

UK fathers in their first year

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 the resources section of our website.

Join the Fatherhood Institute's campaign to improve support for fathers, Time with Dad [here](#)