

Fathering-It's Not Just Great for Kids, But Dads Too!

Children benefit from positive responsible father presence and involvement, and children who do not have a dad present in their life have a much greater likelihood of negative outcomes. Dads are very important for children but fathering and being a dad is also very important and beneficial for men, families and communities..

When it comes right down to it, there are few men who truly don't want to be a part of their child's life. Whether the parents live together or not, men benefit greatly from being in a healthy father-child relationship (this also includes step-fathers.) Men benefit the most from their role as fathers when they have a significant and regular amount of involvement with their child(ren), which means not just a little time here and a little time there. They must have commitment, motivation and the energy to devote to being a dad.

Being a dad reduces many negative behaviors for men. Positively involved dads tend to have:

- Fewer accidental and premature deaths
- Fewer hospital admissions
- Lower than average contact with the criminal justice system
- Lower rates of substance abuse
- A greater sense of overall well-being

Dads also learn a lot of good things that increase quality of life from their children in different areas, including:

- Expanded sense of self confidence
- Delayed gratification of their own needs
- Heightened regulation and expression of emotion
- New understanding of empathy
- Deepened experience of emotions and emotional intensity
- Greater ability for caring and nurturing
- Increased self-scrutiny
- Increased maturity
- Improved decision-making

In other words, being a positively and responsibly involved dad makes life a lot better!!

For more information and support for dads, or to register for **The DAD Thing** program, contact your UW-Extension Office

715-672-5214 or 608-685-6256.

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