



Partnering with Fathers to Enhance Pediatric Practice Skagit County CME

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Parent Leaders

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Council



What the evidence tells us...

We
know
that:

Child and family well-being improve when fathers are positively engaged in their children's lives.

Fathers play a unique and important role in children's development. Co-parenting relationships matter.

Fathers should have support and resources to become the fathers they aspire to be.

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Unmarried Fathers' Involvement, By Parents' Relationship Status at Birth

	COHABITATING (%)	VISITING (%)	NON – ROMANTIC (%)
GAVE MONEY, BOUGHT THINGS	97	84	28
VISITED HOSPITAL	97	71	29
NAME ON BIRTH CERTIFICATE	96	80	52
MOTHER WANTS FATHER INVOLVED	99	99	74

“Father involvement declines over time. By age five, only 50% of non-resident fathers have seen their child in the past month.”

Fragile Families and Child Wellbeing Study - data sheet 2014

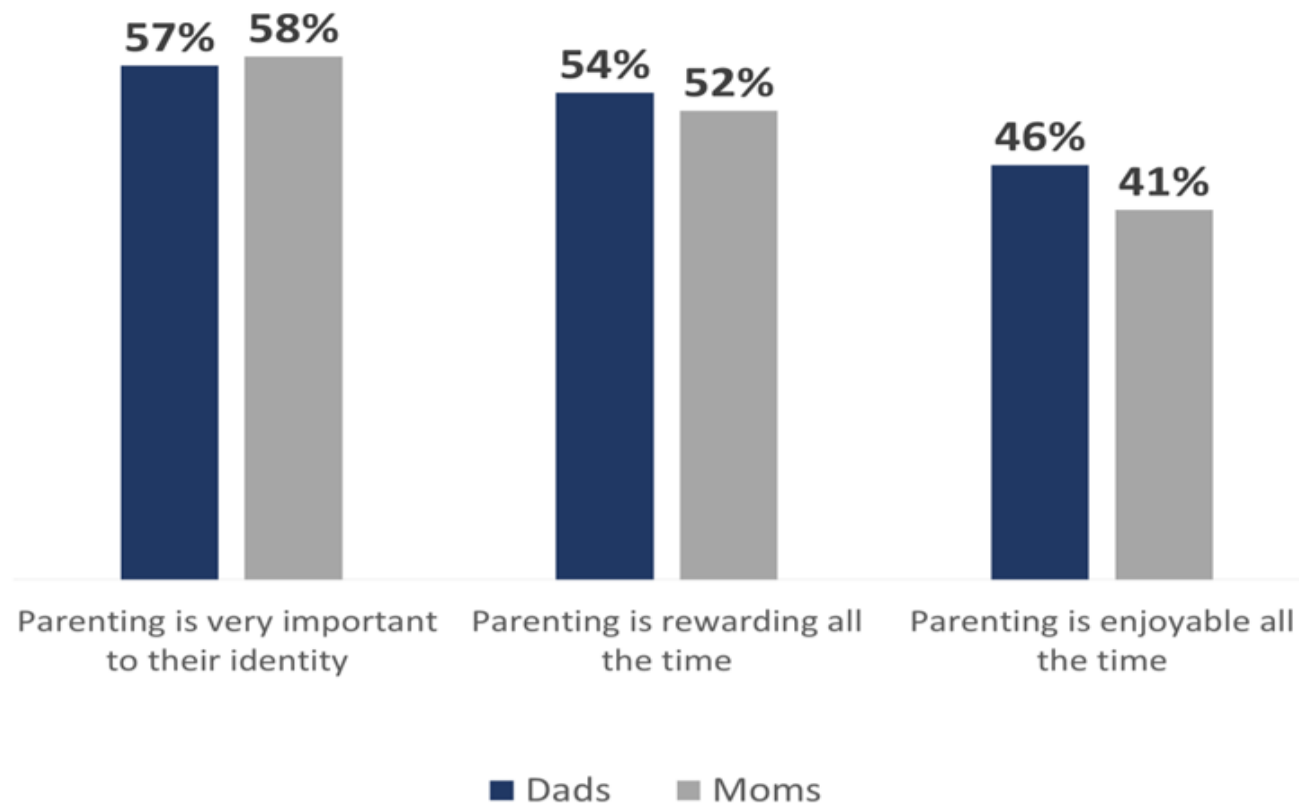
Study followed -5,000 children in 20 cities followed for 22 years

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Fatherhood Experience

- Dads and moms report similar attitudes about parenting₁



1. Pew Research Survey of parents with children under the age of 18, 2015

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At Six Weeks Old...

