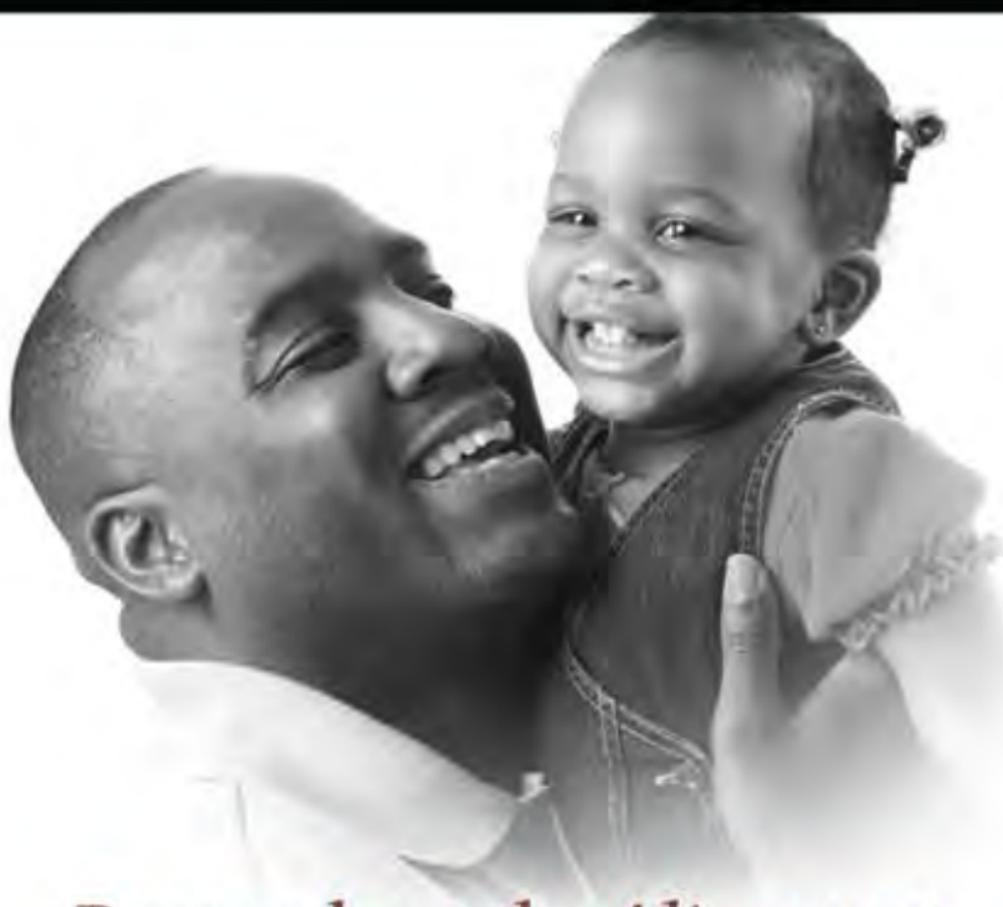


Healthy Marriages, Responsible Fatherhood



*Research on the Alignment
of Marital Outcomes,
Marriage Education and
Their Impact on
Father Involvement in the
Lives of Their Children*



“Father absence has risen greatly in the last four decades. Between 1960 and 2006, the number of children living in single-mother families went from 8% to 23.3% and 34% of children currently live absent their biological father. ...The \$99.8 billion spent directly on assistance to single-mother households amounted to nearly 4% of the total FY 2006 federal budget.”

Nock, Steven L. & Christopher J. Einolf. *The One Hundred Billion Dollar Man: The Annual Public Costs of Father Absence*. (2008). National Fatherhood Initiative. www.fatherhood.org

.....

“Children with involved, loving fathers are significantly more likely to do well in school, have healthy self-esteem, exhibit empathy and pro-social behavior compared to children who have uninvolved fathers. Committed and responsible fathering during infancy and early childhood contributes to emotional security, curiosity, and math and verbal skills.”

U.S. Department of Health & Human Services: Promoting Responsible Fatherhood. www.fatherhood.hhs.gov/Parenting/index.shtml

.....

Children from a fatherless home are:

- 5 times more likely to commit suicide
- 32 times more likely to run away
- 20 times more likely to have behavioral disorders
- 14 times more likely to commit rape
- 9 times more likely to drop out of school
- 10 times more likely to abuse chemical substances
- 9 times more likely to end up in a state-operated institution
- 20 times more likely to end up in prison

Sedlak, Andrea J. and Diane D. Broadhurst. *The Third National Incidence Study of Child Abuse and Neglect: Final Report*. U.S. Department of Health and Human Services. National Center on Child Abuse and Neglect. Washington, D.C., September 1996.

Healthy Marriages, Responsible Fatherhood is a publication of California Healthy Marriages Coalition.
Research compiled by Patty Howell, Ed.M., A.G.C.

To order copies of the *Healthy Marriages, Responsible Fatherhood* booklets, visit www.CaMarriage.com

Sections

Page

Links between Father Involvement and Its Impact on Children.	4
Links between Marriage and Father Involvement	19
Links between Marriage Education and Marital Outcomes	22

The best predictor of father presence is marital status; when a father's romantic relationship with the child's mother ends, more likely than not, so does father involvement with their children.¹

Introduction

The 1950s classic American two parents/two kids family still exists, yet families have evolved into a variety of forms and it now seems that not all family forms are created equal. The prevailing high incidence of divorce has left many families with an absent father, and while most Americans will quickly agree that father-absence is less than desirable, a survey of the literature reveals its impact to be more significant than is widely believed. Going well beyond the role of bread-winner and Little League coach, fathers have an impact on virtually every facet of their children's lives, and, shockingly, their impact may in some ways be greater than that of mothers. This is an important, largely untold and exciting story.





The excitement comes from recognizing an important opportunity for intervention. As we look to Marriage Education and Relationship Education as well-documented means for helping couples form and sustain healthy marriages, we look to increasing the likelihood of fathers' involvement with their children which in turn increases the likelihood of many positive benefits for their children. As the data in this booklet reveal, for parents who form and sustain a healthy marriage, the odds increase of their being able to live above the poverty line and raise children who are healthy, well-socialized, successful in school, successful in their relationships and successful in life. These data reveal a clear trajectory between Marriage Education, healthy marriages, responsible fatherhood and a host of desirable outcomes for children. Recognizing this trajectory gives urgency to the socially-invaluable benefits of widespread Marriage Education/Relationship Education.

