

# Father Involvement

## It Makes a Big Difference

Does it matter that fathers are involved with their children?

Definitely.

Children with an involved father have so much going for them.

Consider these facts:

Children with involved fathers are more likely to:

- be more curious and eager to explore the environment, relate more maturely to strangers, react more competently to complex and novel stimuli, and be more trusting in branching out in their explorations (Biller, 1993; Parke & Swain, 1975; Pruett, 1997)
- enjoy school (NCOFF, 2000) and have positive attitudes toward school (Flouri et al, 2002)
- enjoy life more and experience less depression (Dubowitz, et.al, 2001; Field et al, 1995)
- have positive relationships with peers, siblings, and adults (Dubowitz et al, 2001)
- tolerate stress and frustration in a productive manner (Mischel et al, 1988)
- take initiative and problem solve (Amato, 1989; Pruett, 1987)
- express more generosity, more reciprocity, and more positive friendship qualities (Hooven et al, 1995; Lindsey et al, 1994)
- be more physically healthy with less obesity (Strauss & Knight, 1999) and less injuries (O'Connor et al, 2000)

Plus, having an involved father around reduces the likelihood of

- substance abuse (Dorius et al, 2004)
- delinquency (Zimmerman et al, 1995)
- stealing (Barnes, 1984)
- disruptive, antisocial behaviour (Flouri & Buchanan, 2002a)



### Involved Fathers

- Play** with their children's best interests in mind and enjoy being with them
- Learn** and are engaged in their children's academic and social life
- Provide** all the necessities of life – shelter, food, emotional stability, etc.
- Connect** from the beginning and do all they can to keep that connection
- Respect** and value the role moms and others have in their children's lives



## Boys and girls need responsibly involved fathers in their lives.

Here are ways that schools can encourage greater father involvement:

- encourage/promote Father's Day and family events
- support father involvement in school activities, community events, and
- place father involvement posters around the community - libraries, schools, community centres, stores
- promote responsible father involvement in the media using the PSAs CFII has produced
- contact CFII for a father-friendly check-up of local workplaces and communities

Fathers who are highly engaged with their children are also more likely to be involved in the community. These dads make a great resource through volunteering and serving the areas they live in.

And we strongly believe that involved fathers build strong children who give back a tremendous amount to their schools and communities.

Remember . . . a father who is responsibly involved will raise responsible children who contribute to the world around them.

And that is good for everyone's future . . .



### Want more information?

For more on the impact an involved father has on children, on mothers, and on the community, please see:

*The Effects of Father Involvement:  
An Updated Research Summary of  
Evidence*

by Sarah Allen and Kerry Daly,  
2007, available at [www.cfii.ca](http://www.cfii.ca).

## Ways CFII can help:

- resources for fathers
- father involvement posters
- father-sensitivity training opportunities
- fathering public service announcements
- Super Dads Super Kids online activities

### Canadian Father Involvement Initiative

30 Bennet St, Unit 2  
Carleton Place, ON K7C 4J9  
613-257-2779 ext 108  
[info@cfii.ca](mailto:info@cfii.ca)  
[www.cfii.ca](http://www.cfii.ca)

## Fatherhood:

It's the Best Job on the Planet