Infants respond differently to each parent's voice.

- A quiet and alert infant will focus more quickly on a mother's voice.
- An upset or fretting infant will calm more readily to a father's voice.

By one month of age, a mother will often pick up and hold her infant the same way 9 times out of 10.



On the other hand, a father will pick up and hold his infant a different ways 9 times out of 10.



At Eight Weeks Old...

When a baby sees daddy, the eyes widen, shoulders raise, the heartbeat and breathing increases.

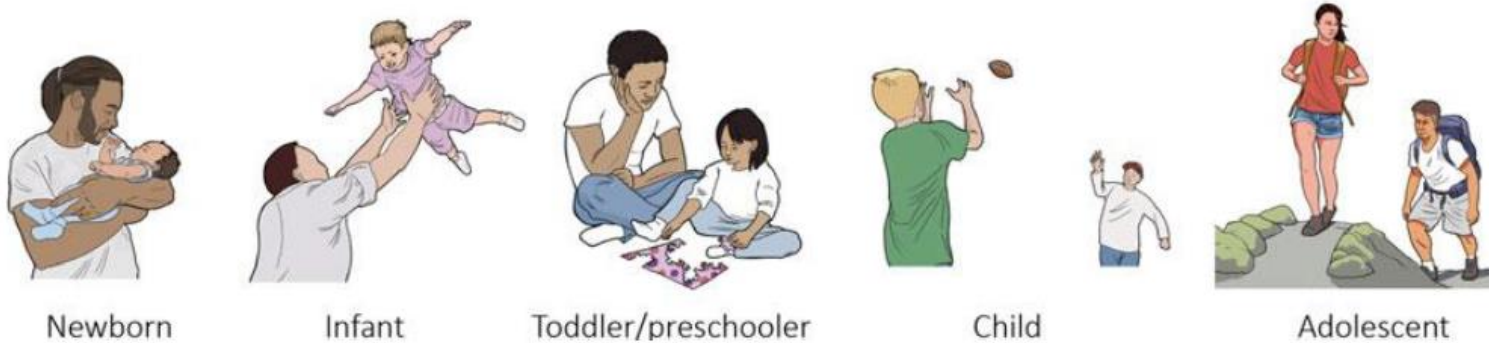
The infant becomes excited in the presence of dad.



When a baby sees mommy, the eyes narrow, the shoulders relax, heartbeat and breathing decrease. The infant becomes calm in the presence of mom.



Father contributions to child resilience



Father's style: high arousal, energetic physicality, guided participation in daily skills, joint adventures, and conflict resolution

- promotes children's flexible approach and social competence within intimate bonds and social groups.
- expands children's interests, sharpens cognitions, tunes emotional regulation, encourages exploration, and supports the search for identity

