

BEING A FATHER IS NOT OPTIONAL

Being a father requires constant and everyday involvement, physical presence, active participation, and genuine interest.

Early development:

- Fathers' active involvement in the care of their babies, during the first eight weeks of their lives, can help the latter to deal with school stress more effectively as they grow up.
- A baby can develop attention when they feel the presence and involvement of their father in their life.



Game:

- Fathers participate in more physical and stimulating games with their children than mothers. Children who participate in physical activities with their father learn to express their feelings and develop social competence.
- Children choose their father as a play partner and their mother as the key person who will free them from stressful situations.

Fathers as role models:

- A close and warm relationship between a father and his daughter is vital for the child's self-confidence, for her developing a high sense of feminine adequacy.
- Fathers who participate actively in the lives of their sons and take care of them help them develop and internalize model values and attitudes; sons become good fighters in life.

Later development

- Higher cognitive abilities
- Higher empathy
- Improved school performance
- Stronger motives to succeed
- Enhanced social skills and value system
- Stronger sexual identity

Personal and family benefits:

- A man assuming family roles can feel happy and satisfied.
- An involved father tends to be more generous and caring in middle age.
- A man who focuses on his career and, at the same time, invests in his children has better overall health and lower stress levels.
- When a father actively takes care of his children, his wife feels less stressed. They make a good team and complement each other.