



MNCHP NETWORK 'SPECIAL' BULLETIN FEBRUARY 26, 2010

FATHER INVOLVEMENT

This week's bulletin provides an overview of father involvement from preconception to early childhood, including news, reports and research results, current initiatives, resources, and upcoming events.

This selection of information is based on a preliminary scan and is not exhaustive.

We invite you to share other relevant information about this topic.

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I) Overview of Father Involvement

1) Toronto Public Health: Father Involvement Forum

This site (Toronto Public Health, 2002) discusses issues around the involvement of fathers in raising families, barriers to greater father involvement, the benefits of father involvement, and what is needed to promote and support father's involvement. This forum also shows what Toronto Public Health has done, or intends to do to address the issue.

http://206.130.170.35/health/moh/fif_index.htm

2) Presentation on Father Involvement: Participation Kit

The Father Involvement Initiative – Ontario Network (FII-ON, 2008) has put together this toolkit to briefly go over the following points:

- A proposed definition of father involvement
- Six dimensions of a father's role
- Six dimensions of a father's role: Children first
- Father involvement as protective condition of healthy child development
- Father disinvolvement as a risk condition to healthy child development
- Risk and protective factors influencing father involvement
- Quality of the child-father relationship is key

<http://www.cfii.ca/fiion/binder/fii-onparticipationkit%20.PDF>

3) The Effects of Father Involvement: A Summary of the Research Evidence

This is a document (Allen & Daly, 2007) that presents a number of key trends in the growing research literature around the impact of father involvement on men, their children, and their partners. This document illustrates the major implications for the social, emotional and cognitive development of their children, as well as their own, adult development. It also touches on implications for their partners and family.

http://www.mydad.ca/fiion/fi_evidence_2007.pdf

II) Tools for Service Providers

4) Father Toolkit: Fatherhood: It's the Best Job on the Planet

(also available in French)

This toolkit (My Daddy Matters Because, 2008) has been designed for any staff member of a CAPC/CPNP project or any other community organization interested in promoting father involvement. The kit is useful to any project along the father involvement continuum, including projects that have had father

programs up and running for many years as well as projects that do not yet have any programs.

English: http://www.mydad.ca/toolkits/nfp_toolkit_eng.pdf

French: http://www.mydad.ca/toolkits/nfp_toolkit_frn.pdf

III) Pre-conception/family planning

5) Dad's Involvement During Pregnancy is Key: Study

This article highlights a study (Cabrera et al., 2008) that shows that fathers who are involved in their children's prenatal care are more likely to be around long term, whether they marry the child's mother or not.

News Article: <http://www.reuters.com/article/idUSTRE4BT4J520081230>

Abstract: <http://www3.interscience.wiley.com/journal/121531892/abstract>

6) Dad's Age Plays Role in Fertility

A study (Belloc, 2008) of more than 12,000 couples undergoing fertility treatment showed that pregnancy rates drop and miscarriages increase when the father is over 40. This study is thought to be the first to make such a strong connection with men's age and fertility.

News article: <http://www.medicinenet.com/script/main/art.asp?articlekey=90835>

*Presented at the European Society of Human Reproduction and Embryology 24th annual conference, Barcelona, Spain, July 6-9, 2008.

IV) Pregnancy

7) Fathers-to-be "Gain Extra Weight"

Research (Onepoll Marketing Company, 2009) shows that expectant fathers gain weight during their partner's pregnancy. This is said to be due to having more food and snacks in the house or due to gaining weight to sympathize with their partners weight gain. This eating habit could influence their pregnant partner's habits as well and it is particularly important to note that other behaviors, such as drinking alcohol, smoking or using drugs during the pregnancy could also be influential during this time.

News Article: <http://news.bbc.co.uk/2/hi/health/8063004.stm>

8) Ready or Not? The Journey to Fatherhood

This article (Hoffman, 2000) looks at the transition to fatherhood. Through the stories of other fathers questions around *when* a man becomes a father, how should a father-to-be feel, what happens when the baby arrives.

http://www.cfii.ca/fiion/hoffman_collection/Ready_or_Not_.pdf

V) Childbirth

9) Health Tip: How New Dads Can Prepare for Birth

This short article (Kohnle, 2009) offers a list of practical ways that new fathers can prepare for the birth. This is not an exhaustive list, but gives an overview of a few things to think about before the baby arrives.