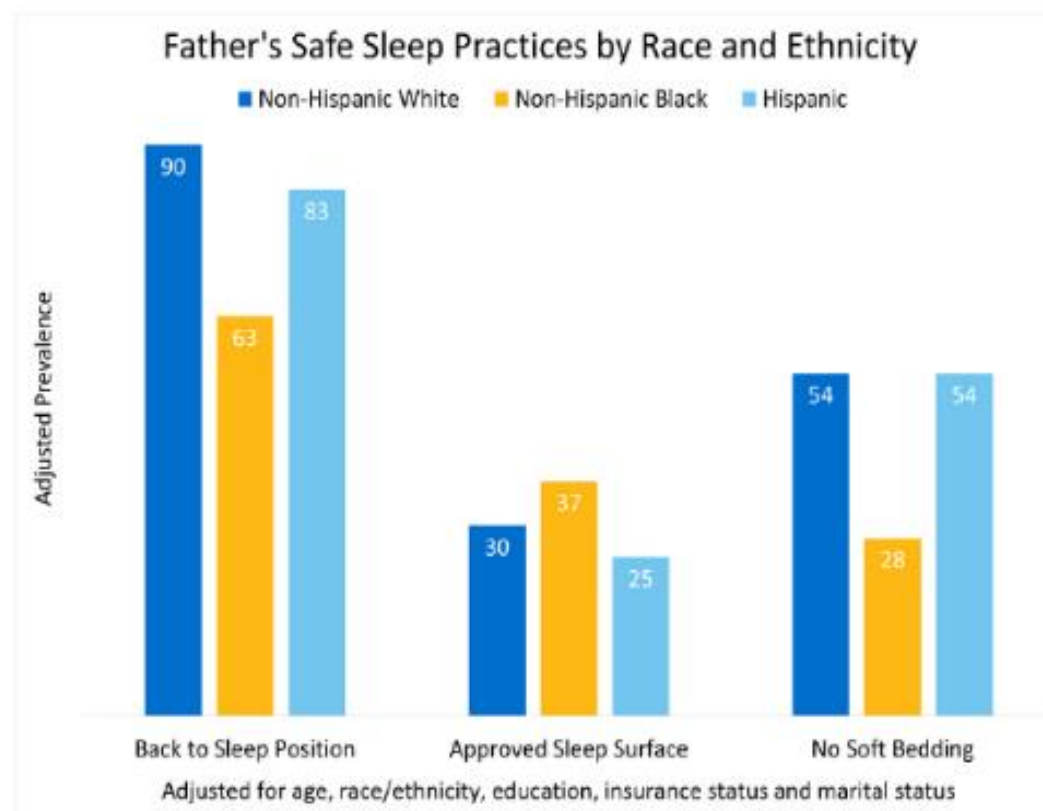
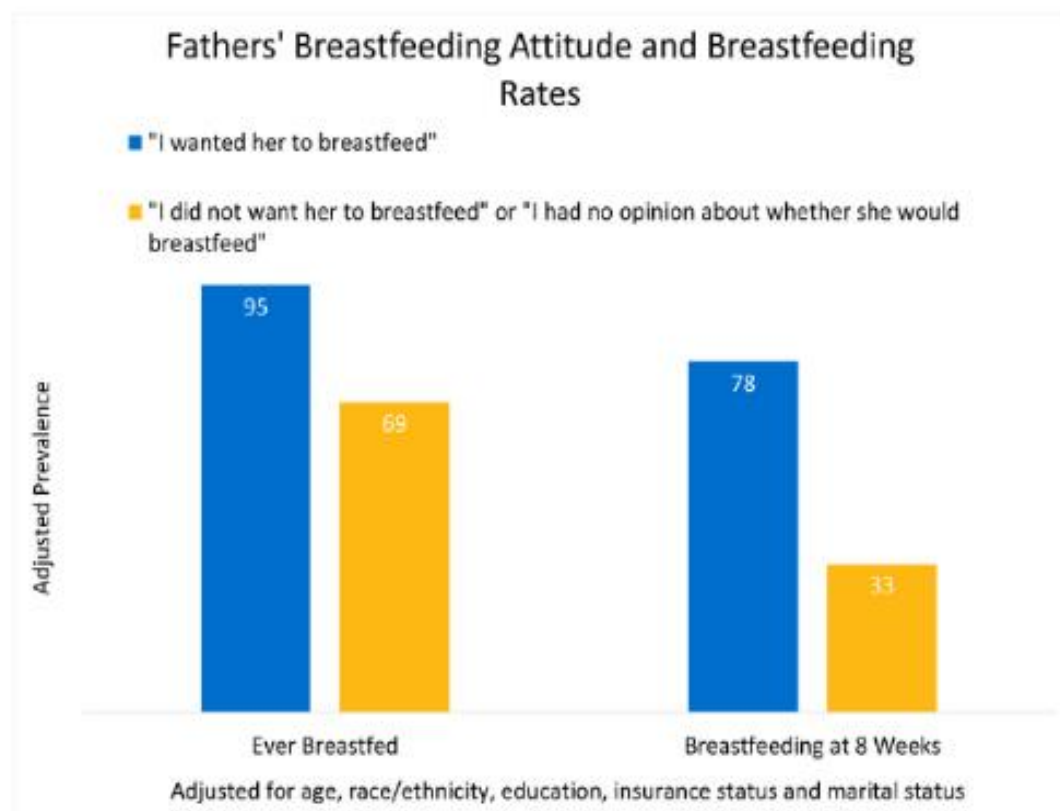
Feldman, R. (2023). Father contribution to human resilience. *Development and Psychopathology*, 1–18, <https://doi.org/10.1017/S0954579423000354>

"Shared Physical Custody: Summary of 40 Studies on Outcomes for Children"

of studies that showed improved outcomes for children and youth when parents shared physical custody.

