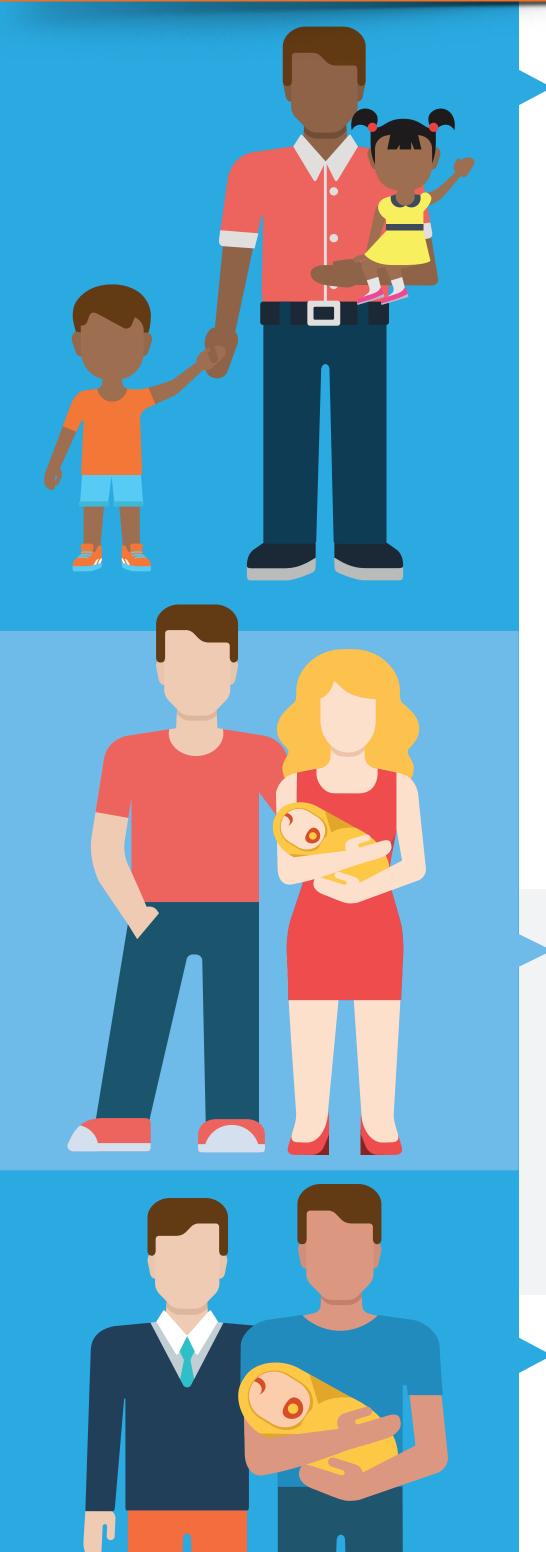
Benefits of Father Involvement

Current research reinforces that positive father involvement (PFI) is strongly associated with

positive outcomes for children



Benefits to Children

Cognitive

- Infants of fathers whose interactions are sensitive, calm and less anxious score higher in mental development
- Positive father involvement in early childhood has long-term positive outcomes as children age
- Fathers involved in children's school is linked to significant improvement in children's cognitive functioning
- Effects are increased when parents work together to support their children in school

Emotional

- Reduces depression in pre-adolescents and as kids age
- Reduces substance use in adolescents
- Improves independence in children

Social

- The quality of the relationship between father and child appears to be the central factor in reducing challenging **behaviours** in early childhood, as well as later delinquency
- Positively involved fathers improve family relationships

Physical

- Improves overall health in children
- Reduces unintentional injuries risk in children
- Reduces risk of low birthweight
- Encourages healthy pregnancies
- Improves sleep in young children
- Increases breastfeeding rates

Benefits to Mothers

- Increases and more frequent prenatal visits
- Reduces cigarette usage in mothers during pregnancy
- Reduces maternal depression
- In teen parents, positively involved fathers reduce maternal depression
- Positively influences mothers well-being
- Improves parents' relationship quality
- Reduces depression and stress in unmarried mothers
- Increases the support mothers feel in pursuing career goals

Benefits to Fathers

- Fathers are financially better off than other men
- Fathers have stronger connection to community and social networks for support
- Fatherhood motivates men to **improve** their health
- Fatherhood provides a **new sense of** purpose and meaning
- Children can inspire fathers to **improve** the relationship with their partner or their employer

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