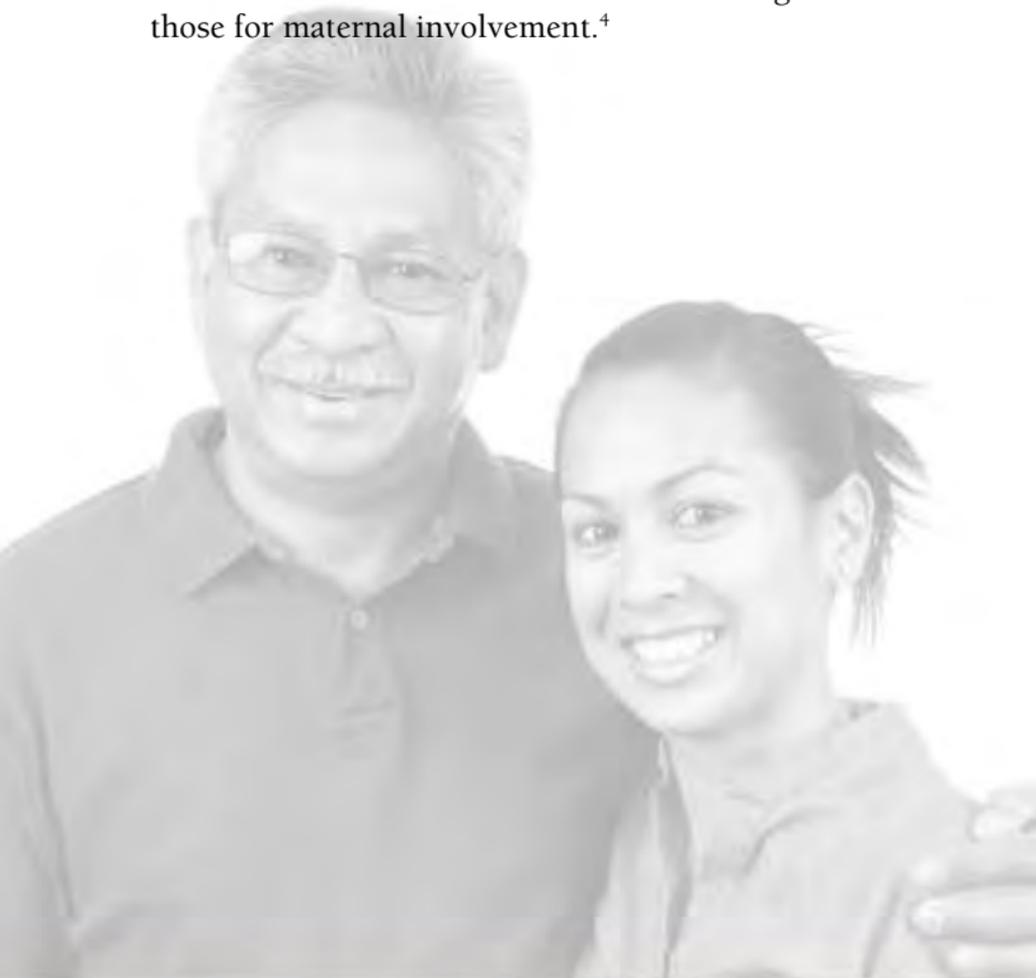
With the national social services costs associated with divorce and family fragmentation conservatively estimated at \$112 billion a year,² this burden to taxpayers is dwarfed only by the related tragic impact of marital breakdown on millions of American children growing up without the benefits of an involved and loving father. This is a toll our culture cannot sustain and need not endure. Marriage and Relationship Education programs offer proven, cost-effective tools for helping couples build and sustain relationships that will help support and grow healthy children who are equipped to build and sustain a healthy society. And, these educational tools will help America's fathers reap the countless joys and benefits of being the kind of Dad their kids want and need.

Although the size and context of referenced studies differ, the weight of a growing body of evidence supports the difference that marital outcomes make on father involvement and on the lives of their children.

Links between Father Involvement and Its Impact on Children

Overall Impact of Father Involvement

- In an analysis of more than 100 studies, researchers concluded that father love is at least as important in predicting a number of different child outcomes, including psychological adjustment, conduct problems, cognitive and academic performance, mental illness, and substance abuse as is mother love. "...evidence suggests that the influence of father love on offspring's development is as great as and occasionally greater than the influence of mother love."³
- Using data from the National Survey of Families and Households (N=994) and controlling for mothers' reports of maternal involvement, researchers found paternal and maternal involvement to be independently and significantly associated with children's behavior problems. Father time, father support and father closeness were all negatively associated with children's behavior problems and the effects for father involvement were greater than those for maternal involvement.⁴



- A study of 2,722 British adolescents aged 14-18 exploring whether paternal involvement can protect against low levels of well-being even when maternal involvement and risk and protective factors are controlled for, found that although both father and mother involvement contributed significantly and independently to offspring happiness, father involvement had a stronger effect.⁵
- “Children of fatherless families are less likely to attend college, are more likely to have children out of wedlock, and are less likely to marry; those who do marry are more likely to divorce... Children from single-mother households earn less as adults than children from two-parent families (and are) more likely to be incarcerated.”⁶
- “Over the past three decades, an expanding body of literature concludes that fathers’ engagement with their children is associated with positive cognitive, social, and emotional outcomes for children from infancy to adolescence. Conversely, children of disengaged or negatively engaged fathers are at risk for a host of cognitive, social and emotional difficulties.”⁷

Father Involvement and Poverty

- Children in father-absent homes are five times more likely to be poor. In 2002, 7.8% of children in married-couple families were living in poverty, compared to 38.4% of children in female-householder families.⁸ A child with a nonresident father is 54% more likely to be poorer than his or her father.⁹





- Children raised by never-married mothers are seven times more likely to live in poverty than children raised by their biological parents in intact marriages. Overall, approximately 80% of long-term child poverty in the United States occurs among children from broken or never-formed families.”¹⁰
- “Daughters from female-headed households are much more likely than daughters from two-parent families to themselves become single parents and to rely on welfare for support as adults... [L]iving with a single mother at age 16 increases a daughter’s risk of becoming a household head by 72% for whites and 100% for blacks. In comparing daughters continuously living in two-parent families with those living with an unmarried mother at any time between ages 12 and 16, researchers concluded that exposure to single motherhood at some point during adolescence increases the risk of the daughter later becoming a household head... White girls living in a single-parent household at any time during adolescence are 127% more likely to receive welfare benefits as an adult, and black girls living in a single-parent household at any time during adolescence are 164% more likely to receive welfare benefits as an adult, in comparison with daughters from two-parent households.”¹¹



Father Involvement and Drug and Alcohol Abuse

- “Fatherless children are at a dramatically greater risk of drug and alcohol abuse, mental illness, suicide, poor educational performance, teen pregnancy, and criminality.”¹²
- Using a nationally representative sample of 13,000 middle and school-aged students from the North Carolina Population Research Center’s ADDHEALTH database, researchers concluded that “There is a chain of causation from independent variable (family structure) to intervening variable (father or mother closeness) to dependent variable (adolescent drug use).” When controlling for all other variables including mother closeness and family structure, “father closeness is a statistically significant and robust predictor” of drug use and that “growing up in an intact family is both a direct and an indirect cause of reducing or suppressing drug use.”¹³
- In a study of 6,500 children from the ADDHEALTH database, father closeness was negatively correlated with the number of a child’s friends who smoke, drink, and smoke marijuana. Closeness was also correlated with a child’s use of alcohol, cigarettes, and hard drugs and was connected to family structure. Intact families ranked higher on father closeness than single-parent families.¹⁴

- In a retrospective study of drug addicts controlling for family structure and mother closeness, researchers found that father attachment or closeness was a major variable differentiating addicts from peer and community controls.¹⁵
- In a study at Columbia University, researchers found that children living in two-parent households with a poor relationship with their father are 68% more likely to smoke, drink, or use drugs. Teens in single mother households are at a 30% higher risk for these behaviors than those in two-parent households.¹⁶
- “The absence of the father in the home affects significantly the behavior of adolescents and results in the greater use of alcohol and marijuana.”¹⁷

Father Involvement and Achievement

- Infants of highly involved fathers, as measured by amounts of interaction, including higher levels of play and caregiving activities, are more cognitively competent at 6 months and score higher on the Bayley Scales of Infant Development, are better problem solvers as toddlers and have higher IQs by age three.¹⁹
- A landmark study by the U.S. Department of Education in 1997 found that “children in two-parent families with highly involved fathers were 42% more likely to get mostly A’s, 55% more likely to enjoy school and 28% less likely to repeat a grade than were children in two-parent families with fathers who had low involvement. This study also found that these positive effects are extended to the children of highly involved, non-resident fathers: 54% more likely to get mostly A’s, 70% more likely to enjoy school and 50% less likely to repeat a grade than children whose non-resident fathers had no or low involvement.”²⁰