Outcome Area:	Total # measured outcome	# Better	# Equal	# Worse	Notes
Cognitive Development & Grades	6	3	3	0	
Depression Anxiety Low Self Esteem	22	16	8	0	
Agression Drug and Alcohol Use, Behavioral	18	13	5	0	1 better was girls only
Physical Health, Stress & Illnesses	9	9	0	0	
Mother & Father Bond/Attachement Child Relationship	24	22	1	0	1 mixed

Pregnancy Risk Assessment and Monitoring (PRAMS) for Dads



Pregnancy Risk Assessment and Monitoring (PRAMS) for Dads

Parker JJ, Simon C, Bendelow A, et al. Fathers, Breastfeeding, and Infant Sleep Practices: Findings From a State-Representative Survey. *Pediatrics*. 2023;152(2):e2022061008

Greatest Strengths as a Father



Belonging and Well-Being

- *Only...*
- **36%** of fathers reported consistently getting the social and emotional support they need
- *Only...*
- **41%** of fathers reported consistently feeling a sense of belonging in their communities

State of Fatherhood Study 2024
University of Washington

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Top 5 Barriers to Receiving Services

(1)

Don't qualify for/ can't afford needed services

(2)

Can't locate needed services

(3)

Mother-oriented service environments

(4)

Gender-based discrimination

(5)

Non-inclusive invitations (unclear if fathers are welcome)

Whole Family Pediatric Medical Home

- Add questions to a comprehensive health history survey about father's situation and co-parenting
- Ask about dad if he's not at the appointment – does he need any support?
- If he is at the appointment – ask him how he is doing
- Pre-visit survey include both parents especially if not cohabitating
- Care coordination – work with both parents - dad health navigators
- Anticipatory guidance goes to both homes
- PPD screening for both parents – Medicaid in WA now allows for 2 screening codes to be billed at the same appointment

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Daily
Mail



Relational Pediatric Care

Mary Ann Woodruff MD, FAAP

Pediatrics Northwest

- Getting started – what does it take to create a practice more inclusive of fathers?
- Current efforts and future ideas

