

Why **Involved Dads** are **Good for Moms**

Mothers reap a host of benefits
when fathers are involved
during pregnancy and in
raising their children.



- ✔ More likely to receive prenatal care
- ✔ Less likely to smoke during pregnancy
- ✔ Healthier births
- ✔ Lower risk of post-partum stress
- ✔ Lower risk of post-partum depression
- ✔ Lower parenting stress
- ✔ More leisure time
- ✔ Higher marital satisfaction

**National
Fatherhood
Initiative®**

www.fatherhood.org

Source: National Fatherhood Initiative® 2019.
Father Facts: Eighth Edition. Germantown, MD:
National Fatherhood Initiative®.