



JUST THE FACTS

Involved
dads **reduce**
moms'
parenting
stress.

National
Fatherhood
Initiative[®]

www.fatherhood.org

SOURCE: Nomaguchi, K., Brown, S., & Leyman, T. (2017). Fathers' participation in parenting and maternal parenting stress: Variation by relationship status. *Journal of Family Issues*, 38, 1132-1156.