

Why **Active Fathers** Are **Great for Mothers**



When dads are engaged **early** and **consistently**, moms experience powerful benefits across health, emotional well-being, and relationships.

After Birth, Engaged Dads Support Moms By:

- ✓ Lowering the chances of postpartum stress
- ✓ Decreasing the risk of postpartum depression
- ✓ Lightening the emotional and mental load of parenting

In Daily Family Life, Moms with Supportive Partners Enjoy:

- ✓ More time for personal rest and recreation
- ✓ Less pressure in parenting responsibilities
- ✓ Stronger, more satisfying relationships with their partners

When dads step up, moms feel supported, families are stronger, and children benefit most.