

A photograph of a man and a young child from behind. The man is wearing a brown baseball cap, sunglasses, a plaid shirt, and a dark vest. He has his right hand on the child's shoulder. The child is wearing a denim jacket. They are standing outdoors with a blurred background.

# FATHERING During the PANDEMIC:

## Challenges & Surprises

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National Center for Fathering



**fathers.com**  
Encouragement, Support & Guidance



Dear Dad,

If you're like me, you believe ***fatherhood is one of the greatest adventures we'll ever experience***. Sure, there are ups and downs, and it will stretch and challenge us like few other things in life, but it also brings many opportunities to grow.

That's how I hope you're viewing the COVID-19 pandemic. Although we haven't experienced anything quite like this, changes and crises are inevitable in life, and they often force us to adopt some new ways of living and relating to the people around us. Often ***crises are also triggers for us to realign our priorities*** and make sure we're truly investing in the *main things*. That's one of the main ideas you'll notice in this ebook.

2020 marked 30 years since the National Center for Fathering began, and looking back, I can see many good things we have accomplished and families that have been helped, but I also know there's another dangerous epidemic that has challenged us for decades: statistics show that ***fatherlessness continues to escalate***, particularly in the inner cities and among the poor, and the family at large continues to decline in significant ways. Now more than ever, strong, intentional, responsible fathers, grandfathers and father figures are needed to help children thrive.

So, as we all endure this pandemic and hope to return to something more "normal" very soon, I encourage you to ***keep up the good work with your children***. By ***being involved*** in their lives, showing ***consistent character***, ***staying in tune*** with each of your children and what they're going through, and giving them

lots of [encouragement and affirmation](#), you are making a difference.

It's been a tough year, but don't get discouraged. Keep being the dad your children need—and then help other men around you do the same. That's a big part of turning things around and creating better outcomes for the children of tomorrow.

***We're here for fathers*** like you. I trust you will find this ebook interesting and helpful to you as a dad. We have much more for you at [fathers.com](http://fathers.com), including a weekly email which you can sign up for [right here](#). And please let us know how we can better serve you and your family.

Respectfully,

Ken R. Canfield, Ph.D.



## Our Thanks

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## Fathering in Crisis

Fathers in all ages, stages and situations have faced a variety of challenges during the pandemic. How they respond to difficulties or crisis situations will create a reference point that their children will remember and carry forward into the future—whether those children are still at home or living on their own as adults. They too will face life crises in the future, whether it's something major like unemployment, a wife's sickness, or a child's drug habit, or a minor issue like a scraped knee, a lost pet, or a broken-down car. They will remember how their father handled difficult situations, even if it's a subconscious memory, and that will affect how they respond.



Dads are setting that example, and being able to respond positively to crises isn't easy. It takes fortitude, commitment, and humility. When dads are vulnerable and recognize they don't have all the answers, real growth begins. There are some crises we can prevent, but we can't protect our children from all that will occur *before* it occurs.

Hindsight is often 20/20, but on the front end a crisis blurs all vision for a moment.

Part of a dad growing into his role is stepping up with confidence in the face of crisis. It lies within each one of us to rise to the occasion and do what needs to be done. A father's positive response in a time of crisis is crucial. While a father might not be able to *prevent* a crisis, his actions can do a lot to help the whole family respond positively when the crisis does occur. Learn grace under fire. Handle these times with a level head and execute the necessary positive actions to restore the family's normal operation. Yes, some crises may seem paralyzing, but there are always actions we can take that might not resolve the crisis (which isn't always possible), but can at least buffer the family against greater damage. Take action.

A father's positive response is also crucial in an *indirect* way. One day—only God knows when—your children will know the same thing you know: stuff happens! In some moment of danger, they will be called to respond in a way that could spell the difference between life and loss. In that crucial moment, their minds will scan backward for knowledge of how to react, and they will be looking for models who have responded to crises. Specifically, they will be remembering you, their father.

