

# JUST THE FACTS

Good coparenting  
**lowers parents'**  
**stress.**

**National  
Fatherhood  
Initiative**<sup>®</sup>

[www.fatherhood.org](http://www.fatherhood.org)

SOURCE: Akande, K.A.R. & Heath, C.J. (2019), "Mediating Effects of Maternal Gatekeeping on Nonresident Black Fathers' Paternal Stressors", Blair, S.L. and Costa, R.P. (Ed.) *Transitions into Parenthood: Examining the Complexities of Childrearing (Contemporary Perspectives in Family Research, Vol. 15)*, Emerald Publishing Limited, Bingley, pp. 103-121.