

FATHERHOOD NEWSLETTER

FEBRUARY 2024

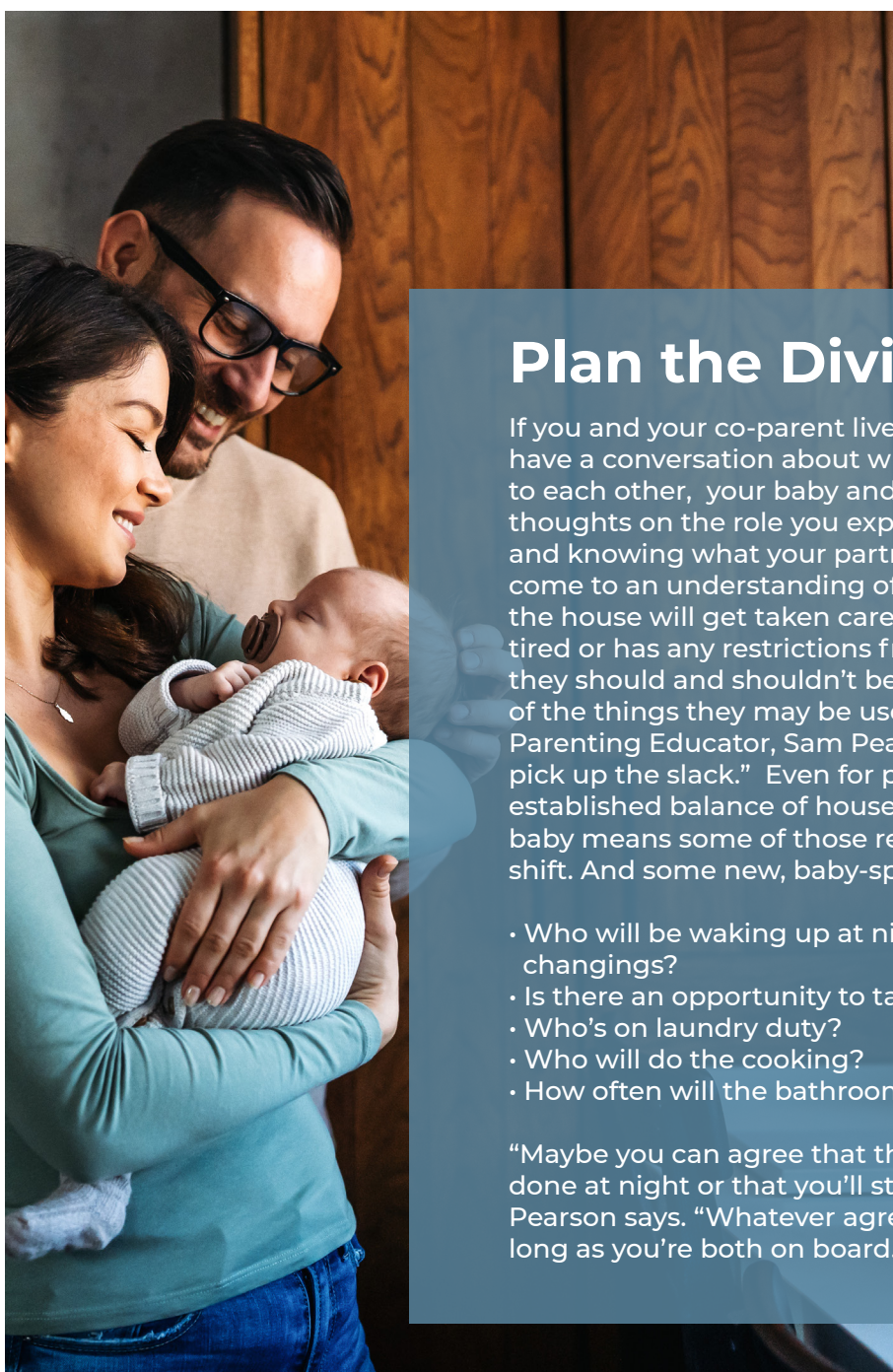


Maternal & Child
Health Service



>> Please connect with us!

