

JUST THE FACTS

Dads who care for
their children
**have greater
happiness and
well-being.**

**National
Fatherhood
Initiative®**

www.fatherhood.org

SOURCE: Nelson-Coffey, S. K., Killingsworth, M., Layous, K., Cole, S. W., & Lyubomirsky, S. (2019). Parenthood is associated with greater well-being for fathers than mothers. *Personality and Social Psychology Bulletin*, 45(9), 1378-1390.