

I would like to begin with saying that I was a single mom and only parent for nearly seven years. I do not want any single mom out there feeling slighted by this article. Uncles, grandparents and loving Care givers can all take beneficial roles in a child's life. This article is going to discuss the researched ways that dads can make in the life of a child, not the necessary role a dad needs to make for a child to be happy and healthy.

The former Father Involvement Research Alliance, spent several years conducting studies about the roles of father's in a child's life and the differences seen related to a child's cognition, emotional development/well-being, and social development.

Infants of highly involved fathers were determined to be more cognitively competent, as toddlers were better problem solvers, and as school aged children had higher grade point averages.

Emotionally, infants with fathers who were highly involved were more likely to be better able to handle strange situations. As older children they were found to demonstrate greater tolerance for stress and frustration and be better able to manage their emotions and impulses in an appropriate manner.

There is a positive correlation between father involvement and a child's overall social competence. Peer relationships for these children were typically less negative, with less aggression and conflict. Not surprising that aggressive paternal relationships had effects on adolescent social behavior that often resulted in lower peer acceptance.

There are benefits for dads too! It has been noted time and time again that dads who are involved in their children's lives are likely to feel more fulfilled, and responsible, with higher self-confidence, they often exhibit greater social maturity and are more able to empathize with others and have a greater understanding of their own self. Involved fathers report fewer accidents, premature deaths, fewer hospital admissions and a greater sense of overall well-being.

So, to all the Dads, Uncles, and Grandpas out there- keep up the excellent work! If you are looking for an activity to do with your young children come and check out the "Let's Hear It for The Guys!" night on Monday November 27<sup>th</sup> from 6:30 to 8:30 pm at the Lundbeck School gym.

Information presented here has been taken from:

*The Effects of Father Involvement: An Updated Research Summary of the Evidence Inventory* by Sarah Allen and Kerry Daly at the Centre for Families, Work & Well-Being, University of Guelph 2007

For more information and resources check-out:

Father Involvement Research Alliance at [www.fira.ca](http://www.fira.ca) or Alberta Dads at [www.abdads.ca](http://www.abdads.ca)