

Why **Involved Dads** are **Good for ...Dads!**

When men become dads and are **involved in their children's lives**, they transform in many ways. **They:**



- ✓ Are happier
- ✓ Have better physical and mental health
- ✓ Live longer
- ✓ Have less depression
- ✓ Have increased self-esteem
- ✓ Are more active in their community
- ✓ Are more involved with civic groups
- ✓ Are moved to:
 - Adopt a healthier model of masculinity
 - Reduce alcohol and substance use
 - Find stable, secure jobs
 - Better manage and save money
 - Strengthen family ties

**National
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www.fatherhood.org

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