**Fatherhood - Studies**

**Which do you think the dad in your life would appreciate more: another necktie or recognition that he’s doing a great job? The relationship Website eHarmony.com offers these suggestion for moms who want Father’s Day to mean more: \* Chat with him about his dreams for your children -- the home he hopes to create, the experiences he’d like your children to have. \* Find out what he liked to do with his dad and help him replicate those activities with his kids. \* Help the children create a card or collage celebrating the great things about their dad. *(Rocky Mountain News, June 12, 2006)***

**Do babies prefer to be with their fathers? Such were the findings of a University of Wisconsin study sometime back. Possibly, it’s because babies tend to be curious about objects seldom seen, say analysts.  *(L. M. Boyd)***

**More collect calls are made on Father’s Day than on any other day of the year. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 104)***

**Depressed dads tend to spank: Fathers, like mothers, can suffer from postpartum depression, which negatively affects how they treat their infants. A new survey of more than 1,700 fathers of 1-year-olds found that 7 percent of them had suffered “major depression” since their child’s birth. Those fathers were four times more likely to spank their child – and half as likely to read to him or her – than fathers who were not depressed. Child-development experts say children as young as 1 are unlikely to understand spanking as a punishment and can be accidentally injured. The study authors note that more than 80 percent of all fathers attend their babies’ wellness checkups with a pediatrician, suggesting a missed opportunity for depression screening and support. “This wasn’t’ on our radar screen for a long time,” Craig F. Garfield, a professor of pediatrics at Northwestern University, tells WebMD.com. Now, because unemployment is a major risk factor for depression and a “disproportionate number of men” have lost their jobs, he says, it’s urgent that pediatricians “start to consider Dad.” *(The Week magazine, April 1, 2011)***

**When dads become depressed: Mothers aren’t the only ones who get the baby blues, says a study in the Lancet. New fathers are also susceptible to postpartum depression. Over a period of 12 years, researchers studied 14,000 mothers and 13,000 fathers. Four percent of fathers reported symptoms of depression shortly after the birth of a child, including anxiety, mood swings, irritability, and feelings of hopelessness. Ten percent of mothers had similar symptoms. The dads’ depression had a striking impact on their children. They were more than twice as likely as other kids to have emotional problems of their own, such as hyperactivity, aggressive behavior, or social isolation. Boys were particularly susceptible to being affected by their dad’s depression, says researcher Paul Ramchandani. “The influence of fathers in early childhood,” he says, “might have been underestimated in the past.” *(The Week magazine, July 22, 2005)***

**In the U.S., about 157,000 fathers -- less than 1 percent of all fathers -- have elected to stay home and take care of their kids full-time. *(The Seattle Times, as it appeared in The Week magazine, July 1, 2005)***

**Fatherhood is good for the heart: Becoming a dad might do far more than simply warm your heart – it might improve its condition. That’s because men with children are at a lower risk of death related to heart problems than men without kids. The study of 138,000 men was conducted by AARP, the U.S. government and several universities. The conclusion: Your children might take care of you or give you a reason to take better care of yourself. *(Margena A. Christian, in Ebony magazine)*Who Needs Dads? Their Children Do!  
44% of mothers believe having one parent is sufficient; only 25 percent of fathers do. 20% of preschool children in two-parent families have their father as primary caregiver when the mother is at work or school or looking for work. 68% of fathers play sports or participate in outdoor activities with their children at least once a week. 61% of dads set limits on television-watching. *(Charting Parenthood, a poll conducted for Child Trends, a child-advocacy organization, as it appeared in the Rocky Mountain News, June 12, 2006)*Why fatherhood reduces testosterone: When men become fathers, their testosterone levels plummet – and the more time they spend with their children, the lower those levels fall. That finding, from a new study of more than 600 Filipino men, suggests that “women aren’t the only ones biologically adapted to be parents,” Northwestern University anthropologist Lee Gettler tells The New York Times. The five-year study found that men with higher testosterone levels were more likely to become fathers in the first place, perhaps because they pursued potential mates more aggressively. But nurturing children – by feeding, diapering, or playing with them – reduced a father’s hormone levels, making him “a little bit more sensitive to cues from his child” and less likely to stray, says Peter Gray, an anthropologist at the University of Nevada, Las Vegas. The link between fatherhood and lower testosterone likely evolved because early human families were more apt to survive when fathers took part in child-rearing. The study discredits “the idea that men were out clubbing large animals and women were staying behind with the babies,” says Gettler. “The only way mothers could have highly needy offspring every couple of years is if they were getting help.” *(The Week magazine, September 30, 2011)***

