

# FATHER ENGAGEMENT BENEFITS



## FOR THE WHOLE FAMILY

### Improved Family Wellbeing and Health Outcomes

Increased economic security, frequently resulting in less family stress

Co-parenting is easier and supports better partner relationships

Parent-child bonding increases

Increased Family Protective Factors

Better maternal health outcomes; higher levels of successful breastfeeding



## FOR CHILDREN

### Improved Child Health Outcomes

Infants are more likely to have positive health outcomes

Fewer child maltreatment incidents

### Improved Academic Outcomes

Greater school readiness and higher academic success, especially verbal and math skills

Twice as likely to enter college and find employment later in life

### Improved Social/Emotional Outcomes

Children are less likely to have behavioral problems

Children are 50% less likely to experience depression

Children are 80% less likely to spend time in jail during their lifetime

### Other Benefits

Children are much less likely to become pregnant as a teen, to abuse drugs or alcohol, drop out of school, or commit crimes



Sources: [ChildWelfare.org](http://ChildWelfare.org) & [Fatherhood.org](http://Fatherhood.org)