



Importance of Fatherhood

While many of the households with an absent father in the United States are successful, the fact is, families are stronger if they have the positive input of two caring parents.

THE IMPORTANCE OF FATHERS

- The family is more likely to live above the poverty level.
- Teens are more likely to avoid sexual activity and avoid becoming teenage parents.
- The family is more likely to remain in a stable residence.
- Adolescents are less likely to commit delinquent acts and are more likely to avoid trouble with the law.
- Children will have fewer school problems and are less likely to drop out.
- Children have a better chance for a successful adult life and marriage.
- Children are more capable of adapting to changing circumstances/breaks in routine.
- Children are more likely to gain a sense of independence.
- Adolescents are less susceptible to peer pressure.
- Children are more likely to be sociable and have a higher self-esteem.

SEVEN SKILLS OF EFFECTIVE FATHERS

- **Commitment.** Spend quality time with your children. Tell them you're committed to them. Be available when they need you.
- **Know Your Child.** Get to know all you can about their whole world. Know their temperament, abilities, and how they learn.
- **Consistency. Keep promises.** Be predictable in your personal and fathering practices.
- **Protect & Provide.** Make them feel safe, loved, and secure. Fill their needs and know their wants.
- **Respect Your Children's Mother.** Model love and/or friendship.
- **Active Listening.** Be patient; take genuine interest in children and their lives. Ask questions.
- **Values.** Model positive, consistent values. Be honest with your children and give them frequent instruction.

REMEMBER: YOU DON'T HAVE TO BE PERFECT!

* Adapted from the 7 Secrets of Effective Fathers by Ken Canfield, National Center for Fathering

FOR MORE INFORMATION CONTACT:

National Center for Fathering
(800) 593-DADS
www.fathers.com

National Fatherhood Initiative
(800) 790-DADS
www.fatherhood.org

For more online tip cards, visit www.KCSL.org under the "Resources" tab.



Kansas Children's Service League

Parenting questions? Call the Parent Helpline:
1-800-CHILDREN or email/text 1800children@kcsl.org