**New dads get sad, too: New mothers aren’t alone in their susceptibility to postpartum depression; fathers suffer from it, too, and at the same rate as women, scientists have found. Psychologists at the Eastern Virginia Medical School reviewed 43 studies, involving 28,000 dads in the U.S. and other developed countries that looked at depression during the first year of fatherhood. The rates were surprisingly high: Fourteen percent of American men exhibited signs of postpartum depression, and 25 percent did in the three to six months after childbirth. Sleep deprivation, a decline in sexual intimacy, and the stress of juggling work and new home responsibilities may combine to produce the baby blues, researchers tell the Los Angeles Times. “We are expecting dads to be more involved in parenting than we ever have before,” said university of California at Berkeley researcher Will Courtenay, a psychotherapist who studies paternal depression. “Most dads are welcoming of that, but they don’t have any models about what a dad is supposed to do. That creates uncertainty, and that uncertainty can lead to anxiety and depression.” *(The Week magazine, June 4, 2010)***

**A steering wheel cover for dear old Dad? ‘Tis the season for Father’s Day shopping. But most dads can expect the same thing they get every year: second billing, says Jason Notte in TheStreet.com. Consumers will spend about $10.8 billion on the June 19 holiday, nearly $5 billion less than they spent on Mother’s Day. The gap isn’t new. “Kids of all ages have made an annual tradition of shortchanging Dad” by as much as $50, as compared with Mom. One problem: Gifts for dads are “about as exciting as watching oil drain or plaster dry.” This year gift givers will spend $470 million on automotive accessories and $1.3 million on tools and home-improvement products. *(The Week magazine, June 24, 2011)***

**Some 2.6 million U.S. households are run by single fathers, a ninefold increase from just 297,000 in 1960. Single father households earn a higher median income than single mother ones ($40,000, compared with $25,000), but far less than the average of $70,000 that married families collect. *(TheAtlantic.com, as it appeared in The Week magazine, July 19, 2013)***

**Americans, on average, spent about $88 on their dads this Father’s Day -- $40 less than what they spent on moms on Mothers Day, according to the National Retail Federation. *(CNNmoney.com, as it appeared in The Week magazine, June 30, 2006)***

**The number of stay-at-home dads rose from 81,000 in 2001 to 176,000 in 2011. Among men aged 25 to 54, 83 percent were in the workforce last year; five years earlier, 88 percent were. *(Fortune.com, as it appeared in The Week magazine, February 15, 2013)***

**98,000 fathers stayed home with their children last year compared with 76,000 a decade ago, according to the U.S. Census Bureau. But only 16 percent said they were home for child-care purposes. The rest cited illness or disability (45 percent), failure to find work, attending school or other reasons. *(Pittsburgh Post-Gazette, as it appeared in the Rocky Mountain News, December 3, 2004)*  
In the 1970s, the average dad spent only about 33 percent as much time with his kids as the average mom did, the Census Bureau says. By 2000, dads’ kid time had climbed to 75 percent of moms. *(Time, as it appeared in The Week magazine, October 19, 2007)***

**Only 8 percent of American households now are made up of the traditional career dad, homemaker mom and school-age youngsters, according to the statisticians. *(L. M. Boyd)***

**If the father walks out on the family, the IQ test score of the child drops about seven points. So it was reported by Sen. Daniel P. Moynihan of New York. *(L. M. Boyd)***

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