

HEALTHY, RESILIENT MASCULINITY AND FATHERHOOD

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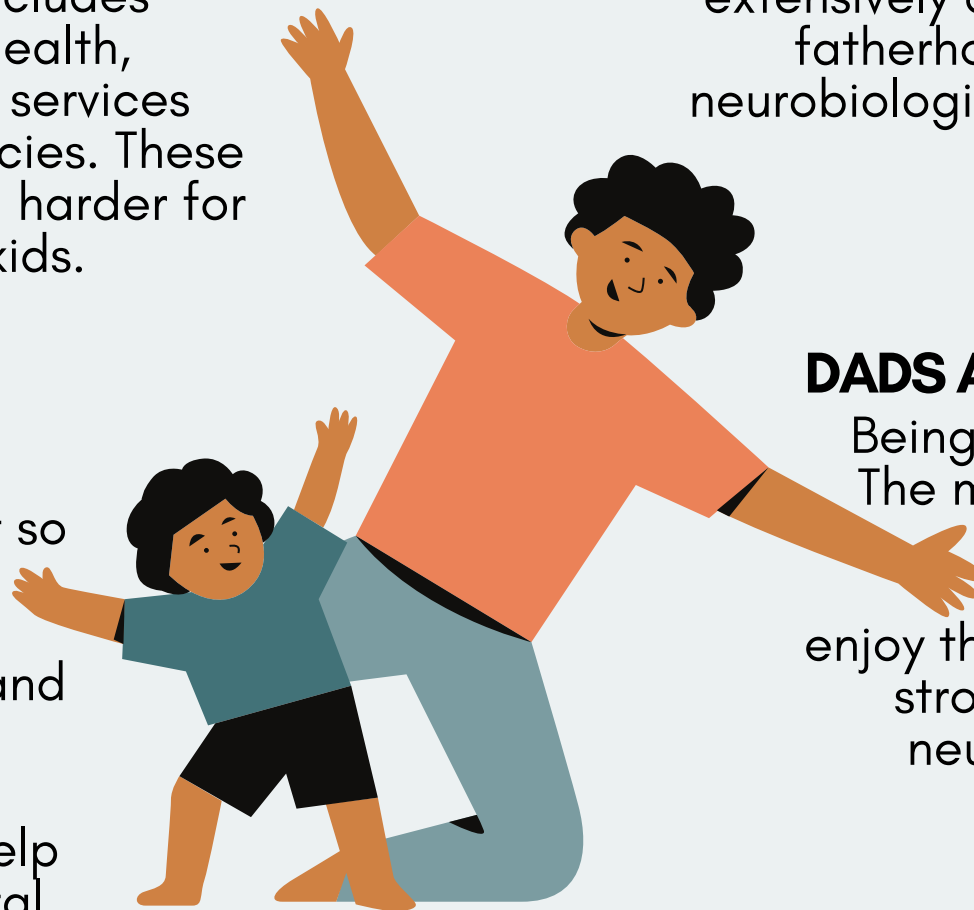
MANY CHALLENGES FOR DADS

Men still face many challenges in their role as dads. This includes neglect of their mental health, exclusion from maternity services and poor workplace policies. These challenges make it much harder for dads to bond with their kids.

WHAT MUST BE DONE?

Dads need more support so that they can spend as much quality time as possible with their kids, and the earlier the better.

Scientific findings can help dissolve persisting societal stigma and raise awareness of the crucial importance of father-child bonding. And they can support new, more inclusive policies that give dads what they deserve.



DADS ARE WIRED TO BE PARENTS

Men's brains and bodies change extensively during the transition to fatherhood. Men thus become neurobiologically prepared to their new role as a parent.

2

DADS ARE MADE, NOT BORN

Being a dad takes practice. The more dads are involved in childcare activities and the more they enjoy their role as fathers, the stronger are the observed neurobiological changes.

3

DADS' MASCULINITY INFLUENCES THEIR SONS' MASCULINITY

Boys copy their fathers' masculinity. Positively influencing future generations of men means working with today's fathers.

For more information & links to references, check out Dr Vrticka's [Caring Dads website](#) by using the QR code.

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