



THE DAD EFFECT...How Do Fathers Make a Difference?

Research collected by Dr Gary Clapton, senior lecturer in Social Work, University of Edinburgh

The benefits of involving fathers

Who, When, Where and What Impact	Children: The evidence
<p>Pregnancy & Birth</p> <p>Women whose partners remain involved during pregnancy are more likely to attend antenatal care, take better care of their health and deliver healthier babies.</p>	<p>Fletcher, R., May, C. & St George, J. (2014) 'Fathers' prenatal relationship with their baby and her pregnancy – implications for antenatal education'</p>
<p>School</p> <p>Fathers' involvement with their children is linked with their higher educational achievement and higher educational /occupational mobility relative to their parents. For example, in the UK, fathers' involvement with their 7 and 11 year old children is linked with their better national examination performance at age 16 (Lewis et al, 1982) and their educational attainment at age 20 (Flouri and Buchanan, 2004).</p> <p>A father's interest in his child's education, particularly at age 11, has been found to have more influence than family background, the child's personality or poverty on education success (Hango, 2007).</p>	<p>Fatherhood Institute (2012) <i>Dads and Learning: The research on fathers' impact on their children</i></p>
<p>Adolescence</p> <p>Teenagers' sense of self-worth is predicted by the quality of their early childhood play with fathers and there are links between father's involvement at the age of seven and lower levels of later police contact as reported by the mothers and teachers). Boys in particular are less likely to be in trouble with the police where they have 'involved' fathers.</p> <p>Self-reported happiness (2700 adolescents) and psychological well-being positively related to father involvement.</p> <p>35% of boys with little or no involvement with their fathers became offenders compared with 18% with a highly involved father.</p>	<p>Lewis, C. and Lamb, M. (2007) <i>Understanding fatherhood: A review of recent research</i></p> <p>Flouri, E. and Buchanan, A. (2003) 'The role of father involvement in children's later mental health.' Cited in Children in Scotland, 2008 <i>Making The Gender Equality Duty Real for children, young people and their fathers</i></p>
<p>Later life</p> <p>In the UK, high levels of father involvement at ages 7 and 11 were found to protect against experience of homelessness in the adult sons of manual workers. Father and adolescent reports of their closeness at age 16 correlated with measures of the children's depression and marital satisfaction at age 33.</p>	<p>Flouri, E. (2005) <i>Fathering and child outcomes</i></p>



<p>Child Welfare</p> <p>There is a strong correlation between children seeing little or nothing of their fathers and childhood depression.</p> <p>The emotional involvement fathers display throughout their play interactions leads to increases in the cognitive functioning of their children who have Downs syndrome.</p> <p>In a study of 2000 cases, when legally identified fathers are involved in child welfare case planning and service delivery, these child welfare cases are likely to see more time spent with a parent and, therefore, less out-of-home-substitute foster care utilization.</p>	<p>http://www.fatherhoodinstitute.org/2008/fi-research-summary-separated-families/</p> <p>de Falco et al (2008) 'Fathers Play With Their Down Syndrome Children'</p> <p>Scott et al (2012) 'Do Dads Matter? Child Welfare Outcomes for Father-Identified Families'</p>
--	--

<p>Mothers</p> <p>Mothers who feel supported by their babies' fathers adjust better to motherhood and parent more positively.</p>	<p>http://www.fatherhoodinstitute.org/2008/fatherhood-institute-main-research-summary-the-costs-and-benefits-of-active-fatherhood/</p>
<p>The biggest influence on the mother's smoking is the father's smoking.</p>	<p>http://www.fatherhoodinstitute.org/2007/fatherhood-institute-research-summary-fathers-and-smoking/</p>
<p>Breastfeeding rates are higher when fathers are directly addressed on the benefits and mechanics of breastfeeding.</p>	<p>http://www.fatherhoodinstitute.org/2007/fatherhood-institute-research-summary-fathers-and-breastfeeding/</p>
<p>Higher father involvement is linked with lower parenting stress and depression in mothers.</p>	<p>Allen, S. and Daly, K. (2007) <i>The Effects of Father Involvement: An Updated Research Summary of the Evidence</i></p>

<p>Family Welfare</p> <p>Delivering a parenting intervention to both parents is significantly more effective than delivering it to just one.</p>	<p>http://www.fatherhoodinstitute.org/2014/fatherhood-experts-call-for-game-change-to-make-parenting-programmes-more-effective-and-less-wasteful/</p>
--	--

<p>Fathers</p> <p>Involved fatherhood prevents re-offending, longevity goes up and suicide rates go down.</p> <p>'A child more than all other gifts that earth can offer to a declining man, brings hope with it and forward looking thoughts.'</p>	<p>Pruett, K. 1987 <i>The Nurturing Father</i></p> <p>Wordsworth 'Michael: a pastoral poem'</p>
--	---

More research and resources for employers, service providers and families are available www.yearofthedad.org

 Sign up or find out more at www.yearofthedad.org
 Find us on facebook at www.facebook.com/yearofthedad

 Follow us on Twitter @yearofthedad#yearofthedad
 Find us on instagram @yearofthedad2016