- Children of involved fathers are more likely to have higher levels of economic and educational achievement, career success, occupational competency, better educational outcomes, higher educational expectations, higher educational attainment, and psychological well-being.²¹
- Students living in father-absent homes are twice as likely to repeat a grade in school; 10% of children living with both parents have ever repeated a grade, compared to 20% of children in stepfather families and 18% in mother-only families.²²
- The absence of the father lowers cognitive test scores for young children in general,²³ especially the math scores of daughters.²⁴ By age 13, there is an average difference of ½ year in reading abilities between children of divorced parents and those who have intact families.²⁵
- Children aged 3 to 12 in families with married, biological parents performed, on average, better on a mathematical calculation test than peers in families with a biological mother and a stepfather, families with an unmarried biological mother and a cohabiting partner, or families with a biological father only.²⁶
- Children reared by a divorced or never-married mother are less cooperative and score lower on tests of intelligence than children reared in intact families. Statistical analysis of the behavior and intelligence revealed “significant detrimental effects” in these children and growing up in a female-headed household was identified as a statistical predictor of behavior problems even after adjusting for differences in family income.²⁷

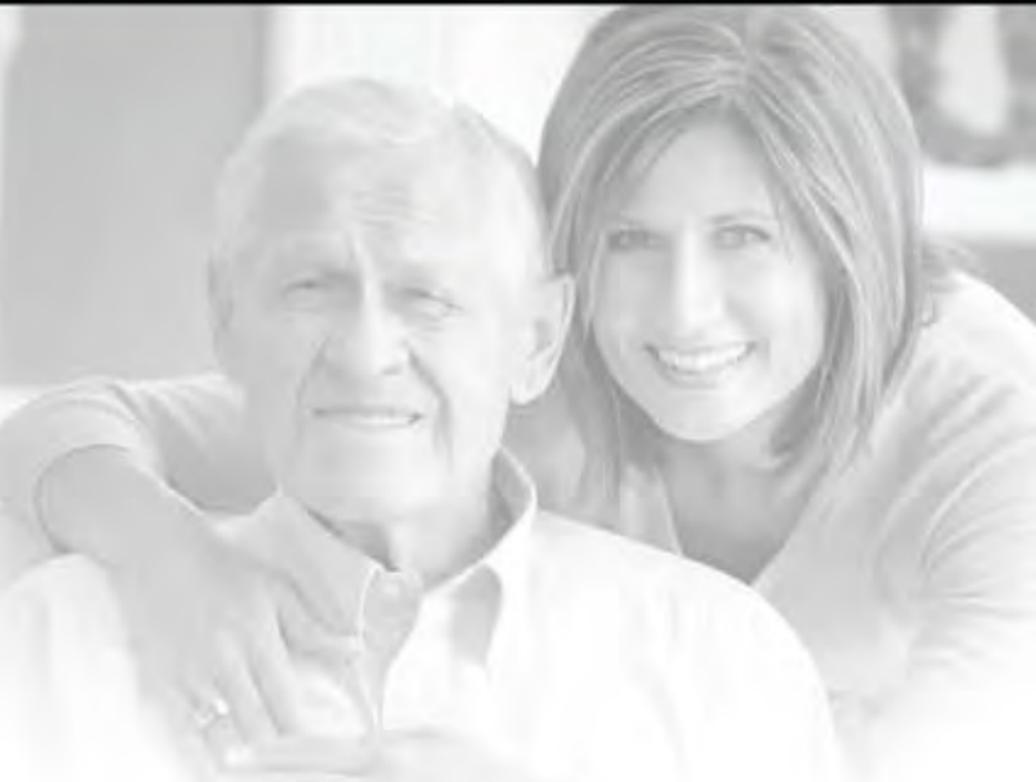




- “Children with fathers at home tend to do better in school, are less prone to depression and are more successful in relationships. Children from one-parent families achieve less and get into trouble more than children from two parent families.”²⁸
- A study of 2,292 African American children found that “boys from intact homes had somewhat higher grades, were more likely to come to school prepared, and had higher educational aspirations.”²⁹ Father presence appears to have a “moderate but significant positive effect on African American boys’ school performance.”
- Approximately 20-25% of children from divorced families experience long-term difficulties in relationships, academics, occupation, mood or behavior. It seems to be particularly important for girls’ long-term prospects for academic and occupational success “to see their father as an active presence during adolescence.”³⁰

Father Involvement and Crime and At-Risk Youth

- In a longitudinal study of 1,197 fourth-grade students, researchers observed “greater levels of aggression in boys from mother-only households than from boys in mother-father households.”³¹
- “Children of fatherless families use mental health services at a higher rate than children of two-parent families, have more behavior problems at school, and are more likely to enter the juvenile justice system. They do less well at school... Their higher use of drugs, alcohol, and tobacco, and their poorer physical and mental health, may cause them to use medical services more than children of two-parent families.”³²



- Using data from the public-use sample of ADDHEALTH database on a nationally representative sample of 13,000 middle and high-school-aged students, researchers found that when controlling for all other variables including mother closeness and family structure, father closeness is a statistically significant and robust predictor of adolescent delinquency, specifically for violence, disorder and running away. Furthermore, the study finds that in intact families there are consistently higher levels of both mother and father closeness, which both have independent effects on delinquency.³³
- “Adult children of single-mother families are more likely to be incarcerated, even when a wide range of other factors of their families of original and social status are statistically controlled.”³⁴ Even after controlling for income, youths in father-absent households still had significantly higher odds of incarceration than those in mother-father families. Youths who never had a father in the household experienced the highest odds.³⁵ A 2002 Department of Justice survey of 7,000 inmates revealed that 39% of inmates lived in mother-only households.³⁶
- A survey of 13,986 women in prison showed that more than half grew up without their father. 42% grew up in a single-mother household.³⁷
- A U.S. longitudinal study which tracked over 6,400 boys over a period of 20 years found that children without biological fathers in the home are roughly 3x times more likely to commit a crime that leads to incarceration than are children of intact families.³⁸
- A child raised outside of an intact marriage is more likely to commit crimes as a teen and young adult. Boys reared in single-mother households and cohabitating households are approximately 2x more likely to commit a crime that leads to incarceration in comparison to children who grow up with both parents.³⁹

- “Studies focusing on African American boys find that those living without a father in the home are much more likely to get into trouble with the law, get into fights, and have a school-related discipline problem. One study of 948 Black male adolescents found that father absence promotes delinquency independently of, and much more strongly than, low socioeconomic status and peer delinquency”... Father-absent homes “often fail to effectively instill pro-social attitudes in young Black men.”⁴⁰
- Data from the National Longitudinal Adolescent Study of Adolescent Health (N = 13,231) showed that adolescents living with married, biological parents are less likely to exhibit delinquent behaviors such as deliberately damaging property, stealing, seriously injuring another individual, selling drugs, etc., than youths living with their mothers only, those living with their mothers and married stepfathers, or those living with their mothers and mothers’ cohabiting partners.⁴¹



Father Involvement and Mental and Physical Health

- Based on birth and death data for 217,798 children born in Georgia in 1989 and 1990, infants without a father's name on their birth certificate (17.9% of the total) were 2.3 times more likely to die in the first year of life compared to infants with a father's name on their birth certificate.⁴²
- Overall, children who live without their fathers are more likely to experience health-related problems.⁴³
- The National Longitudinal Survey of Youth found that obese children are more likely to live in father-absent homes than are non-obese children.⁴⁴ Children who lived with single mothers were significantly more likely to become obese by a 6-year follow-up.⁴⁵
- “A family structure index—a composite index based on the annual rate of children involved in divorce and the percentage of families with children present that are female-headed—is a strong predictor of suicide among young adults and adolescent white males.”⁴⁶ “Fatherless children are at dramatically greater risk of suicide.”⁴⁷
- “Boys who grow up in father-absent homes are more likely than those in father-present homes to have trouble establishing appropriate sex roles and gender identity.”⁴⁸
- “Father hunger” often afflicts boys aged 1-2 whose fathers are suddenly and permanently absent. Sleep disturbances, such as trouble falling asleep, nightmares, and night terrors frequently begin within 1-3 months after the father leaves home.⁴⁹
- Children of involved fathers are more likely to demonstrate a greater internal locus of control⁵⁰ and have a greater ability to take initiative, use self-direction and control.⁵¹