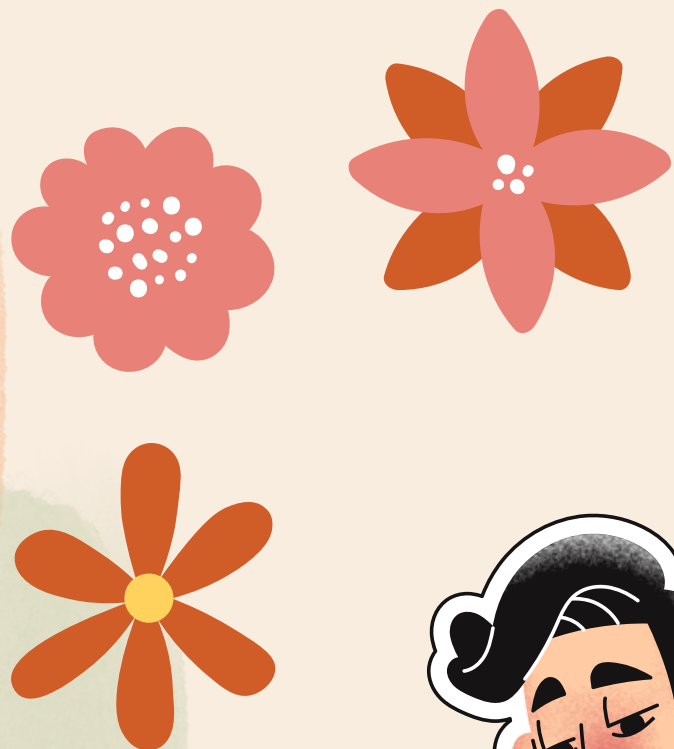
Families at the Center

Babies don't go to the doctor by themselves



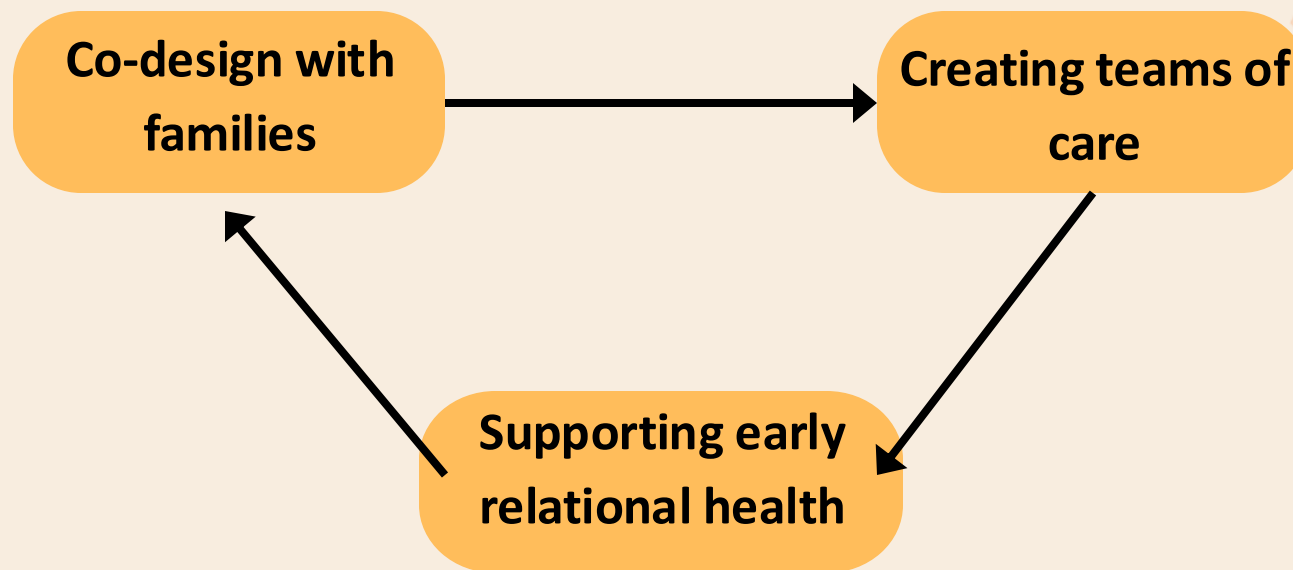
A Journey of Pre-Admiration





An Awakening

The Pediatrics Supporting Parents Grant





Perinatal Mood Disorder Screening: In Plain Sight





focus on: Fathers

Developing Authentic
Family Partnership in Pierce





Hosted by
Pediatrics
Supporting
Parents

Family NIGHT

Welcome!

