraging a podcast as the media delivery method to my audience. The world of technology is vast and the ability to capture the attention of people is becoming challenging. When I decided to produce a podcast for my project, I learned from Turbo Future's article on podcasts that podcasts can engage people from all demographics and age groups, making it one of the best media delivery systems. (Shetty, 2023) Podcasts are often listened to while completing another task such as mowing the lawn, exercising, or driving to work. By hosting a podcast that has a topic relevant to a wide range of audiences it is intended to become a resource to create perspective on how to become a better parent overall. I will continually work on identifying topics that are relevant to different demographics of parents. When researching information for my podcast topics, I decided to look for local resources to help with parenting. I tried to find something that was offered in Twin Falls that parents could attend or participate in to navigate challenges as a parent and develop their skills. It was disappointing to discover that there really aren't many, if any, resources available to parents. This affirmed my innovative approach to helping parents by creating a podcast.

Section 3: Results

My project resulted in a published podcast called “Dads that talk”. Where I covered the intention of the podcast, and tried to describe it as a relatable resource for parents, because we’re all different. I covered the four different parenting styles as detailed by the Mayo Clinic. (Nelson, 2023) As of August 3, 2023, the podcast analytics show that there have been 38 listeners on the podcast, and there have been positive responses to my podcasts such as one listener’s comments of “I’m excited to listen, I’ve wanted to look up podcasts of this type before and quickly got demotivated not wanting to put in the legwork of finding one I liked. Dads deserve more attention and appreciation. Half of us wouldn’t be worth a damn without our wives, but we can make a great and powerful team. Dads don’t get any respect or recognition outside of the home. The government and society could take us or leave us it seems and it pisses me off. If only one of your episodes made me a better, more productive, and/or more supportive husband and Dad, then it would be worth every listen.”

I learned from my listeners that there appears to be a general perspective that women have more resources available for parenting than men do, as detailed by another listener’s comments, “I think anything that helps and encourages dads in today’s weird world is rare and super needed. Women have lots of options/resources in this area, but I really don’t think dudes do. Fight the good fight!”. The majority of my listeners have been based in the United States, however, the analytics reported that there were two listeners in Europe. I really wasn’t expecting to reach an initial audience in a different country, but that shows that using a podcast as a method of information distribution can reach anyone in the world.

Section 4: Conclusion

I learned that there were people that needed the perspective and escape that my podcast provides. I also learned that even if my results were not exactly what I wanted, there was value for my listeners. I reached existing parents, grandparents, and prospective parents. They benefited from having a low pressure media source that could be consumed as needed and looked to in challenging times, when perspective and new ideas are needed most.

I gained skills in presenting information in an audible format that was unbiased and respectful. I also learned skills in audio recording and editing. Writing the podcast was new to me, and it also challenged me to reflect on the information I was presenting to make sure that it was accurate and relevant to my subject matter, which developed my drafting and outlining writing skills. If I was to do the project again, I would talk to local subject matter experts early on to give me first hand information to discuss on the podcast. Having the outside perspective will solidify the podcast as an authentic information source.

Section 5: References

- Hoover, L. (2022, December 16). *Why you should host a podcast: Benefits of podcasting*. Forbes Books. Retrieved May 29, 2023 from <https://books.forbes.com/blog/why-you-should-host-podcast-benefits-podcasting/>
- Nelson, C. (2023, May 10). The 4 types of parenting styles: What style is right for you?. Mayo Clinic. <https://mcpress.mayoclinic.org/parenting/what-parenting-style-is-right-for-you/>
- Shetty, D. (2023, February 17). 4 reasons why podcasts are the new medium of information. Turbo Future.

Section 6: Appendix

Please utilize the following links to access the Dads That Talk Podcast:

Apple Podcasts: [Dads That Talk Podcast](#)

Spotify: [Dads That Talk Podcast](#)