Some years ago, there was a contribution to a newspaper—a poem about the power of modeling during a crisis:

Just this week  
I read a newspaper account  
Of a thirteen-year-old boy  
Who saved his brother's life  
By driving him to a hospital

In his father's car.  
Never having driven before  
His explanation was simple:  
I just did what I saw my father do.

"I just did what I saw my father do." In some ways that statement is repeated after every crisis, even if it is never verbalized.

Why did you so quickly get your own child the medical attention she needed?

I just did what I saw my father do.

Why did you stick it out with your son in rehab?

I just did what I saw my father do.

Why did you get mad and throw that wrench at the washing machine?

I just did what I saw my father do.

Why did you turn and run?

I just did what I saw my father do.



It works both ways. A father must model the type of grace under pressure that he wants his son or daughter to emulate. If we avoid coming apart during a crisis and instead take positive action, we not only help our

children survive the immediate crisis but help prepare them for future ones. Our protection as a father can extend even beyond our presence.

There are few essential things effective fathers do that help make them better protectors of their children:

1. **Adopt a healthy attitude toward crises.** Recognize that *crises will occur* so you aren't off guard. And having accepted that one of your roles as father is to be a protector for your family, you'll be ready to step forward and take action when necessary.

2. **Identify role models from whom you learned how to deal with crises.** Those of us whose fathers handled crises effectively have positive memories to draw from, but the rest of us have to rely on our friendships with other men, both as children and now as adults.

3. **Look to other dads for support.** There's a great sense of camaraderie in interacting with other dads, hearing that you aren't the only one who struggles, learning from their experiences, encouraging them and being encouraged.



4. **Understand your own foundation as a man.** In our research, fathers who scored high in being able to deal with crises also scored significantly higher than other dads on their responses to questions about feeling secure and confident as a man and a father. They feel ready to step up during a crisis and help lead the family through it.

5. **In times of crisis, talk with your children.** Crises go better when you're able to talk things through as a family, during and after a crisis. Work toward open communication with your kids, so they feel they

have an open channel to their dad at any time, concerning any subject.

**6. Maintain consistent communication with your kids' mother, too.**

You're a parenting team, and that teamwork is never more important than during difficult situations.

There are crises all around us in today's world, and they aren't likely to subside in the future. Children need support and guidance from their fathers more than ever before—and they'll need it years from now when you aren't there, but your influence and the investments you've made in them will still make a difference.

## **Fathering in Crisis - Self-Scoring Inventory**

Longitudinal research from the National Center for Fathering notes that fathers who are engaged with other fathers—or are participating in a small group where they can discuss their fathering issues, joys or frustrations—have higher fathering and family life satisfaction scores when compared to other fathers who don't have access to similar fathering support.

This finding has led NCF to promote small-group dialogue, or discussions which address issues pertinent to fathers across the life-course. The advantage of seeking additional support or counsel in a healthy small group is that it can become a place for openness, transparency and inspiration, all vital to fathering success. An effective small group will also provide support, accountability and

encouragement as dads interact with other fathers, which will allow them to gain from additional insights.

The inventory below will help you assess your preparedness to address crises, giving you feedback on **how you as a father deal with crises**. Rate yourself on the following statements using these numeric markers:

**1 = Mostly False   2 = Somewhat False   3 = Undecided**

**4 = Somewhat True   5 = Mostly True**

1. Knowing what to do in a family crisis. Score \_\_\_\_\_
  2. Being “level-headed’ during a crisis. Score \_\_\_\_\_
  3. Being able to deal with a crisis in a positive manner.  
Score \_\_\_\_\_
  4. Not blaming others during a family crisis. Score \_\_\_\_\_
  5. Handling crisis in a mature manner. Score \_\_\_\_\_
  6. Leading the family through a crisis. Score \_\_\_\_\_
- Total Score \_\_\_\_\_

**Your score.** These statements are part of the Personal Fathering Profile and have been used by over 10,000 fathers to assess their response to crises. The scale range is 6-30, with a mean score of 22.28, a scale reliability of .84, and standard deviation of 3.7. To arrive at your scale score, add your scores and plot on the graph below. (The

scale is not uniform because it is based on norms from a sample of 2066 fathers.)



