



**Northwestern
Health Unit**

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Being a dad...your most important job

During the month of June the Northwestern Health Unit is promoting the message that being a dad is one of the greatest jobs and is like no other. Dads play an important role in their children's lives by being involved and role modeling positive behaviors for their children.

Research shows that children of involved fathers are better academic achievers and are more likely to graduate from high school. Children of involved fathers also tend to handle stress and frustration easier, have better self-control, and are less likely to suffer from depression. Children that have access to a father who is supportive, sensitive, nurturing, and warm will feel more confident about themselves and grow up to be more tolerant and understanding of others. Children without father figures at home can connect with positive male role models in their school, community or extended family to achieve similar effects.

There are also many reported benefits for dads when they are involved with their children including feeling more confident and effective as a parent, and having a greater sense of well-being overall. Involved dads are also more likely to take an active role in their communities.

Throughout the month of June, the Northwestern Health Unit will be targeting dads between the ages of 15-40 through Facebook ads that will lead them to great resources about parenting and tips on how to play with children. Posters will also be distributed throughout the region to promote the message that being an involved dad has so many benefits to children.

Public Health Nurse, Miranda Sigurdson states "Parenting is a tough job, we want dads to know that there are resources available in their communities and that we are there to support them."

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For more information:
Miranda Sigurdson
Public Health Nurse
Northwestern Health Unit
807-274-9827 ext.3634
msigurdson@nwhu.on.ca