

MNCHP Network Bulletin



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by/par health **nexus** santé

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I. OVERVIEW OF FATHER INVOLVEMENT

1. TORONTO PUBLIC HEALTH DESCRIPTION OF FATHER INVOLVEMENT

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. 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.ecdip.org/docs/pdf/IF%20Father%20Res%20Summary%20\(KD\).pdf](http://www.ecdip.org/docs/pdf/IF%20Father%20Res%20Summary%20(KD).pdf)

II. TOOLS FOR SERVICE PROVIDERS

3. FATHER TOOLKIT: FATHERHOOD: IT'S THE BEST JOB ON THE PLANET

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

4. A HOW TO GUIDE ON PROMOTING FATHER INVOLVEMENT

This guide by National PTA (2007) informs educators about how to encourage men to take an active role in their children's' education.

http://www.pta.org/Father_Involvement_How_To_Guide.pdf

5. ALL DADS MATTER: TOWARDS AN INCLUSIVE VISION FOR FATHER INVOLVEMENT INITIATIVES IN CANADA

Within Canada there is a need for more supportive policies and programs to meet the needs of fathers who live within the country. This paper addresses the lack of coordinated services for the diverse population of fathers and articulates a more socially inclusive vision for father involvement.

<http://www.fira.ca/cms/documents/176/April7.Long.PDF>

III. PRECONCEPTION/ FAMILY PLANNING

6. 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>

7. IT SEEMS THE FERTILITY CLOCK TICKS FOR MEN, TOO

This article published in the New York Times (2007), outlines the risks associated with advanced paternal age (fathering a child over the age of forty. Evidence suggests that as men age, they face a greater chance of fathering children with abnormalities. Men over the age of forty are more likely to experience a decline in fertility, as well as father children with common illnesses such as autism and schizophrenia.

<http://query.nytimes.com/gst/fullpage.html?res=9D06E4DC1E3EF934A15751C0A9619C8B63&pagewanted=all>

8. PARENTING AS A PACKAGE DEAL: RELATIONSHIPS, FERTILITY, AND NONRESIDENT FATHER INVOLVEMENT AMONG UNMARRIED PARENTS

A study by Tach and colleagues (2010) demonstrates that unmarried men's involvement with their children declines dramatically after the relationship with child's the mother declines. The mother's transition into new romantic relationships or mother roles is also found to be associated with a decline in paternal involvement.

Abstract: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3000012/>

IV. PREGNANCY

9. 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>

10. 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/files/Ready_or_Not_.pdf

11. FATHER INVOLVEMENT IN PREGNANCY COULD REDUCE INFANT MORTALITY

Recent research (Alio, 2010) demonstrates that babies whose fathers were involved during their mother's pregnancy are more likely to have higher birth weights, less likely to be delivered preterm, and were more likely to survive. These relationships were particularly pronounced among African-American study participants.

<http://www.sciencedaily.com/releases/2010/06/100617111245.htm>

V. CHILDBIRTH

12. 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://abcnews.go.com/Health/Healthday/story?id=8166948&page=1#.T1lz82C4Ib0>

13. 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/files/Fathers%20at%20Birth%20-%20Being%20there%20-%20for%20her%20and%20for%20you.pdf>

14. NEW DAD'S ROLE IN DELIVERY

This article (Baby Center, 2012) outlines the various ways in which men may be involved in their partner's labour experience. Men may elect to attend childbirth classes to prepare for this role. The presence of doula or labour coach may help to make men feel more comfortable with attending to their partners during childbirth.

http://www.babycenter.com/0_a-dads-role-in-delivery_183.bc

VI. EARLY POST NATAL PERIOD

15. 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>

16. 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>

17. 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 hyper-activity. Boys were more likely to be affected than girls.

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

18. 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)

19. 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>

20. HANDS ON DAD: A GUIDE FOR NEW FATHERS

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

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

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

VII. EARLY CHILDHOOD

21. CHILDREN WHO HAVE AN ACTIVE FATHER FIGURE HAVE FEWER PSYCHOLOGICAL AND BEHAVIOURAL 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>

22. 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:

- o The Wonder of Your Baby's Brain
- o The Father-Child Connection
- o The Importance of Father Involvement in Daily Care
- o Supporting Your Child's Emotional Development
- o Building Brains Through Play

English: http://www.cfii.ca/files/booklet_6.pdf

23. DADDY...COME PLAY WITH ME

(also available in French)

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

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

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

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

VIII. RESOURCES FOR CHILDREN WITHOUT A FATHER

24. 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

25. NEW FATHER INVOLVEMENT WITH CHILDREN FOLLOWING MARITAL AND NON MARITAL SEPARATIONS

A study by Laughlin and colleagues revealed that in the face of separation, previously cohabiting fathers are more involved in the lives of their children as compared to those who were previously married.

Abstract: <http://mensstudies.metapress.com/content/5934249108160313/>

X. ABORIGINAL FATHERS

26. UNDERSTANDING AND SUPPORTING INDIGENOUS FATHERS' JOURNEY

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. GLAD YOU ASKED

This document outlines the various challenges that Aboriginal men may face with regards to fatherhood, such as negative representation in the media, as well as the influence of the reservation system and colonial laws.

http://fira.ca/cms/documents/41/Glad_you_asked.pdf

XI. GAY/BI/QUEER FATHERS

28. 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

29. QUEER PARENTING ON THE 519 CHURCH STREET COMMUNITY 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/>

30. 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>

XII. IMMIGRANT FATHERS

31. 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:

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

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

XIII. PARENTING IN GENERAL

32. 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/>

33. 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>

34. 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>

35. 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

36. 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/>

37. THE CANADIAN FATHER INVOLVEMENT INITIATIVE

This organization encourages the responsible involvement of fathers, grandfathers, uncles, brothers, and any other man who is influencing a child. Fathers play a vital role in the healthy development of children. The website is a wealth of resources, activity suggestions and links to other sites including the new dad manual: "24 Hour Cribside Assistance"

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

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

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- [Click4HP](#) - An open, facilitated public listserv, is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion. <https://listserv.yorku.ca/archives/click4hp.html>
- [Health Nexus Today](#) - Health Nexus Today is our Blog on health promotion. Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.healthnexusante.ca/>

In French:

- [French distribution list](#) – The free distribution list offers information in French on maternal, newborn, and child health promotion topics. http://www.meilleurdepart.org/index_fr.html
- [Le Bloc-Notes](#) – The biweekly French language bulletin provides information on health promotion. <http://lebloccnotes.ca/>