Regardless of where your score plots on a continuum, the essential element is to explore the challenges you have faced as a son and a father. The modeling you received as a son, coupled with the unique situations surrounding your current fathering, provide a foundation for your responses to crises as a dad. Exploring issues related to your past and current responses will be most helpful in preparing for future fathering challenges.

Many fathers may have faced incredible personal challenges in their fathering, and others significantly fewer challenges. In the fathering life course, dads who have teenage children score significantly lower than dads with preschool children. Every fathering situation is distinct, which sets the stage for learning, listening, and gleaning from other fathers as they share their fathering experiences.

Add to that an international depression or pandemic, and you have what Glen Elder unearthed in his study of children of the worldwide economic depression of the 1930s. Elder found that some adolescents from economically deprived homes survived the depression and were

still capable of handling other crises. Another group of adolescents, whose families were largely unaffected by the depression, could not. As he states, “However onerous the task may be, there is gratification and even personal growth to be gained in being challenged by a real undertaking if it is not excessive or exploitative.” In other words, going through a worldwide crisis, or for that matter any crisis, your affirming, positive, and persevering role as a dad will have a positive impact on your children and future generations.

## Questions for Reflection / Group Discussion

Considering either your score on the above Fathering in Crisis Inventory or your current fathering challenges, talk about these questions with other dads or someone who supports you as a dad.

- 1) Growing up as a son, what crises did you see your father or mother endure? What sticks out in your mind as you review that experience?
- 2) What is or was the toughest crisis you have had to face as a father? What helped you through it?
- 3) Describe how you have encouraged or supported another father who went through a personal or family crisis. What did you do to help him?
- 4) What challenges or life situations are your children likely to face in the forthcoming year? How are you preparing to meet those challenges with them?
- 5) What words have been most meaningful to you when you have persisted in a crisis?
- 6) What's the worst advice you've ever received when facing a serious family challenge or difficulty?

## Survey Details

### Abstract

Assessing the effects of COVID-19 on fathers, the National Center for Fathering surveyed 611 fathers, exploring their fathering attitudes, activities and satisfactions. Surprisingly, 57% of fathers reported their relationship to their children “became stronger” during COVID, in contrast to 33% who stated that their relationship to their child “stayed the same,” and 10% of dads who said their relationship to their child “became weaker.” The responses of the three groups are examined, noting significant differences and insights as fathers managed the pandemic.

### Background

The effects of the COVID crisis are pervasive. Familial systems and fathers are experiencing tremendous stress and uncertainty. Nevertheless, a significant number of dads have reported their relationship to their children has become stronger in the midst of this crisis.



Since the etiology of COVID is viral, there are new limitations fathers must navigate related to work, education of their children, family gatherings and social interactions. History will record the COVID conundrum as one of the most disrupting health crises in the last century,

where physical distancing, access to the extended family, increased risk of infection in groups, and waiting for a vaccine are in play. Further, the interruption of routines such as school closures, unpredictable employment, work schedules, and lockdowns exacerbate these tenuous times.

## Survey Results & Insights

Particularly vulnerable are fathers who report their relationship with their children has become weaker during the COVID-19 crisis. Fathers in this group are dads who are experiencing statistically significant challenges. Specifically, they are more likely to: be unemployed or have shortened work schedules, experience financial constraints, have personal health issues (both physical and mental), be divorced or separated, and feel depressed.

Here's a sample of how dads responded to the question, "What obstacles have you faced in your fathering as a result of the pandemic?"