<http://www.medicinenet.com/script/main/art.asp?articlekey=104086#>

10) The John Hoffman Collection: Being There (through childbirth)

This article (Hoffman, 1994) explores the father's role through childbirth. It explains that the father can help make the birth experience much better by

offering emotional support and comfort measures throughout labour. It also goes through a list of tips on how to fulfill this meaningful role.

[http://www.cfii.ca/fiion/hoffman_collection/Fathers at Birth - Being there – for her and for you.pdf](http://www.cfii.ca/fiion/hoffman_collection/Fathers%20at%20Birth%20-%20Being%20there%20-%20for%20her%20and%20for%20you.pdf)

11) Fathers at Birth: How Mothers Say they Helped

This article (Hoffman, 1994) explores what mothers appreciated about having the father involved in the childbirth experience. It focuses on the emotional support that a father can offer throughout the labour.

[http://www.cfii.ca/fiion/hoffman_collection/Fathers at Birth - How Mothers say they helped.pdf](http://www.cfii.ca/fiion/hoffman_collection/Fathers%20at%20Birth%20-%20How%20Mothers%20say%20they%20helped.pdf)

VI) Early postnatal period

12) Community-Based Internet Forums Are Great For New Mothers, But Could Marginalize Fathers

A study (Hall et al., 2009) looking at the communication threads of an online forum comprised of 40 women who gave birth in the same year determined that these forums could provide a good alternative to groups that meet in person, especially in rural communities where travel and professional support are limited. One issue that was raised is that women-only forums can exclude fathers, who should be involved in parenting forums as well.

News Article:

<http://www.sciencedaily.com/releases/2009/01/090122080924.htm>

Abstract: <http://www3.interscience.wiley.com/journal/121502821/abstract>

13) Paternal Depressive Symptoms During Pregnancy Are Related to Excessive Infant Crying

This abstract (Van den Berg et al., 2009) discusses a study published in Pediatrics (Official journal of the American Academy of Pediatrics) which concludes that paternal depressive symptoms during pregnancy might be a risk factor for excessive infant crying.

Abstract:

<http://pediatrics.aappublications.org/cgi/content/abstract/124/1/e96?rss=1>

14) Paternal Depression in the Postnatal Period and Child Development: A Prospective Population Study

Doctors in the UK have done research (Ramchandani et al., 2005) into paternal depression and have found that postnatal depression in fathers can have an impact on the behavioural and emotional development of their child. Emotional signs, like worry and sadness were monitored, as well as behavior like hyperactivity. Boys were more likely to be affected than girls.

Abstract: <http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2805%2966778-5/abstract/>

15) Paternal Psychiatric Disorders and Children's Psychosocial Development

A recent study (Ramchandani & Psychogiou, 2009) has found that psychiatric disorders of parents are associated with an increased risk of psychological and developmental difficulties in their children. This research is unique in that it focuses on fathers, whereas much research to date has focused on mothers.

Abstract: [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60238-5/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60238-5/fulltext)

16) Paternal Mental Health and Child Development

In this article (Hoffman, 2009), John Hoffman comments on recent studies that have looked at the impact of paternal mental health on child development.

<http://fira.ca/article.php?id=139>

17) John Hoffman Collection: Breastfeeding

This article (Hoffman, 1994) explores ways that a father can help support both mother and baby in breastfeeding.

http://www.cfii.ca/fiion/hoffman_collection/Breastfeeding.pdf

18) Hands on Dad: A Guide for New Fathers

Parenting for life series

This guide (The Psychology Foundation of Canada, 2008) promotes positive parenting in the following areas:

- Getting Started: The first two weeks at home
- Your Baby: The amazing little stranger
- Your Partner: She needs you now more than ever
- Your Self: Here's looking at you dad
- Your Family: New roles, new relationships

http://www.psychologyfoundation.org/pdf/publications/handsOnDad_eng.pdf

VII) Early Childhood

19) Dad's In-Home Smoking May Harm Family's Health

A study (Seong et al., 2008) in the latest issue of the American Journal of Epidemiology suggests that fathers-to-be who smoke should do so outside, as smoking inside contributed significantly to the mother and newborn's exposure to nicotine.

