

Get Involved and Stay Involved!

When dads spend time with their kids — from pregnancy on — and when they work to be close, kids do better in so many ways.

- They are more active.
- They are healthier and stronger as babies, toddlers, preschoolers and when school-aged.
- Many do better on development tests.
- They tend to be less violent.
- They become sexually active at a later age.
- They go to school more often and stay in school longer.
- They are less likely to repeat a grade.
- Boys and girls are both more independent. They have better self-control and are more likely to be leaders.
- Girls have healthier relationships later in life, especially with guys. You, dad, are the first man they get to know. Set the bar high!

Tip

There are lots of resources in this guide to help new parents — don't be afraid to reach out to one or more of them if you have questions or need support! A good dad gets help when he needs it. The people at the other end of these lifelines know that's true because they help great dads all the time.



Dad's Guide to Fatherhood

Reference:

Texas Office of the Attorney General. (2019). Dad's guide to fatherhood. Texas Health and Human Services.
<https://www.texasattorneygeneral.gov/sites/default/files/files/child-support/Publications/13-06-15131DadsGuidetoFatherhood-ACC.pdf>