- "I have had to sit and watch my kids' life destroyed and do nothing because my ex-wife won't even let me talk to them."
- "I'm confined at home in small quarters with my three stepdaughters who argue all the time and cause issues with the family."
- "I feel worthless because of no job and being laid off."
- "Lack of money."

- “My marriage is failing, and my wife is adamant about getting a divorce, citing irreconcilable differences. That has led her to become verbally, mentally and spiritually abusive.”

To gain a more panoramic view of the impact of the pandemic, we compared responses from dads in the three groupings mentioned previously—according to whether the dads reported that their relationships with their children had grown



stronger, stayed the same, or become weaker—and found considerable commonality. This showed up in responses to the question, “As a result of the pandemic, how have you grown in your fathering role?”

- “I have been able to spend more time with my kids, transitioning from being a human jungle gym to someone who can offer guidance and knowledge.”
- “I’m learning my limitations and flaws and I’m inspired to grow to be more patient and gentler.”
- “Appreciation for the blessing of being a father and the responsibility it is to not take the role for granted or lightly.”
- “Listening to my daughter more and discussing matters with her in a more respectful way.”

- “More communication with kids and, surprisingly, kids’ friends.”
- “I now am privy to kids’ online conversations. Everything [is] more public.”

Dads who reported that their fathering involvement *has not changed* were typically employed and had well-established routines with their kids that continued. Yet the majority of dads in this group made it clear that the pandemic has had an overall negative effect on their fathering because their daily routine has become even more stressful or they seem more easily irritated with their kids, being around them so much of the day.

For those who did notice growth in their fathering, the most common responses fell into three categories:

***Dads are more involved in [everyday parenting and household responsibilities](#).***

They are doing more feeding, cooking and fixing lunches, helping with school-at-home routines and checking homework, changing diapers, arranging or giving rides, and on and



on. They are part of day-to-day parenting decisions that they may not have even been aware of before. In many cases, this prompted dads to discover new and positive ways to deal with frustrations, work through issues with the kids, and [communicate better with their children’s mom](#) so they can be on the same page. Some dads

mentioned gaining a new appreciation for the privilege of being a dad and being able to invest in their children on a daily basis.

More access and time with their children proved to be an opportunity for **building a stronger father-child connection**. As an unintended consequence of the Pandemic, dads have spent more time and access to be [involved in their kids' lives](#) than they have had previously, and since they're under some level of quarantine, dads reported it was simple activities, like: doing hobbies or practicing sports with their kids, going for walks, eating more meals as a family, cooking, playing, and just hanging out. As has been suggested in other NCF research, a dad's *presence* is the best *present* he can give, and what is most important is his kids are benefitting from it.



Additional related research from NCF notes that when the *quantity* of time dads is increased with their children, the likelihood of more *quality* time also increases. Many dads commented that they're having

conversations with their children about deeper issues, whether about their concerns related to the pandemic, politics and other situations in the news, spiritual matters, or other questions and issues that kids wonder about as they grow up.

Dads are [growing in their awareness of their kids](#), and in skills that help them learn more about their kids and affirm them for who they

are. They said they're becoming *better listeners*—a great goal for any dad—or they're growing in *patience and understanding*. They're learning to appreciate what makes each child unique.

When dads were asked to describe the obstacles they're facing in their fathering as a result of the pandemic, their responses highlighted unique fathering situations and complexities that characterize today's fathers. For some dads, the new routines and social distancing have magnified their frustrations. Other dads have seen positive outcomes: more time at home with their kids has allowed them to strengthen those connections.

Here's a brief sampling of the responses we received about the barriers and obstacles dads are dealing with:

- “Helping my kids understand why they can't have a birthday party, have playdates, etc.”
- “Emotionally spent by work and too tired to engage with children afterwards.”
- “Not becoming anxious when my kids are acting anxious.”
- “Had to be more creative with 'dad dates.'”
- “Communication with their mother was tough and we didn't see eye to eye on safety measures as this pandemic broke out.”
- “Little to no ability to take a break so I can calm down and get back in a peaceful mindset.”
- “Stress due to being pulled in too many directions (work, chores, helping with schoolwork, economic uncertainty).”
- “Trying to explain why people are doing the things they are.”