THURSDAY, MAY 15TH

5:30PM-8:00PM

Focus on: Fathers



Simple Measures

Welcoming

Clinic
Culture

Community
Health
Workers

Integrated
Behavioral
Health



Reducing Friction: A Task For Us All



Steven Thibert



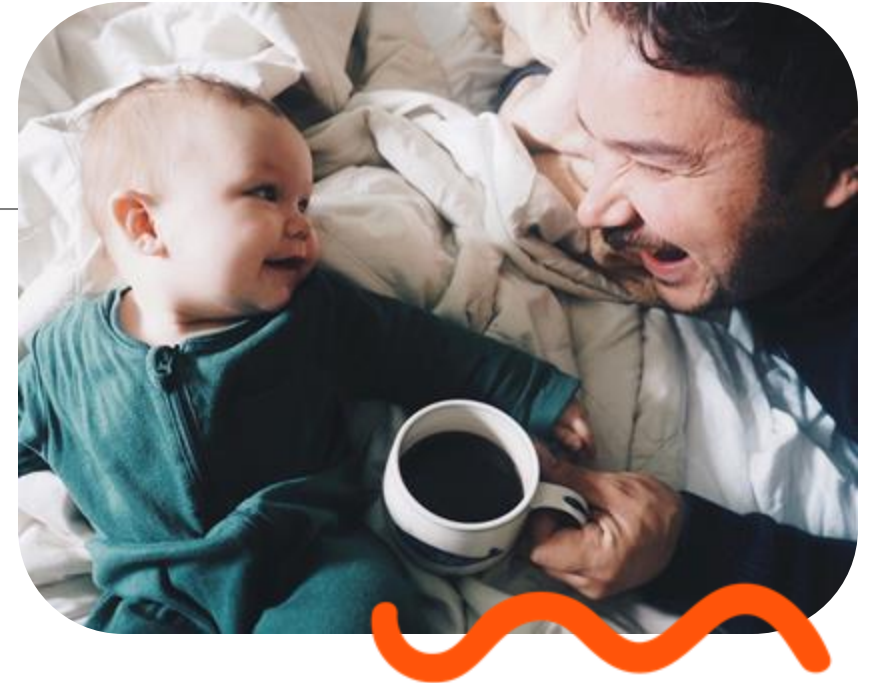
Nurture Connection, WA PN3
Coalition, National Center for Parent
Leadership Advisory Board,
Washington Fatherhood Council,
Parent-Leader

My Journey



Opportunities to Create a More Inclusive Pediatric Experience

- Have CHWs engage with the family outside of clinic visits. Make sure they foster a relationship focused on ERH and truly caring for the family
- Are there ways you can engage families outside of clinic settings? Think “Family Nights” engaging parents in co-design
- If dad is there, engage dad and make sure he feels seen and heard. Dads matter just as much as moms - they made this child too!
- If dad is not there, ask about the relationship. Where is dad? How is the relationship? Is dad having mental health struggles?



For more info on ERH -
nurtureconnection.org

For any questions - stevenhibert@comcast.net



Jose Romo Ramirez

WIC Program Monitor WA
Department of Health, Conscious
Fathering Program with Parent Trust
for WA Children Instructor



My Journey



From the Fragile Families and Child Wellbeing Study

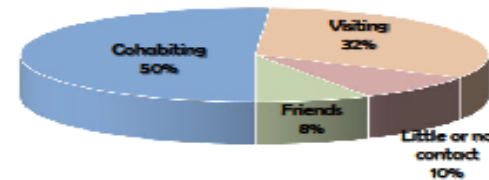
Fact Sheet

fragilefamilies.princeton.edu/publications

Non-marital childbearing has increased dramatically since the 1970s. At that time, about 10% of all births were to unmarried parents. In 2006, the number was nearly 40%. To gain a better understanding of what these trends imply for parents, children and society, the *Fragile Families and Child Wellbeing Study* has been following approximately 5,000 children born in large U.S. cities between 1998 and 2000, including a large oversample of children born to unmarried parents. The study has yielded a number of important findings.

A large proportion of unmarried parents are in "marriage-like" relationships at the time of their child's birth. One-half of unmarried parents are living together at the time of their child's birth, and another 32% are in 'visiting unions,' defined as romantically involved but living apart. Less than 20% are not romantically involved at the time of the child's birth.

Figure 1. Unmarried Parents' Relationship Status at Birth



Most unmarried fathers are very involved during pregnancy and immediately after the birth, especially fathers in cohabiting and visiting unions. Over 80% provide support to the mother during the pregnancy and over 70% visit the mother and baby at the hospital. In addition, the vast majority of unmarried fathers say they want to help raise their child.

Table 1. Unmarried Fathers' Involvement, By Parents' Relationship Status at Birth

	Cohabiting (%)	Visiting (%)	Non-romantic (%)
Gave money, bought things	97	84	28
Visited hospital	97	71	29
Name on birth certificate	96	80	52
Mother wants father involved	99	99	74

Unmarried parents are much more disadvantaged than married parents.

Compared to married parents, unmarried parents are:

- ✓ more likely to have started parenting in their teens,
- ✓ less likely to have lived with both biological parents growing up,
- ✓ more likely to have had children with other partners,
- ✓ more likely to be poor,
- ✓ more likely to suffer from depression,
- ✓ more likely to report substance abuse,
- ✓ more likely to have spent time in jail, and
- ✓ disproportionately African American and Hispanic.

