

The Critical Role of Fathers

in Building Healthy Kids and Families

Specific benefits to children from research of Positive Father Involvement (PFI)

Positive Father Involvement is important for children. It improves their:

social and emotional wellness

academic achievement

physical health

adjustment to becoming parents themselves



Positively Involved Dads help their children with:

Brain Development

- Reduces behavioural problems
- Improves thinking and language abilities
- Improves ability to learn and school performance
- Fathers who are sensitive, calm and less anxious have infants who score higher in mental development

Healthy Emotions

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

Relating to Others

- The quality of the relationship between father and child is a factor in reducing challenging behaviours in early childhood, as well as later delinquency
- Positively involved fathers improve family relationships
- For adolescents living in vulnerable communities, positive relationships with fathers who are also school involved can reduce problems associated with poverty and social disadvantages

Physical Health and Development

- 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

Sources:

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