- Children in households whose involved, loving fathers are present are significantly more likely to have healthy self-esteem, exhibit empathy and pro-social behavior, and avoid high-risk behaviors including drug use. Committed and responsible fathering during infancy and early childhood contributes to emotional security.⁵³
- Father warmth and nurturance significantly predicts children's moral maturity, is associated with more pro-social and positive moral behavior in boys and girls,⁵⁴ and is positively correlated with high scores on measures of internal moral judgment, moral values, and conformity to rules.⁵⁵
- A study of preschool children admitted to New Orleans hospitals as psychiatric patients over a 34-month period found that nearly 80% came from fatherless homes.⁵⁶ "Children living with a never-married mother are more likely to have been treated for emotional problems."⁵⁷
- Girls with divorced parents are at particularly high risk to develop depressive symptoms during adolescence.⁵⁸ Among girls, the long-term impact of divorce was mediated via low self-esteem and lack of closeness to father.⁵⁹ Divorce and parental distress contributed independently to adolescent distress, supporting the notion of "double exposure" effects. Long-term effects of divorce on symptoms of anxiety and depression were stronger among girls than among boys.⁶⁰
- Children of involved fathers are more likely to have positive peer relations and be popular and well liked. Their peer relations are typified by less negativity, less aggression, less conflict, more reciprocity, more generosity, and more positive friendship qualities.⁶¹



- Boys who live without their fathers consistently score lower on a variety of moral indices, such as measures of internal moral judgment, guilt following transgressions, acceptance of blame, moral values and rule conformity.⁶² Girls who live without their fathers are more likely to cheat, lie, and not feel sorry after misbehaving;⁶³
- In a study using longitudinal data from the National Child Development Study of 17,000 children from England, Wales and Scotland, after controlling for mother involvement, father involvement at age 7 was associated with good father-child relations in adolescence and later marital satisfaction in adult life, was found to be protective both against psychological maladjustment in adolescence and against psychological distress in women in adult life, was strongly related with later educational attainment, and also was negatively related to an adult experience of homelessness in sons of manual workers.⁶⁴

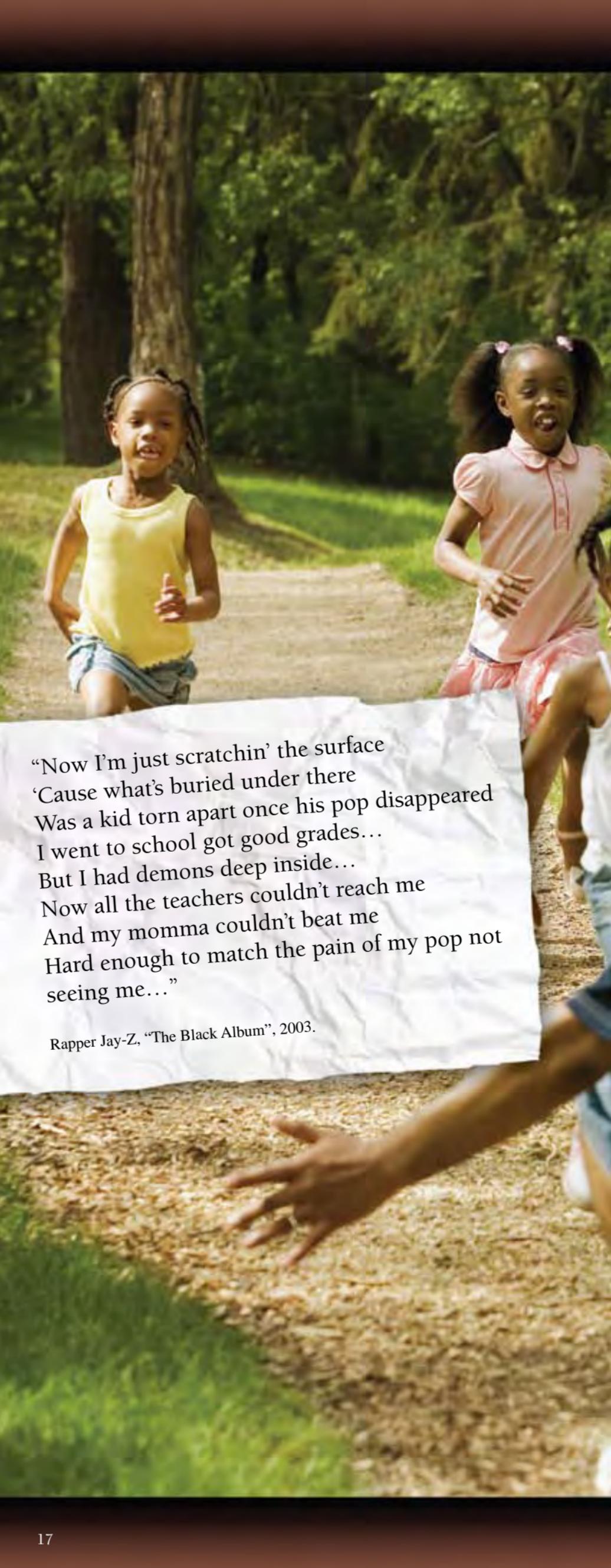
Father Involvement and Physical and Sexual Abuse

- British data show that the lowest level of serious abuse occurs in the always-intact married family; stepfamily abuse levels are six times higher; always-single mother family abuse levels are 14 times higher. The most dangerous family structure is when the mother cohabits with a boyfriend who is not the father of the child, where the abuse rate was found to be 33 times greater than in the intact married family.⁶⁵
- The rate of sexual abuse of girls by their stepfathers is at least 6x higher,⁶⁶ and may be as much as 40x greater,⁶⁷ than sexual abuse of daughters by their biological fathers who remain in intact families.

Father Involvement and Sexuality

- “Children from mother-only families have less of an ability to delay gratification and poorer impulse control (that is, control over anger and sexual gratification.) These children also have a weaker sense of conscience or sense of right and wrong.”⁶⁸
- Women raised in female-headed families are 53% likelier to have teenage marriages, 111% likelier to have teenage births, 164% likelier to have premarital births, 93% likelier to experience marital disruptions.⁶⁹
- Being raised by a single mother raises the risk of teen pregnancy, marrying with less than a high school degree, and forming a marriage where both partners have less than a high school degree.⁷⁰
- Researchers using a pool from both the U.S. and New Zealand found strong evidence that father absence has an effect on early sexual activity and teenage pregnancy. Teens without fathers were twice as likely to be involved in early sexual activity and seven times more likely to get pregnant as an adolescent.⁷¹



A photograph of two young girls running on a dirt path in a park. The girl on the left is wearing a yellow tank top and blue shorts, while the girl on the right is wearing a pink polo shirt and pink shorts. They are both smiling and appear to be in motion. The background is a lush green forest with tall trees. A white banner is overlaid on the bottom half of the image, containing text.

“Now I’m just scratchin’ the surface
‘Cause what’s buried under there
Was a kid torn apart once his pop disappeared
I went to school got good grades...
But I had demons deep inside...
Now all the teachers couldn’t reach me
And my momma couldn’t beat me
Hard enough to match the pain of my pop not
seeing me...”