News Article: <http://www.nationalpost.com/m/story.html?id=981217>

Abstract: <http://aje.oxfordjournals.org/cgi/content/abstract/168/10/1140>

20) Children Who Have An Active Father Figure Have Fewer Psychological And Behavioral Problems

A review (Sarkadi et al., 2008) published in Acta Paediatrica suggests that active father figures have a key role to play in reducing behaviour problems in boys and psychological problems in young women.

News Article:

<http://www.sciencedaily.com/releases/2008/02/080212095450.htm>

Abstract:

<http://www.ingentaconnect.com/content/bpl/apa/2008/00000097/00000002/art00006>

21) Daddy I Need You: A Father's Guide to Early Childhood Brain Development

(also available in French)

This guide (FII-ON, 2008) explores the following topics:

- The Wonder of Your Baby's Brain
- The Father-Child Connection
- The Importance of Father Involvement in Daily Care

- Supporting Your Child's Emotional Development
 - Building Brains Through Play
- English: http://www.cfii.ca/fiion/booklets/booklet_6.pdf
 French: http://www.cfii.ca/fiion/booklets/bookletfr_6.pdf

22) Daddy...Come Play With Me.

(also available in French)

This guide (FII-ON, 2005) explores the following topics:

- Play Matters
- A Father's Role in Child Play
- Playing With Babies
- Playing With Toddlers: Ages One and Two
- Playing With Preschoolers: Ages Three to Six

English: http://www.cfii.ca/fiion/booklet_3.pdf

French: http://www.cfii.ca/fiion/bookletfr_3.pdf

VIII) Resources for children without a father

23) “Without a Father” Website

This is a website (2010) designed for youth who do not have a father and offers advice about different social issues, has a section on how to build a resume, a section on how to make a budget and also helps connect youth with mentors.

www.withoutafather.com

IX) Parenting in a separated relationship

24) The John Hoffman Collection: Weekend Custody Fathers

This is an article (Hoffman, 1997) about what it's like to parent when you don't live with your children full-time.

http://www.cfii.ca/fiion/hoffman_collection/See_You_on_the_Weekend.pdf

25) Full-time Dad, Part-time Kids

(also available in French)

This is a guide (FII-ON, 2008) for recently divorced or separated fathers which includes information on the following topics:

- What Your Children Need
- Your Children's Feelings
- Your Ex-partner: Working things out
- Fatherhood After Separation: Challenges and Personal Issues
- The Parent You'd Like to Be

English: http://www.cfii.ca/fiion/booklet_2.pdf

French: http://www.cfii.ca/fiion/bookletfr_2.pdf

XIV) Indigenous Fathers:

26) Understanding and Supporting Indigenous Fathers' Journeys

This is a poster (authors, date) looking at supporting and understanding Indigenous father's journey through the lens of healing, reconnection, circle of care, spirituality and legacy.

http://www.fira.ca/cms/documents/202/IndigenousFathers_Journeys.Poster.pdf

27) Indigenous Fathers Project

This website (Early Childhood Development: Intercultural Partnerships, 2010) provides a description of the Indigenous Fathers Project with reports, updates and links to other relevant sites.

<http://www.ecdip.org/fathers/>

28) Indigenous Fathers Resource Kit

This Indigenous Fathers Resource Kit and Fatherhood DVD (Indigenous Fathers Research Project, 2009) was developed by researchers, community groups and fathers in Father Involvement Research Alliance's Indigenous Fathers' Project. The package includes a DVD of the documentary film: Fatherhood: Indigenous Men's Journeys, along with two different booklets - one for practitioners and one for fathers, a poster, a summary of the project, information sheets and worksheets for program workshops.