- “I don’t get to see my son anymore.”
- “Getting used to being around more. Children sure are energetic.”
- “General balance of using the home as an office, family space, gym, and where we eat, sleep, and spend all of our time.”

As we developed a grid to categorize the responses to this open-ended question about fathering barriers due to the pandemic, no less than 11 common themes emerged—which, again, reflects the wide variety of situations and challenges experienced by today’s dads. Few of these will be surprising, but every dad will likely see himself in at least a few:



***Dads are limited in the activities they can do with their kids.*** Although many stores and restaurants are gradually opening, there have been fewer places to go to hang out together. Larger gatherings, social events, sports and other pursuits were canceled or drastically changed. The summer vacations that we always look forward to, with the positive family time included, had to be postponed.

***Work/life balance challenges have changed—and often grown.*** Many dads are putting in the same number of hours, but now many more of them are working at home, where kids have needs and there are the ever-present distractions of home life. Quite a few dads mentioned being exhausted by the constant need to switch back and forth between work and family responsibilities. “We want to do our

best in our jobs, but also be accessible to our children and really tune in to what they need from us. That can be difficult when it seems like we're with them nearly all the time."

**Financial stress & job loss.** With the unstable economy, stores closing, and companies laying off workers, many dads are understandably concerned about their ability to get or keep a good job and [provide for their families](#)—not the most vital fathering role, but a very important one for sure.

**Many [divorced dads](#) are frustrated.** Fathers who already don't get enough access to their children have been seeing them even less. Some of that is due to fewer activities they can do together, but much of the frustration comes from disagreements with the children's mother. For some moms, fear of children catching or spreading COVID-19 has become one more reason to keep them from seeing their dads very often—or at all.

**Parenting routines and roles have changed.** With more dads spending more days at home, they're naturally more involved in day-to-day parenting issues and decisions. And that's good ... but it's likely to surface differences in [parenting styles and approaches](#). All parent couples would be wise to keep communicating and make some adjustments to make sure they're on the same page and working as a team to benefit their children.

**Marriage routines have changed.** How can you continue to [nurture a strong marriage](#) when it's much more challenging to get away together—and to make sure a babysitter isn't positive for COVID-19? It's definitely still possible, but it's requiring us to be more intentional and creative.



***It's hard to keep kids occupied without using screens all the***

***time***. There are positive, active pursuits to get them involved in, but many of us used those up the first few weeks. It seems like a never-ending

challenge and can be an ongoing source of frustration. Sometimes it's good to put the decision back on our kids for how they spend their time. Often unstructured time is fertile ground for invention and creativity.

***Our patience is tested, a lot.*** Being together so much, family members get on each other's nerves. The kids have [behavior issues](#) and [sibling squabbles](#). Even more than usual, we need to work with our kids' mom to use a parenting plan that will effectively train and shape them into responsible, caring people.

***Online learning is no fun—for the kids or for us.*** If you never wanted to be a [homeschool](#) parent, that's okay. But we know [our kids' education is important](#), so we have to figure out a way to make it work for everyone.

***How do we explain this crazy world to our kids?*** There's COVID-19 and masks everywhere we look, but then senseless deaths and tragedies, often followed by protests. And then there are celebrities, politicians and Internet commentators providing their perspective. How is a dad to handle it? [Calmly](#), patiently, and persistently. Our children need us to help them make sense of things that don't make

much sense, and much of that will happen as [they see us staying positive and steadfast](#) despite the uncertainties.

***A surprising number of dads answered: “None.”*** The pandemic hasn't caused any obstacles to their fathering or they have been able to take the challenges in stride. This group surely also includes dads for whom the change in routine was [a positive, eye-opening experience](#); it helped them shift their priorities and focus more on their children than they had been, and they have grown closer to their kids despite the challenges.