Rapper Jay-Z, “The Black Album”, 2003.



“I know what it means to have an absent father... And I know the toll it took on me. So I resolved many years ago that it was my obligation to break the cycle—that if I could be anything in life, I would be a good father to my girls; that if I could give them anything, I would give them that rock—that foundation—on which to build their lives. And that would be the greatest gift I could offer.”

Senator Barack Obama. Father's Day Speech, Chicago, June 15, 2008.

- In surveying 3,828 adolescents ages 14-16, those living with their biological father and mother were 2.4 times less likely to be sexually active than those living with their mother and her cohabiting partner, 1.7 times less likely than those living with a never married single mother, 1.8 times more likely than those living with a divorced or separated single mother, and 1.9 times more likely to be sexually active than those living with a stepfather after parental divorce.⁷²

Links between Marriage and Father Involvement

Data indicate that fathers who are married to their children's mothers are more involved in and supportive of their children... leading to numerous better outcomes for their children.

- The best predictor of father presence is marital status; when a father's romantic relationship with the child's mother ends, more likely than not, so does father involvement with their children.⁷³
- For many fathers, the relationship to a child is coterminous with the father's relationship with the mother.⁷⁴ More than 20% of children see their noncustodial fathers only a few times a year or not at all.⁷⁵ 31.7% of nonresident fathers had not visited their children in the past year.⁷⁶





- Researchers have found a positive correlation between marital quality and the quality of the father-child relationship⁷⁷ as well as his competence as a parent.⁷⁸ 46% of Californians whose parents divorced had fathers who were not too involved or not at all involved, as compared with just 13% of those whose parents had not divorced.⁷⁹
- When marital conflict is high, fathers have a more difficult time being involved with their children, which weakens the father-child relationship.⁸⁰ Whereas, strengthening the interparental relationship can support quality fathering.⁸¹
- A study of 1,656,044 African American mother-child pairs found that “infant mortality rates are much lower among the married” ... A study of 65,923 births to African American mothers found that “marital status had a greater impact on birth weight than number of children, maternal education, cigarette use, and socioeconomic status.”⁸²
- Many divorced fathers “neither see nor support their children in a systematic way.”⁸³ Ten years after divorce, almost two-thirds of noncustodial fathers have no contact with their children.⁸⁴ Never-married fathers are more than twice as likely as divorced fathers to have no contact with their children.⁸⁵
- “African American fathers who are married and living with their children are much more financially and emotionally supportive, and spend more time socializing their children (setting limits, disciplining, helping the child with personal problems). African American boys living in intact homes are much more likely to report that their father is important to them. This marriage premium extends to at-risk populations.”⁸⁶



- In a national study of 13,000 adolescents using the North Carolina Population Research Center's ADDHEALTH Database, researchers concluded that "Marriage not only provides the highest levels of father closeness, but also the highest levels of mother closeness (which has its own independent, positive effects on adolescents), and the lowest levels of negative peer influence, resulting in the lowest levels of adolescent drug use."⁸⁷
- Non-residence is the key predictor of low levels of involvement by fathers.⁸⁸
- Children of divorced parents are less likely to have close relationships as adults with their fathers.⁸⁹ 30% of children living apart from their fathers have no contact with their father at all, and an additional 31% have in-person, phone, or letter contact with their fathers less than once per month.⁹⁰
- In a study looking at the involvement of married biological fathers in comparison with unmarried biological fathers among a sample of 2,531 children and their parents, when controlling for ways that married fathers engaged with or were available to their child, and—after controlling for race, father's age, child's gender and age, number of children, percentage of months lived with the father, father's work hours per week and earnings, and whether the father paid child support for children outside the house—unmarried biological fathers spent on average four hours less a week with their biological children than married biological fathers... Unmarried biological fathers showed a statistically significant lower rating of warmth toward their children than married biological father did... The biological child of cohabitants consistently received smaller investments from their fathers than a biological child of married parents.⁹¹ Researchers "found evidence to support the view that marriage per se confers advantage in terms of father involvement above and beyond the characteristics of the fathers themselves, whereas biology does not."⁹²

- Losing regular contact with their father was seen by children as the worst aspect of their parents' separation.⁹³

Links Between Marriage Education & Marital Outcomes

Contextualizing These Data

The quality of marriages range widely and the impact of marriage across populations has an equivalent range, both with respect to its impact on the couple and on the children involved. As healthy marriages are associated with various benefits for health and well-being of children, these advantages, as indicated in the MIDUS—Midline in the United States study, “depend, in part, on marital quality.”⁹⁴

The work of Marriage Education presents a promising approach for increasing marital quality.



Data from Meta-Analytic Studies on Marriage Education

- A meta-analysis of over 100 studies on the impact of Marriage Education found clear evidence that Marriage Education programs work—“to reduce strife, improve communication, increase parenting skills, increase stability, and enhance marital happiness.”⁹⁵
- A meta-analysis of 20 different Marriage Education programs across 85 studies involving 3,886 couples found an average positive effect size of 0.44, indicating that the average couple participating in any one of the Marriage Education programs studied improved their behavior and quality of relationship so that they were better off than more than two-thirds of the couples that did not participate in any Marriage Education program.⁹⁶
- A meta-analysis of 16 studies observed meaningful program effects with regard to gains in communication skills, marital satisfaction, and other relationship qualities. The average couple after taking the Marriage Education training was able to out-perform 83% of couples who had not participated in the program in the critical area of marital communication.⁹⁷





- A longitudinal study on a well-known Marriage Education program found that, compared with couples without the training, participating couples maintained high levels of relationship satisfaction and sexual satisfaction and lower problem intensity three years after training; they also demonstrated significantly greater communication skills, less negative communication patterns, and greater conflict-management skills up to 12 years after instruction, and reported fewer instances of physical violence with their spouses three to five years after training.⁹⁸
- In a meta-analysis of studies on the relationship between ME programs and problem-solving skills, marital conflict and marital satisfaction, 12 of the 13 studies found significant differences favoring couples who received the treatment, with the mean effect size being .80 of a standard deviation. Across all marital outcomes, the typical couple who received marital education scored higher than 79% of the couples who did not.⁹⁹



- In a meta-analytic study on 117 studies... Marriage and Relationship Education (MRE) was found to produce “significant, moderate effect sizes on two different outcomes that were commonly examined... For relationship quality, those effects range from .24 to .36. For communication skills, the effects were somewhat larger, ranging from .36 to .54. Moreover, when followup assessments were employed and evaluated, there was not much evidence of diminishing effects... Thus, it seems reasonable that federal and state policy makers are interested in exploring whether greater availability of MRE services can help more couples form and sustain healthy marriages.”¹⁰⁰
- In a review of 67 Marriage and Relationship Education (MRE) reports that yielded 143 distinct evaluation studies, researchers concluded that MRE “appears to be capable of functioning as universal, selective, and indicated prevention”, results described as “encouraging” because they address the dilemma about how to balance the need for universal prevention programs provided to all interested individuals with the need for selective or indicated prevention programs designed to serve more at-risk or distressed individuals.” In answering the question “Does MRE work?”, the researchers conclude “There is mounting evidence that, in general, it does”, both as a universal preventive and also as a selective or indicated intervention. ¹⁰¹

¹ “Divorce Dads, and the Well-Being of Children”. Institute for American Values, Center for Marriage and Families, *Research Brief 23*, July 2008.

² Scafidi, Benjamin, Principal Investigator. *The Taxpayer Cost of Divorce and Unwed Childbearing: First-Ever Estimates for the Nation and All Fifty States*. (2008). New York: Institute for American Values, Institute for Marriage and Public Policy, Georgia Family Council, Families Northwest.

