

Benefits of Father Involvement

Men who are involved fathers feel more self confident and effective as parents, find parenthood more satisfying, feel more intrinsically important to their child and feel encouraged to be even more involved.

Involved fathers are more likely to see their interactions with their children positively, be attentive to their children's development, better understand, and be accepting of their children and enjoy closer, richer father-child relationships.

Fathers who are involved in their children's lives are more likely to exhibit greater psychosocial maturity, be more satisfied with their lives, feel less psychological distress and be more able to understand themselves, empathically understand others, and integrate their feelings in an ongoing way.

Involved fathers are more likely to participate in the community, do more socializing, serve in civic or community leadership positions and attend church more often.

Some evidence suggests that involved fathering is correlated with marital stability and is associated with marital satisfaction in midlife. Involved fathers are more likely to feel happily married ten or twenty years after the birth of their first child and be more connected to their family.

Overall, men who are involved fathers during early adulthood usually turn out to be good spouses, workers, and citizens at midlife. Despite some of the documented short term costs of father involvement for men such as stress, increased work-family conflict, and decreased self esteem; long term, high involvement has a modest, positive impact on occupational mobility and work success. In fact, men's emotional involvement with their children has been found to act as a buffer against work related stresses.

