

Why Fathers are Important in the School

This series of essential topics have been designed to support your engagement with your child through secondary School. Evidence clearly shows just how much you matter to your children, their education and their life at school. This does not mean fathers' influence is superior to that of mothers, but as a separate, important factor in children's successful transition though to adulthood. Even if you do not share a home with your kids, your active involvement in your child's life, wellbeing and education can have a lasting and positive impact.

Fathering can come in many forms: grandfathers, uncles, family friends. It's all about providing a child with a positive father-figure.

Fathers and father figures can positively influence their adolescent children's health, social and emotional wellbeing and academic success.

While your adolescent may not embrace you turning up in their classroom, less visible activities such as involvement with parent meetings, activities and events, continued support at home and, importantly, valuing the benefits of education have been seen to benefit your child. The key is involvement and encouragement.

The following is some of the evidence statements about how connected and positive fathers and father figures can positively impact their adolescent children.

- Young people with fathers who are engaged with their learning and positive about education do better in primary and secondary school.
- Young people's attitude towards school and learning is strongly influenced by their father.
- Young people with fathers who are engaged with their school activity and learning were more likely to participate positively in school activities.
- Fathers play an important role in boosting their children's confidence, self-esteem and resilience.
- Young people, whose fathers engage with the school, are more connected to school and less likely to have behaviour issues.
- Adolescents with engaged and supportive fathers, are less likely to engage in delinquency, substance abuse and negative and unhealthy behaviours.
- Warm and positive fathering has significant protective and positive effects on the mental health of their children across various ages and stages of development.



Wellbeing Check

No dad starts off knowing everything and being perfect when their children are born. The aim is to be the best you can be, for your kids. It's about the progress you are making and the effort you are putting in. When your children become adolescents it all changes again and there will be mistakes on both sides. Allow yourself the opportunity to learn and grow over time with your children and to enjoy each small success along the way.