³ Rohner, R.P. and Veneziano, R.A. 2001. “The importance of father love: history and contemporary evidence. *Review of General Psychology*, 5(4):382-405.

⁴ Amato, Paul and Fernando Rivera. “Paternal Involvement and Children’s Behavior Problems.” *Journal of Marriage and the Family*, Vol. 61, No. 2 (May, 1999) pp. 375-384.

⁵ Flouri, Eirini and Ann Buchanan. “The Role of Father Involvement and Mother Involvement in Adolescents’ Psychological Wellbeing.” *British Journal of Social Work*, Vol. 33, No. 3, pp. 399-406, 2003.

⁶ Nock, Steven L. & Christopher J. Einolf. *The One Hundred Billion Dollar Man: The Annual Public Costs of Father Absence*. (2008). National Fatherhood Initiative, p. 11. www.fatherhood.org

⁷ Cowan, Philip A., Cowan, Carolyn Pape, Pruett, Marsha Kline, Pruett, Kyle and Jessie J. Wong. “Promoting Fathers’ Engagement with Children: Preventive Interventions for Low-Income Families” *Journal of Marriage and Family* 71 (August 2009): 663-679. See also P.A. Cowan, Cowan, Cohen, Pruett & Pruett, 2008; Lamb, Pleck, Charnov & Levine, 1985; K.D. Pruett, 2000; Tamis-LeMonda & Cabrera, 2002; Amato, 1998.

⁸ National Fatherhood Initiative website. Source: U.S. Census Bureau, “Children’s Living Arrangements and Characteristics: March 2002”, P200-547, Table C8, Washington, DC: GPO, 2003.

⁹ National Fatherhood Initiative website. Source: Sorenson, Elaine and Chava Zibman. “Getting to Know Poor Fathers Who Do Not Pay Child Support.” *Social Service Review* 75 (September 2001): 420-434.

¹⁰ Rector, Robert E. and Melissa G. Pardue. “Understanding the President’s Healthy Marriage Initiative”, The Heritage Foundation, March 26, 2004. www.heritage.org/Research/Family

¹¹ McLanahan, Sara S. “Family Structure and Dependency: Reality Transitions to Female Household Headship,” *Demography* 25, Feb., 1988, 1-16.



¹² U.S. Department of Health and Human Services, National Center for Health Statistics, *Survey on Child Health*, Washington, DC, 1993.

¹³ National Fatherhood Initiative, Lerner, Robert, Ph.D., principal investigator. (2004) *Family Structure, Father Closeness & Drug Abuse*. Gaithersburg, MD: National Fatherhood Initiative, pp. ii, 29.

¹⁴ National Fatherhood Initiative. *Family Structure, Father Closeness & Drug Abuse*, op. cit., pp. 20-22.

¹⁵ Nurco, David N. and Monroe Lerner. "Vulnerability to Narcotic Addiction: Family Structure and Functioning." *Journal of Drug Issues*, Vol 26 No. 4, 1007-1025, 1996.

¹⁶ National Fatherhood Initiative website. Source: "Survey Links Teen Drug Use, Relationship with Father." *Alcoholism and Drug Abuse Weekly* 6 September 1999: 8.

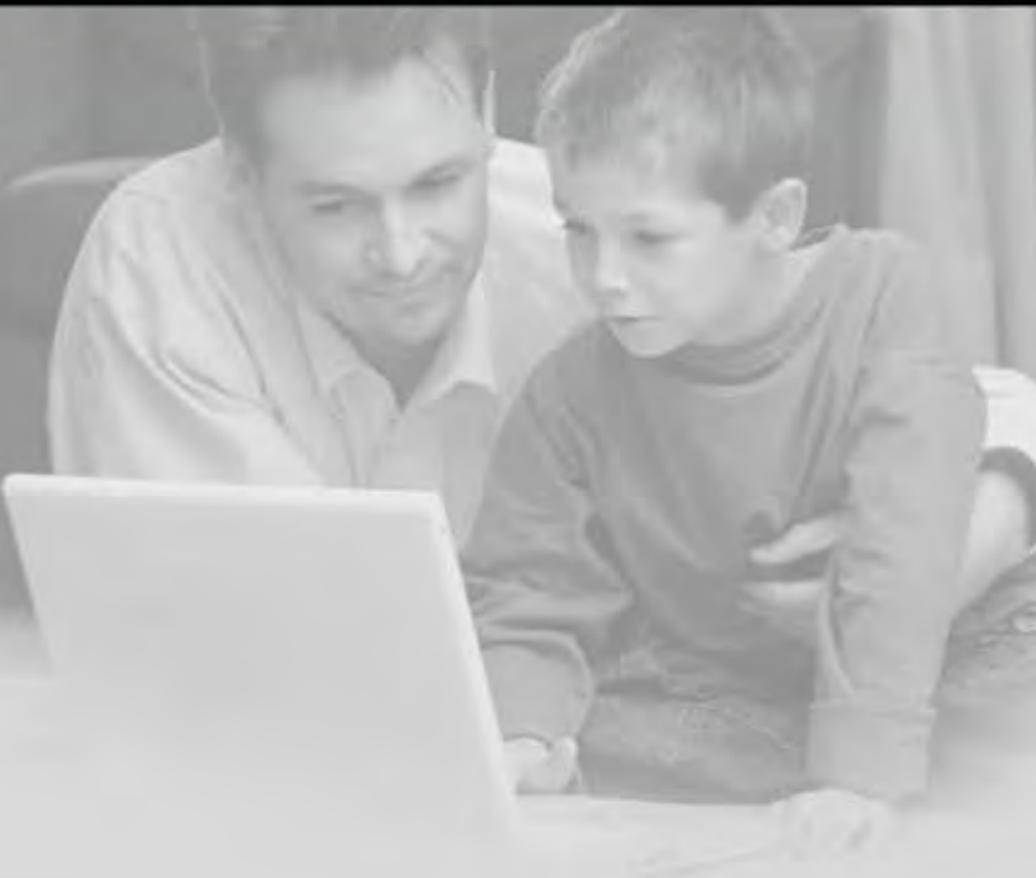
¹⁷ Berman, Deane Scott. "Risk Factors Leading to Adolescent Substance Abuse", *Adolescence* 30 (1995).

¹⁸ Pedersen, F, Rubinstein, J. & L. Yarrow. (1979). "Infant Development in Father-Absent Families". *Journal of Genetic Psychology*, pp. 51-61.

¹⁹ Goldberg, W.A. & Easterbrooks, M.A. (1984). "The role of marital quality in toddler development." *Developmental Psychology*, 20, 504-514; Ontario Trillium Fund's Community Fund. "Evaluating the Success of Dads Can 'Dad's Class'" citing Yogman, Kindlan & Earls (1995).

²⁰ The National Center for Education Statistics. "The Condition of Education, 1997". Washington, DC: U.S. Department of Education, Office of Education Research and Improvement.





