



*Children with involved, loving fathers, are significantly more likely to do well in school...*



## JUST FACTS

### How Important Are Fathers?

**Researchers have discovered the following:**

- Children who live with their biological fathers are, on average, at least two to three times more likely not to be poor, less likely to use drugs, less likely to experience educational, health, emotional and behavioral problems, less likely to be victims of child abuse, and less likely to engage in criminal behavior than their peers who live without their married, biological (or adoptive) parents. These differences are observed even after controlling for socioeconomic variables such as race and income.
- Children with involved, loving fathers, are significantly more likely to do well in school, have healthy self-esteem, exhibit empathy and pro-social behavior compared to children who have uninvolved fathers.
- Committed and responsible fathering during infancy and early childhood contributes towards emotional security, curiosity, and math and verbal skills.
- Father's warmth and closeness to their children appears to affect health status many years later.
- A father's behavior has a major impact on his child's behavior. The less time fathers live with their children, the more behavioral problems their children may display.
- During their school-age years, fathers are important to both boys and girls in terms of sex-role identity — especially for boys who identify more with their fathers than their mothers. And, although many children say they consider their fathers to be stricter than their mothers, they also appear to respond more readily to the system of "rewards and punishments" that fathers tend to use.

### 3 Things Fathers Can Do To Stay Involved With Their Kids

#### 1) Be Yourself

Don't let anyone tell you that bouncing on the bed, play wrestling with your kids, and other "guy things" are not good for your kids. Every kid loves to be a part of his dad's life and be given the opportunity to share his world and interest.

#### 2) Communicate

Some mothers may feel hesitant about fathers sharing parenting responsibilities, as they may feel they are not being a good mother if the father has to help out. Let your wife know your intention to have a relationship with your children and she will love you more for it.

#### 3) Just do it

Most fathers may feel that their wives make a better parent and may feel insecure about saying or doing the wrong thing...the truth is kids need the presence of both father and mother. So do everything you can to make yourself available for them.

## EVENTS

### CLM Grief Support Group

*Date: 3<sup>rd</sup> Thursday of each month*

*Time: 7:30pm*

*Venue: Unit 20-2, Jln PJU 8/5G, Damansara Perdana, 47820 Petaling Jaya*

### CLM Depression Support Group

*Duration: 3<sup>rd</sup> Wednesday of each month*

*Time: 7:30pm*

*Venue: Unit 20-2, Jln PJU 8/5G, Damansara Perdana, 47820 Petaling Jaya*

### SMARTSTART Pre-Marriage Course

*Dates: 11 & 18 August 2007 (Saturday)*

*Time: 9am – 4pm*

*Venue: Unit 20-2, Jln PJU 8/5G, Damansara Perdana, 47820 Petaling Jaya*

For newly weds and those planning to get married.

Please call CLM to find out more information.

## CONTACT US

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