

# 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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