²¹ Amato, P.R. (1994) "Father-child relationships, mother-child relations, and offspring psychological well-being in early adulthood." *Journal of Marriage and the Family*, 56, 1031-1042; Barber, B.K. & D.L. Thomas (1986). "Dimensions of fathers' and mothers' supportive behavior: The case for physical affection." *Journal of Marriage and the Family*, 48, 783-794; Barnett, R.C., Marshall, N.L. & J.H. Pleck. (1992a). "Adult son-parent relationships and their associations with son's psychological distress." *Journal of Marriage and the Family*, 54, 358-367; Bell, A. (1969). "Role modeling of fathers in adolescence and young adulthood." *Journal of Counseling Psychology*, 16, 30-35; Flouri, E. (2005). *Fathering and child outcomes*. West Sussex, England: John Wiley & Sons, Ltd.; Furstenberg, FF & K.M. Harris. (1993). "When and why fathers matters; Impacts of father involvement on the children of adolescent mothers." In R.I. Lerman & T.J. Ooms (Eds.) *Young Unwed Fathers: Changing roles and emerging policies*. Philadelphia: Temple University Press, pp. 117-138; Harris, K.M., Furstenberg, FF & J.K. Marmer. (1998). "Paternal involvement with adolescents in intact families: The influence of fathers over the life course." *Demography*, 35 (2), 201-216; Lozoff, M.M. (1974). "Fathers and autonomy in women." In R.B. Kundsinn (Ed.). *Women and Success*. New York: Morrow, pp. 103-109; National Center for Education Statistics. (1997). *Father's involvement in their children's schools*. Washington, DC: U.S. Government Printing Office; Snarey, J. (1994). *How Fathers Care for the Next Generation: A four-decade study*. Cambridge, MA: Harvard University Press.

²² National Fatherhood Initiative website. Source: Nord, Christine Winqvist and Jerry West. *Fathers' and Mothers' Involvement in Their Children's Schools by Family Type and Resident Status*. (NCES 2001-032). Washington, DC: U.S. Department of Education, National Center for Education Statistics, 2001.

²³ Powell, Mary Ann and Toby L. Parcel. "Effects of Family Structure on the Earnings Attainment Process: Differences by Gender", *Journal of Marriage and the Family*, Vol. 59 (1997), p. 419, reporting on unpublished research by Frank Mott (1993), prepared for NIH/NICHHD.

²⁴ Popenoe, David. "The Top Ten Myths of Marriage." National Marriage Project, Rutgers University, p. 148.

²⁵ Stevenson, Jim and Glenda Fredman. "The Social Correlates of Reading Ability," *Journal of Child Psychology and Psychiatry*, Vol. 31 (1990), pp. 689-690.

²⁶ Hofferth, Sandra L. "Residential Father Family Type and Family Well-Being". *Demography*. Vol. 43, n. 1, February 2006, pp. 53-57.

²⁷ Duncan, Greg L., Brooks-Gunn, Jeanne and Pamela Kato Klebanov. "Economic Deprivation and Early Childhood Development", *Child Development* 65 (1994).

²⁸ *One Parent Families and Their Children: The School's Most Significant Minority*, conducted by The Consortium for the Study of School Needs of Children from One Parent Families, co-sponsored by the National Association of Elementary School Principals and the Institute for Development of Educational Activities, a division of the Charles F. Kettering Foundation, Arlington, VA, 1980.

²⁹ Malone-Colon, Linda and Alex Roberts. "Marriage and the Well-Being of African American Boys". Center for Marriage and Families. *Research Brief*, No. 2, September 2006, pg. 3.



³⁰ “The effects of separation, divorce”. Texas Children’s Hospital, Baylor School of Medicine. www.texaschildrens.org

³¹ Vaden-Kierman, N., Ialongo, N., Pearson, J. and S. Kellam. “Household Family Structure and Children’s Aggressive Behavior: A Longitudinal Study of Urban Elementary School Children”, *Journal of Abnormal Child Psychology* 23, no. 5 (1995).

³² Nock, Steven L. and Christopher J. Einolf. *The One Hundred Billion Dollar Man: The Annual Public Costs of Father Absence*. (2008) National Fatherhood Initiative, pg. 8. www.fatherhood.org

³³ National Fatherhood Initiative. *Family Structure, Father Closeness & Delinquency*. (2004). Lerner, Robert, Principal Investigator. www.fatherhood.org

³⁴ Nock and Einolf, op. cit., pg. 12.

³⁵ National Fatherhood Initiative website. Source: Harper, Cynthia A. and Sara S. McLanahan. “Father Absence and Youth Incarceration”, *Journal of Research on Adolescence* 14 (September 2004): 369-397.

³⁶ National Fatherhood Initiative Website. Source: James, Doris J. *Profile of Jail Inmates, 2002*. (NCJ 201932). Bureau of Justice Statistics Special Report, Department of Justice, Office of Justice Programs, July 2004.

³⁷ National Fatherhood Initiative Website. Source: Snell, Tracy L. and Danielle C. Morton. *Women in Prison: Survey of Prison Inmates, 1991*. Bureau of Justice Statistics Special Report. Washington, DC: US Department of Justice, 1994: 4.

³⁸ Harper, Cynthia and Sara S. McLanahan. “Father Absence and Youth Incarceration,” presented at the annual meeting of the American Sociological Association, 1998.

³⁹ Harper, Cynthia and Sara McLanahan. “Father Absence and Youth Incarceration,” *Journal of Research on Adolescence* 14, no. 3 (2004): 369-397.

⁴⁰ Malone-Colon and Roberts, op. cit., p. 3.

⁴¹ Manning, Wendy and Kathleen A. Lamb. “Adolescent Well-Being in Cohabiting, Married, and Single-Parent Families”. *Journal of Marriage and Family*. Vol. 65, Number 4, November, 2003, pp. 876-893.

⁴² National Fatherhood Initiative Website. Source: Gaudino, Jr., James A., Jenkins, Bill and Roger W. Rochat. “No Fathers’ Names: A Risk Factor for Infant Mortality in the State of Georgia, USA.” *Social Science and Medicine* 48 (1999): 253-265.

⁴³ Horn, Wade F. & Sylvester, Tom. (2002). *Father Facts* (4th ed.). Gaithersburg, MD: National Fatherhood Initiative.

⁴⁴ National Fatherhood Initiative website. Source: National Longitudinal Survey of Youth.

⁴⁵ Strauss, R.S. and J. Knight. *Influence of the home environment on the development of obesity in children*. (1999). Division of Pediatric Gastroenterology and Nutrition, University of Medicine and Dentistry of New Jersey, Robert Wood Johnson School of Medicine, New Brunswick, New Jersey.

⁴⁶ McCall, Patricia L. and Kenneth C. Land. "Trends in White Male Adolescent, Young-Adult and Elderly Suicide: Are There Common Underlying Structural Factors?" *Social Science Research* 23, 1994.

⁴⁷ U.S. Department of Health and Human Services, National Center for Health Statistics, *Survey on Child Health*, Washington, DC, 1993.

⁴⁸ Adams, P.L., Milner, J.R. and N.A. Schrepf. (1984). *Fatherless Children*. New York: Wiley Press.

⁴⁹ Messer, Alfred A., "Boys Father Hunger: The Missing Father Syndrome," *Medical Aspects of Human Sexuality*, January 1989.

⁵⁰ Biller, H. (1993). *Fathers and Families: Paternal Factors in Child Development*, Westport, CT: Auburn House; Hoffman, M. "Father absence and conscience development." *Developmental Psychology*, 1971, 4, 400-406; Lamb, M.E.(Ed.) (1987) *The role of the father in child development*. New York: Wiley; Mosley, J., & Thompson, E. (1995). "Fathering behavior and child outcomes: The role of race and poverty" in W. Marsiglio (Ed.). *Fatherhood: Contemporary Theory, Research and Social Policy*. (pp. 148-165). Thousand Oaks, CA: Sage Publications; Radin, Norma. (1994). "Primary-caregiving fathers in intact families." In Adele Eskeles Gottfried & Allen W. Gottfried (Eds.), *Redefining families: Implications for children's development* (pp. 55-97). New York: Plenum. (1994); Williams, E., & Radin, N. (1999). "Effect of father participation in child rearing: Twenty-year follow-up." *American Journal of Orthopsychiatry*, 69, pp. 328-336.

⁵¹ Amato, Paul R. (1989). "Family Processes and the Competence of Adolescents and Primary School Children." *Journal of Youth and Adolescence* 18:39-53; Pruett, K., M.D. (1987). *The Nurturing Father*. New York: Warner Books.

