

Mindful Fathering

How a present and involved father affects children longterm.



NEW MEXICO

Early Childhood

Education & Care Department

Does the presence
of a father really
matter?



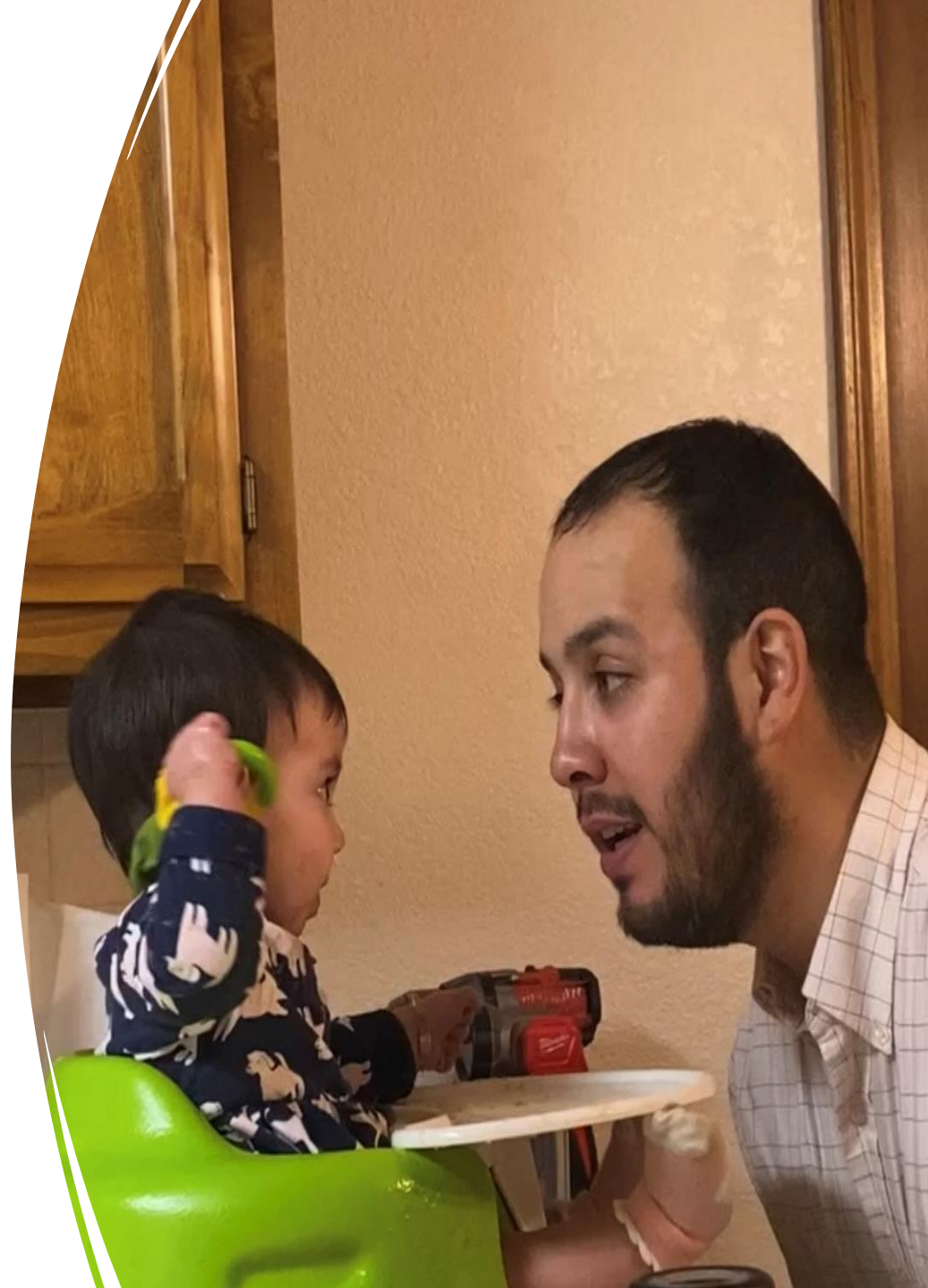
General Fatherhood Statistics

- There are an estimated 72.2 million fathers in the United States
- There are 2 million single fathers in the United States.
- 17% of all single-parent households are single fathers
- 33% of all children (24.7 million) live in a home without their birth father (U.S. Census Bureau).
- In 1960 only 9.1% of children were living with a single parent; by 2012 the number had risen to 20.7% of all children
- The percentage of children without a father in the United States is 43% (US Census Bureau)

Source: Parents Plus Kids

Local Statistics

- **In 2017 there was a total of 23,708 births in New Mexico** (THE STATE CENTER FOR HEALTH STATISTICS)
- **In 2020 NM Home Visiting served 5,746 families** (FY20 NM Annual Home Visiting Outcomes Report)
- **In 2020 - cases with father participation in Home Visiting - 1631** (ECSC Database)
- **Cases with Father as Primary Caregiver – 122** (ECSC Database)



Prince Charming & Superhero

- **INVOLVED DADS HAVE A DIRECT IMPACT ON THEIR CHILDREN'S FUTURE.** Involved fatherhood is linked to better outcomes on so many measures of child wellbeing, from cognitive development and educational achievement to self-esteem and pro-social behavior.
- Male emotional expressiveness, machismo or 'guy code' for their sons. Mothers also cannot demonstrate to their daughters the type of love they get from their dad.



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Even as mom does the job of both parents and provides to the best of her ability, the trauma of rejection will follow.

Education and teaching our fathers the importance of being present, is when we will break the cycle!

- John Acuña



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