Prior to the pandemic, fathers whose relationship with their children became stronger reported significantly higher levels of fathering and family life satisfaction, when compared to dads who

said their relationship with their kids has become weaker. The dads who reported their relationship to their children had weakened during the pandemic had the lowest levels of fathering and family life satisfaction prior to the pandemic, implying that the pandemic added exasperation to already strained or challenging father-child relationships. Overall, weaker father-child relationships became weaker, while stronger father-child relationships became stronger.

For fathers whose relationships with their children became weaker, they also reported a cascade of negative emotional effects. These dads reported higher levels of depression, feeling isolated, hopeless, angry, and being more tired than they had ever been. Moreover, their

overall fathering, marriage and family life satisfaction had significantly declined, including more physical, mental and emotional health-related issues.

## **Conclusion**

Fathers across the life course faced unique challenges during COVID-19.

When considering the responses related to the transition to fatherhood, many fathers in the survey had children born during the COVID lockdown. Doctor's offices, clinics and hospitals have had strict rules surrounding the birth of a child during COVID: many times dads were not allowed to accompany expecting moms at pre-natal doctor's visits, and there was often extensive testing and quarantining before and after a child's birth. Generally, fathers were able to be present and participate with mothers in their child's birth, however celebrations and bonding times with extended family and friends right after the birth were non-existent, so post-partum support from family and friends was extremely limited. Many physicians recommended no non-family visitors to the home until the baby received his/her first round of immunizations.

Fathers with young children are generally faring better in the pandemic. They report higher satisfactions scores in their relationships with their children, as well as higher family life satisfaction. In addition, they had fewer personal health issues and were more financially stable. In a sample of fathers who are working at home, their daily presence provided additional support to the family and accessibility to their children in a greater way than the children had previously experienced. As one mother suggested,

“Having dad around created a sense of calmness and reassurance that benefited our entire family as we face this crisis.”

Fathers with teenagers who were domiciled to online learning in the home faced a different set of issues. When teens had limited mobility and social interaction with their peers, it put additional pressure on fathers and



the greater family system to keep teens moving forward in all areas of their growth and maturity toward adulthood. Many fathers were monitoring and suggesting limited time on social media, thus frustrating teens who already felt controlled and stifled, especially teens who were highly engaged in extracurricular activities pre-COVID (sports, music, drama, clubs, and other gatherings). Engaged fathers observed and experienced the emotional quality of their relationship with their teens get stretched and tested during COVID.

For highly engaged dads of college-age or young-adult children, there was more frequent interaction and concern for their children’s health. As these COVID children transitioned from the home to a university or job, there was increased concern that their child would find employment or be able to continue with their studies with success. The future job and relational prospects during COVID are more limited, as dating and job recruitment slowed considerably.

Lastly, grandfathers, who comprised just a small portion of the sample, were more vulnerable due to age and potential co-

morbidities. Grandfathers—especially widowed grandfathers—experienced more loneliness, separation and a loss of social interaction, particularly when they were used to significant engagement with their adult children and grandchildren prior to COVID. Fathers of younger children expressed a sense of responsibility for the care of their aging fathers, perhaps greater than previously experienced, though no measures were developed in this survey to assess this aspect of the fathering relationship.

### Future Research

In addition to the survey, face-to-face interviews would have provided further understanding of fathering during the pandemic. Other researchers and clinicians have noted that the effects of COVID on the mental and social health of fathers are likely underestimated due to limited access to counseling and other services which were curtailed during the lockdown. Children face increased anxiety and distress from being denied in-person time with their friends, activities outside the home and other social outlets. Yet, those fathers who reported having the relationship with their children become stronger during the pandemic were: spending more time with their children than they previously had spent, eating meals or having snacks with their children more often, having more overall time to help care for their children, being more actively involved in household chores, sharing greater responsibility in



child rearing, and taking on more involvement in their child's education.

