

Looking At! Engaging Men and Fathers!

Fatherhood Outreach: Implications of Men's Health and Community Engagement in Pregnancy Outcomes

Thabiti Boone

President Obama White House Champion for
Fatherhood

Approximately 80% of men in the world will become biological fathers at some point in their lives, and virtually all men have some connection to children.

When men play a role and involved in prenatal, childbirth and immediately after, the birth of their child, it can improve, not only healthy pregnancy outcomes, but also have lasting benefits for the father, mother, and wellbeing of children.

Fathers involvement affects children in much the same ways that Mothers involvement does.

Father involvement has been linked to higher cognitive development, school achievement, better mental health and social skills for boys and girls, lower rates of delinquency.

Becoming a father pushes men to lead healthier lives, have healthier bodies, a healthier state of mind and outlook on life.

He is present, available, accessible, supportive, understanding, the father demonstrates a sense of togetherness with his partner throughout pregnancy process.

Mother's feel better about themselves when they know they are supported.

Men are happier fathers when they are supportive, involved and engaged. Father's who demonstrate a close connection to their children live longer, have fewer mental, physical health problems, less likely to abuse drugs, are more productive.

Men's and fathers health challenges that can impact his role in pregnancy outcomes

Feeling Empowered

Men/Fathers want to feel like they are apart of the pregnancy process. We forget that when a mother is pregnant, expecting and preparing to deliver a child, the father is also expecting and has to be supported in his preparation.


Fear/Anxiety

- Father's go through pregnancy symptoms just like mothers do.
- Couvade Syndrome, which is a French term "We are Pregnant".
- Father's experience anxiety, stress, mood swings, changes in appetite, fluctuation in weight, physical body pain, low self esteem.
- Particularly for new dads, becoming a father is a big deal, a tremendous responsibility.

Boy to Manhood to Fatherhood Process

Because of the crisis of what many researchers call a Fatherless generation, too many young boys are not developed, taught how to transition from Boyhood to Manhood, how Manhood Shapes Fatherhood!

Getting fathers involved:

- Fatherhood programs servicing demographic.
 - Include males in reproductive health and family planning initiatives.
 - Create pre-conception health care for men.
 - Creative in community outreach to attract, sustain father's involvement, engagement.
 - Continue to place emphasis on the role of the expectant father during pregnancy.
 - Media campaigns.
 - Strategic partnerships.
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Does Fatherhood Still Matter?

Thank you