

## BUILDING HEALTHY FAMILIES

**“Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song.” –Pam Brown**

The modern father is involved in nearly every aspect of parenting, from nurturing and caregiving to providing moral guidance, discipline, and support. Involved fatherhood provides better outcomes for child development & well being.



Child & Family  
Research Partnership, 2016

### An Involved Father Means..

Direct interaction between a father and child (such as during play, caretaking)

Accessibility/availability to his child when needed

Responsibility of managing and providing resources for a child

Building a support network for children as they grow up

*Father involvement changes with the age and developmental stage of a child. For example, fathers take on a nurturing role with infant children, and they act more as “teachers” in the toddler years.*



### Why Fatherhood Matters

according to Dr. Kyle Pruett, child psychiatrist and clinical professor

Kids who experience discipline from both Mom & Dad learn a wide array of problem-solving skills.

Active and nurturing fathering enhances verbal skills and intellectual functioning.

The way a father plays with a child helps with emotional and social development.

Teenagers with supportive fathers have greater optimism and self-efficacy, leading to better school achievement.

A positive male role model helps adolescents develop positive gender-role characteristics.

Fathers encourage kids to push limits, increasing independence and skill development.

Children who have an involved father are more likely to be emotionally secure, confident to explore their surroundings, and able to develop better social connections .

–Psychology Today, 2011



*Fatherhood is not about leading children; it’s about holding their hands and walking with them wherever they lead you.*



See the next page to learn how a father’s presence makes a difference!

**Research shows:** when a child grows up with a father who is present, that child is:

- four times less likely to live in poverty
- less likely to suffer emotional and behavioral problems
- less likely to face abuse and neglect
- less likely to abuse drugs and alcohol
- two times less likely to drop out of school
- seven times less likely to become pregnant as a teen
- less likely to commit a crime
- less likely to become involved in delinquency
- more likely to experience healthy overall psychological adjustment



**Dear Daddy,**

In all the things I try to do,

I want to do them just like you.

I'm watching every move you make,  
And trying to take each step you take.

Although right now I'm sort of small,  
When I'm with you, I feel ten feet tall.

Like you, I want to be brave and smart.  
'Cause I love you, Daddy, with all my heart.

When I'm older I'll be so glad.

If I grow up to be



**Just  
Like  
Dad!**