Despite their high hopes, most parental relationships do not last, and as a result many children experience high levels of instability. Only 35% of unmarried couples are still living together five years after the birth of their child, and less than half of the 35% are married. Couples that were cohabiting at birth are more likely to be together than couples in 'visiting unions.' Just over 50% of cohabiting couples are married or cohabiting five years after the birth.

Once their relationship with baby's father ends, many unmarried mothers form new partnerships and many have children with new partners. Nearly 40% of all unmarried mothers



Why engage men and dads at WIC? Research shows that children and families do better when fathers are involved. Kids exhibit better school performance, increased self-esteem and improved relationships with peers, while parents feel less stress when they support each other and co-parent.

TESTED TOOLS

This toolkit is based on a programmatic review of fatherhood involvement efforts in early childhood programs and is a collection of many tangible steps your WIC site can take to become more inclusive of men and dads.

Research indicates that having a commitment to including men and dads and creating a strategy to do so may be the most important thing and actually more important than what the strategy is. There is not one "right way" of implementing any of these practices. Rather, this toolkit will provide you with options and recommendations from previous program success.

DEFINING DAD

Many times in this toolkit the word dad will be used, but it should be noted that "dad" can include biological fathers as well as grandfathers, uncles, mother's partner, etc. Dad may be the single head of a household, married, cohabitating, or non-residential.

KEEP IN MIND

A focus on dads should not stigmatize children. Be sensitive to those kids who do not have a dad or significant male figure in their lives if you hold special events or recognition for dads.



ENGAGING MEN AND DADS AT WIC TOOLKIT

TOOLKIT SECTIONS:

- I. Engage and Train WIC Staff on Inclusion of dads
- II. Make the Environment Welcoming to dads
- III. Communicate Directly with dads
- IV. Help dads to Support moms and Breastfeeding
- V. Encourage moms to Include dads
- VI. Provide Service Referrals to dads and Build Community Partnerships

SECTION I: ENGAGE AND TRAIN WIC STAFF ON INCLUSION OF DADS

1. Reach Out and Train Staff on Involving dads
 - » Introducing the idea to your coworkers - improving staff's observation and assessment skills
 - » Learning about the benefits of father involvement - ways to connect with and support fathers in their relationships with their children
 - » Ways to include and interact with dads so that staff can develop positive, goal-oriented relationships with fathers - reflecting and examining stereotypes about fathers
2. Promote Healthy Relationships between Women and Men at WIC
 - » Discussion in your office about concerns that staff may have about working more with dads
 - » Maintain open communication if new concerns arise
 - » Review hiring practices and advertise new positions that might attract men to the position
 - » Help female staff to become comfortable working with fathers

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Dads Supporting their Partners

Bridging Postpartum Care for
Better Maternal & Infant
Outcomes”



We can wear it!

4 Fathers

Learn about
Paternal Postpartum
Depression

Ask for Help



FOR A CENTERED AND HEALTHY POSTPARTUM
5
TIPS TO FIGHT
FIND YOUR VOICE



Today is about you!

Support

I Love
Hanging
With You



Elevating Fathers as Dad Doulos



“ Building Emotional Intelligence & Active
Postpartum Engagement ”

My special ally!

From clinic to the home

I Love
Communicating
With You

Not the follower....

FOLLOW



Not the bag Preparer....



“



”

Optimizing Family-Centered Pediatric Care

Fathers, The Incomplete Caregiver Leaders

Wear your hat !



Strengthening the health outcomes for children and moms

Father Friendly Check Up™

Leadership Development The attitudes, beliefs, and values held by the organization's employees—the culture of the organization—and their impact on the delivery of services and programs.

Program Development The services and programs an organization offers, how it engages staff in offering them, and how it promotes and markets them.

Organizational Development The “nuts and bolts” of an organization that carries out its mission through organizational capacity as reflected in areas such as: 1) policies and procedures, 2) processes, and 3) physical environment.

Community Engagement The ability of an organization to engage its community in the delivery of services and programs.

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Questions and Comments

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[Fatherhood Photo Bank | WA Interagency Fatherhood Council](#)

[Dad Allies: Provider Learning Series | WA Interagency Fatherhood Council](#)

Fatherhood
is
Essential



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