

# 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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