

HOW DO I SPEND TIME WITH MY CHILD?



Brochure on families spending time with children, the importance of it and recommendations.

Why is it important?

Children who are spending more quality time with their families are **less likely to participate in risky behaviors** such as drug and alcohol usage. Showing your children that you love and care for them helps to keep them **mentally and emotionally strong**. Children who spend more quality time with their families are more likely to be **physically healthy**.

Fathers' involvement has enormous implications for men for their adult development, their wives and partners, and, most importantly, their children in terms of **social, emotional, physical, and cognitive development**.



Fathers involvement

Active involvement of fathers in child care has a positive effect on the child's development:

- contributes to the cognitive and social development of the child,
- more developed empathy,
- a higher level of self-esteem,
- better results in school and
- less expressed gender-stereotyped beliefs

Research in Bulgaria, Croatia, Sweden

The research conducted online by Daddyhood Europe, Status M and Start examined how families spend time with their children, 330 participants took part with an average age of 37.27.

88,7 %
of participants mostly or completely agree that they like spending time with their children in physical activities

80 %
participants state that they would like to spend more time with their children

The older the child is, the fewer parents engage in sports activities and activities related to the child's psychological well-being.


Recommendations:

- Spend more time with your child without distractions (no phone)
- Adjust communication to childrens development
- Involve children in activities that you like doing
- Show affection
- Let your child choose the game or the activity they want to do with you
- have a positive attitude toward sports activities



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