<http://www.ecdip.org/order/>

XV) Gay/Bi/Queer Fathers

29) Gay/Bi/Queer Fathers Research Cluster: Executive Summary

This report (Epstein & Duggan, 2006) is a summary of research explored through the Gay/Bi/Queer Fathers Research Cluster around factors relating to parenting by non-heterosexual fathers.

http://fira.ca/cms/documents/44/Gay_Fathers.pdf

30) Queer Parenting on the 519 Church Street Community Center Blog

This website (519 Church Street Community Center, 2009) features blog posts related to queer parenting through the 519 Church Street Community Center.

<http://www.the519.org/blog/category/queer-parenting/>

31) LGBT Parenting Connection

This website hosts a network of organizations supporting Lesbian, Gay, Bisexual, Trans and Queer parents, their children and the community.

Main Page:

<http://www.lgbtqparentingconnection.ca/home.cfm>

Resources for Gay/Bi/Queer Parents:

<http://www.lgbtqparentingconnection.ca/resources.cfm?targetGroupID=&keywords=&subjectID=41&mode=2>

X) Immigrant/Refugee Fathers:

32) Supporting Immigrant and Refugee Fathers: A Training Manual for Human Service Workers

(also available in French)

This training manual (Clarke & Shimoni, 2000) looks at enhancing the understanding of immigrant and refugee fathers. It covers the following topics:

- Starting the process
- Who are Canadian fathers?
- Coming to understand fathering in different cultures
- Using cultural information without stereotyping
- Mediating differences in cultural expectations of fathering

English:

http://www.phac-aspc.gc.ca/dca-dea/publications/supporting_module_one-eng.php

French:

http://www.phac-aspc.gc.ca/dca-dea/publications/supporting_module_one-fra.php

XI) Parenting in general

33) Father Involvement Research Alliance (FIRA)

FIRA is a pan-Canadian alliance of individuals, organizations and institutions dedicated to the development and sharing of knowledge and resources focusing on father involvement, and the building of a community-university research alliance supporting this work.

<http://www.fira.ca/>

34) More Fathers Embracing Parenthood, Study Finds

This is an article (Marshall, 2008) commenting on recent Statistic Canada findings that indicate that more Canadian fathers are embracing parenthood and taking time off to care for their young children.

News Article: <http://www.thestar.com/article/447743>

Full Report: <http://www.statcan.gc.ca/pub/75-001-x/2008106/pdf/10639-eng.pdf>

35) Fathering a Health Family, Connecting Early than Ever – Information Sheet (also available in French)

This is an information sheet (City of Ottawa, 2010) describing how to connect early with a new baby, how to stay involved during labour and delivery, and how to get involved with a new baby.

English: [http://www.cfii.ca/fiion/City of Ottawa fact sheets \(e\).pdf](http://www.cfii.ca/fiion/City of Ottawa fact sheets (e).pdf)

French: [http://www.cfii.ca/fiion/City of Ottawa fact sheets \(f\).pdf](http://www.cfii.ca/fiion/City of Ottawa fact sheets (f).pdf)

36) Involved Fathers: A Guide for Today's Dad

(also available in French)

This guide (FII-ON, 2001) looks at topics around fathering including:

- What's a father for?
- Overcoming challenges to involved fathering
- Children: That's who we're here for
- You and your partner: Teamwork
- Involved fathering indifferent family structures

English: http://www.cfii.ca/fiion/booklet_1.pdf

French: http://www.cfii.ca/fiion/bookletfr_1.pdf

37) The John Hoffman Collection: Father Love

This article (Hoffman, 1997) explores why tender bonding time is important for fathers.

http://www.cfii.ca/fiion/hoffman_collection/Father Love.pdf

38) Father Involvement and Literacy: Research, Reviews, Etc.

This web page (National Literacy Trust, 2009) lists a number of articles related to fathers and children's literacy, learning and development.

<http://www.literacytrust.org.uk/Research/Fatherreviews.html#Goldman2005>

39) National Center for Fathering

This is an American website (The National Center for Fathering, 2009) with a number of free resources for dads on a wide-range of fathering topics and situations.

http://www.fathers.com/content/index.php?option=com_content&task=section&id=7&Itemid=63

40) Dad's Adventure

This is also an American website (Dad's Adventure, 2009) that offers a wide range of advice, videos, guides, articles and resources for fathers.

<http://www.dadsadventure.com/>