However long the current pandemic continues to impact father/child relationships, the National Center for Fathering will continue to research the situation and seek to establish some longitudinal norms.

## Survey Demographics

Fathers polled in this sample were largely subscribers to the National Center for Fathering weekly email newsletter and/or followers of our social media pages and participated voluntarily with no remuneration. The demographic profile of those surveyed, was:

### Age of fathers:

18-26 = 1% 27-34 = 9% 35-44 = 43% 45-54 = 34% 55 & up = 12%

### Ethnicity:

Caucasian - 81% African American - 8% Hispanic/Latino - 7%  
Asian/Pacific Islander - 3% Native American - 1%

### Number of Children (including bio, step, foster):

1 = 12% 2 = 42% 3 = 26% 4 = 13% 5=4% 6 or more = 3%

**Have a child with special needs?** 13% - yes

**Have an adopted child?** 9% - yes

**Have lost a child due to death?** 5% - yes

**Have been divorced?** 30% - yes

**Have stepchildren?** 15% - yes

**Been to counseling for personal, marital or family problems in the last five years?** 32% - yes

**Total Annual Household Income:**

Under \$25K = 5% \$26 - \$55K = 15% \$56K - 90K = 28%  
\$91K - \$149K = 34% Over \$150K = 18%

**Highest level of education completed:**

High School = 14% Technical Degree = 5% Associate Degree = 12%  
Bachelor Degree = 41% Master's Degree = 22% Doctorate = 6%

**Current Marital Status:**

Married - 79% Single - 5% Separated (not divorced) - 3%  
Divorced - 10% Cohabiting - 2% Widowed - 1%

**Hours of work per week:**

Less than 20 = 6% 21-34 = 5% 35-50 = 64% 51-60 = 20% Over  
60 = 5%

## Further Reading on Fathering & the Pandemic

See more of what NCF and our friends have written to encourage and challenge fathers during the pandemic:

- [12 Opportunities to Grow with Your Family During the COVID-19 Conundrum](#)
- [COVID Cabin Fever? 10 Ways to Connect with Your Kids](#) by Jay Payeleitner
- [COVID-19: Are you getting the message, dad?](#)
- [For Dads at Home: 3 Ways to Check Your Anger at the Door](#) by Dr. Michelle Watson Canfield
- [Why Isolation Can Be Good for Fathers and Families](#) by Rick Wertz

[Visit fathers.com](#) for insights and tips on many more fathering topics and situations.

Get regular updates with practical tips for your fathering—[sign up for our free weekly email here](#).

## About the National Center for Fathering (NCF)

NCF is a nonprofit 501(c)(3) organization created in 1990 in response to the incredible social and economic impact of fatherlessness in America. We believe every child needs a dad they can count on.



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*Encouragement, Support & Guidance*

The research is clear: children thrive when they have an involved father or father figure—someone who loves them, knows them, guides them, and helps them achieve their destiny. At NCF we work to improve the lives of children and reverse the trends of fatherlessness by inspiring and equipping fathers, grandfathers and father figures to be actively engaged in the lives of children.

### **We focus our work in three key areas:**

[Research](#) utilizing profiles like the inventory included in this ebook, to provide insights for fathers and create benchmarks for evaluating our programs. We also partner with researchers and practitioners to help expand the knowledge base of the fathering field.

[Training](#) – NCF offers training through seminars, small groups, and training programs. We have reached over 80,000 fathers through our seminars and have equipped more than 1,000 trainers to lead seminars and workshops in their local communities.

[Resources](#) – Our website provides a wealth of free content for dads in nearly every fathering situation. **Dads can receive a [weekly e-mail](#)** full of timely and practical tips on fathering. Daily tips and updates are also posted to our [Facebook](#) page and other social media.

If you appreciate the resources we provide, please consider [supporting our work](#). Thank you.