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Plan the Division of Labor¹

If you and your co-parent live together, it's important to have a conversation about what your responsibilities are to each other, your baby and your home. Sharing your thoughts on the role you expect to take in the household and knowing what your partner needs can help you both come to an understanding of how various needs around the house will get taken care of. "If your partner is busy, tired or has any restrictions from their doctor about what they should and shouldn't be doing, that can mean some of the things they may be used to doing can go undone," Parenting Educator, Sam Pearson says. "It's a chance to pick up the slack." Even for partners who had a well-established balance of household roles before, having a baby means some of those responsibilities may need to shift. And some new, baby-specific tasks will be added.

- Who will be waking up at night for feedings and changings?
- Is there an opportunity to take turns?
- Who's on laundry duty?
- Who will do the cooking?
- How often will the bathroom get cleaned and by whom?

"Maybe you can agree that the dishes don't have to be done at night or that you'll start doing the vacuuming," Pearson says. "Whatever agreement you have is fine as long as you're both on board."

STRONG DADS - What's Happening Regionally²

This is an update on the OSU Extension program, "Strong Dads".

Strong Dads is part of the Fathers Forward program Gov. Kevin Stitt introduced on Father's Day 2023. The program is funded by the Oklahoma Department of Human Services.

The 12-week Strong Dads program meets and discusses how to strengthen dad's parenting skills. The program aims to improve fathering, and is offered in English and Spanish.

It is off and running with several graduation classes from Enid, Ardmore, and Ponca City.



Key Facts About Dads in the U.S.³ Pew Research Center

American fatherhood looks different than it did decades ago. Today's dads spend more time caring for their children, and they're less likely than in the past to be the family breadwinner. At the same time, most view parenthood as a key aspect of who they are, and many have clear aspirations for their children's futures.

Here are six relevant facts.

- Dads overwhelmingly view being a parent as an important aspect of their personal identity, a survey of U.S. parents conducted in fall 2022 shows. Many fathers with children under 18 (85%) say being a parent is the most (24%) or one of the most (61%) important aspects of who they are as a person.
- Most of dads' time with their kids is spent playing or providing care, according to data from the 2021 American Time Use Survey. Dads with kids under 18 in their household spend, on average, 1.02 hours caring for and helping them per day.
- The more children a couple has, the more likely the husband is to be the family breadwinner, according to a recent Center analysis of Current Population Survey data.
- (77%) of Americans say it's best for children when their mom and dad both focus equally on work and taking care of their kids and home, a January survey by the Center found.
- Fathers are more likely than mothers to feel judged by their spouse or partner for how they parent their children, according to the Center's fall 2022 survey of parents. Among fathers who are married or living with a partner and have children under 18 years old, 56% say they feel this way at least sometimes, compared with 49% of mothers.
- Dads place a high priority on their children becoming honest, ethical and hardworking adults, the fall 2022 survey shows. Most dads say it's extremely or very important to them that their children be honest and ethical (93%), hardworking (87%) and ambitious (64%) as adults.



Research on Dad's Longevity: Daughters play a key role in the lifespan of a fathers.⁴

In a Jurkow region in Poland Study.

- One aspect of research focuses on fathers longevity due to having daughters.
- The study quantified that the number of daughters was positively related to a longer life span of their fathers. Their life expectancy increased by 74 weeks per daughter with little significance regarding the number of sons born.
- Ecological, social, and economic conditions of study populations contribute to paternal longevity.

In a Swedish study.

The researchers posit that, "Having a daughter has been shown to be associated with increased chances of regular social contact and with receiving help if needed, something that we hypothesize becomes more important later in life." It is important to remember that causation does not equal correlation. Nothing is proven through any of these studies that a dad's life span is longer due to their daughters' presence in their lives.

"In the end, it appears that longevity may have a lot to do with social ties and having a community around you, which parents are more likely to have in order to socialize their children."

211

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