

Fathers and fatherhood in young carers' families

Recommendations

For the research community

As a young carer, you don't want to see what your family are going through, their pain. But there are moments of joy, real miracles... the moments when I see my sister, my brother or my dad happy. - Sami, 15, Peterborough

Based on the findings of the '[Fathers and fatherhood in young carers' families](#)' literature review, and insights drawn from the Fatherhood Institute's long experience of working with services to maximise father-engagement in a variety of settings over more than a decade, we have identified a range of further research opportunities

1. More research on fathers and fatherhood in young carer families is needed, including research to better establish how many young carers are looking after fathers only; fathers and mothers; and mothers only; and to better explore the family contexts in which young carers are caring.
2. Researchers should take care to design studies that take into account the strong body of evidence demonstrating fathers' and father-figures' importance to children (including those children whose fathers may appear on the face of it to be 'absent'); they should explore young carers' and other family members' (including fathers') experiences with this in mind.
3. Exploring young carers' experiences through a gendered lens could also improve our understanding of the similarities and differences between the challenges boys/young men and girls/young women face as carers.