

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](https://www.ChildWelfare.org) & [Fatherhood.org](https://www.Fatherhood.org)



<https://www.cofamilycenters.org/fatherhood-initiative/>