



UK fathers in their first year: Factsheet 4

New dads' involvement matters to mothers

- Mothers who feel criticised by their baby's father express more negativity towards their baby (Barnes et al., 2007).
- New mother's mental health is poorer when she does not feel supported by her baby's father (Parfitt & Ayers, 2014) or when he is less available at home than other fathers (Twamley et al., 2013).
- Teenage mothers with supportive partners 'parent' more positively (Bunting & McAuley, 2004),
- Infants tend to be more 'settled' when their father feels positive about his relationship with their mother (Davé et al., 2005).
- Toddlers tend to be calmer and more outgoing when parental conflict was low and couple relationship satisfaction high in Year One (Hughes et al., 2019).
- High conflict between parents exacerbates the negative impact of mother's depression on children (Hanington et al., 2012) and 23% of first-time fathers report increased conflict in the year after the birth (Easter & Newburn, 2014).

*These facts and insights are drawn from **Bringing Baby Home**, the Fatherhood Institute's evidence review about first-year fatherhood in the UK, funded by the Nuffield Foundation. For references and to read the full report, executive summary and recommendations, visit <http://www.fatherhoodinstitute.org/2022/contemporary-fathers-in-the-uk/>.*

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