⁵² National Fatherhood Clearinghouse. www.fatherhood.gov/faq/importance

⁵³ Zill, N., Morrison, D.R. and M.J. Coiro. "Long-Term Effects of Parental Divorce on Parent-Child Relationships, Adjustment and Achievement in Young Adulthood". *Journal of Family Psychology*, 1993.

⁵⁴ Mosely & Thompson, 1995.

⁵⁵ Hoffman, M. (1971). "Identification and conscience development." *Child Development*, 42, 1071-1082. 1971; Speicher-Dublin, B. (1982). "Relationships between parent moral judgement, child moral judgement and family interaction: A correlational study." *Dissertations Abstracts International*, 43, 1600B. (University Microfilms International No. 8223231).



⁵⁶ Block, Jack, et al., "Parental Functioning and the Home Environment in Families of Divorce," *Journal of the American Academy of Child and Adolescent Psychiatry*, 27 (1988).

⁵⁷ Remez, L., "Children Who Don't Live with Both Parents Face Behavioral Problems," *Family Planning Perspectives* (January/February 1992).

⁵⁸ Oldehinkel, A.J., Ormel, J., Veenstra, R., De Winter, A. and Frank C. Verhulst. "Parental Divorce and Offspring Depressive Symptoms: Dutch Developmental Trends during Early Adolescence." *Journal of Marriage and Family*, v 70, n 20 pp. 284-293, May 2008.

⁵⁹ Palosaari, U., Aro, H., and P. Laippala. "Parental divorce and depression in young adulthood: adolescents' closeness to parents and self-esteem as mediating factor." *Acta Psychiatr Scand*. 1996 Jan; 93(1):20-6.

⁶⁰ Storksen, I, Reysamb, E., Holmen, T.L. and K. Tambs. "Adolescent adjustment and well-being: effects of parental divorce and distress." *Scand J. Psychol*, 2006 Feb; 47(1): 75-84.

⁶¹ Gottman, J.M., Hooven, C. and L. Katz. (1995). "Observational methodology for infant research". *Journal of Cognition and Emotion*, 9, 229-264; Lieberman, M., Doyle, A.B., Markiewicz, D. (1999). "Attachment to mother and father: Links to peer relations in childhood." *Child Development*, 70, 202-213; Lindsey, E. W., Moffett, D., Clawson, M., & Mize, J. (1994, April). "Father-child play and children's competence." Paper presented at the biennial meeting of the Southwestern Society for Research in Human Development, Austin, TX; Macdonald, K., & Parke, R. D. (1984). "Bridging the Gap: Parent-child play interaction and peer interactive competence." *Child Development*, 55 (4), 1265-1277; Rutherford, E. E. & P. H. Mussen. (1968). "Generosity in Nursery School Boys." *Child Development*, 39, 755-765; Youngblade, L. M., & J. Belsky. (1992). "Parent-child antecedents of 5-year-olds close friendships: A longitudinal analysis." *Developmental Psychology*, 28, 700-713.

⁶² Hoffman, M. (1971). "Identification and conscience development." *Child Development*, 42, 1071-1082.

⁶³ Parke, R.D. (1996) *Fatherhood*. Cambridge, MA: Harvard University Press; Mott, F.L., Kowaleski-Jones, L. and E.G. Mehaghan. (1997) "Paternal absence and child behaviors: Does gender make a difference?" *Journal of Marriage and the Family*, 59 (1), 103-118.

⁶⁴ National Literary Trust, 2009. "Fathers' involvement is critical—a report to the ESRC". Review, "*The Centrality of Father Involvement*". Reporting findings of Flouri and E. A. Buchanan. "The role of father involvement in children's later mental health". *Journal of Adolescence*. 2003; "Childhood families of homeless and poor adults in Britain: A prospective study." *Journal of Economic Psychology*, 2004.





⁶⁵ Whelan, Robert. (1993). *Broken Homes and Battered Children: A Study of the Relationship Between Child Abuse and Family Type*. London: Family Education Trust.

⁶⁶ Russell, Diana E. H. "The Prevalence and Seriousness of Incestuous Abuse: Stepfathers vs. Biological Fathers," *Child Abuse and Neglect*, Vol. 8 (1984), pp. 15-22.

⁶⁷ Wilson, Margo and Martin Daly. "The Risk of Maltreatment of Children Living with Stepparents," in Gelles, Richard J. and Jane B. Lancaster, eds. *Child Abuse and Neglect: Biosocial Dimensions, Foundations of Human Behavior* (New York: Aldine de Gruyter, 1987), p. 228.

⁶⁸ Hetherington, E.M., and B. Martin. "Family Interaction" in H.C. Quay and J.S. Werry (eds.) (1979). *Psychopathological Disorders of Childhood*. New York: John Wiley and Sons.

⁶⁹ "Intergenerational Consequences of Family Disruption." *American Journal of Sociology* 4 (July, 1988) 130-52.

⁷⁰ National Fatherhood Initiative website. Source: Teachman, Jay D. "The Childhood Living Arrangements of Children and the Characteristics of Their Marriages." *Journal of Family Issues* 25 (January 2004): 86-111.

⁷¹ National Fatherhood Initiative website. Source: Ellis, Bruce J., Bates, John E., Dodge, Kenneth A., Ferguson, David M., Horwood, L. John, Pettit, Gregory S. and Lianne Woodward. "Does Father Absence Place Daughters at Special Risk for Early Sexual Activity and Teenage Pregnancy." *Child Development* 74 (May/June 2003): 801-821.

⁷² Moore, M.R. (2001). *Social Awakening: Adolescent Behavior as Adulthood Approaches*. New York: Russell Sage Foundation, pp. 109-136.

⁷³ "Divorce Dads, and the Well-Being of Children", op. cit.

⁷⁴ Wilson, Robin Fretwell. "Evaluating Marriage: Does Marriage Matter to the Nurturing of Children?" *San Diego Law Review*, Vol. 42: 847, 2005.

⁷⁵ Hetherington, E. Mavis, et al. "What Matters? What Does Not? Five Perspectives on the Association Between Marital Transitions and Children's Adjustment," *53 Am Psychologist* 167, 172 (1998).

⁷⁶ Nord, Christine Winquist & Nicholas Zill. U.S. Department of Health and Human Services, *Non-Custodial Parents' Participation in Their Children's Lives: Evidence from the Survey of Income and Program Participation 1* (1996). www.fatherhood.hss.gov/SIPP/noncuspl.htm

⁷⁷ Bouchard, G. & C.M. Lee. (2000). "The marital context for father involvement with their preschool children: The role of partner support." *Journal of Prevention & Intervention in the Community*. 20 (1/2), 37-53; Harris, K.M. & S.P. Morgan. (1991) "Fathers, sons, and daughters: Differential paternal involvement in parenting." *Journal of Marriage and the Family*, 53, 531-544.; McBride, B.A. & Mills, G. (1993). "A comparison of mothers' and fathers' involvement with the preschool age children." *Early Childhood Research Quarterly*, 8, 457-477.



⁷⁸ Bouchard & Lee, op. cit.

⁷⁹ *The State of California's Unions*. 2008 statewide survey of 2,005 CA adults, conducted by Interviewing Services of America and Gomez Research, sponsored by California Healthy Marriages Coalition. www.CaMarriage.com

⁸⁰ Coiro, M.J. & R.E. Emery. (1998). "Do marriage problems affect fathering more than mothering? A quantitative and qualitative review." *Clinical Child and Family Psychology Review*, 1 (1), 23-40.; Doherty, W.M., Kouneski, E.F. & M.F. Erickson. (1998). "Responsible fathering: An overview and conceptual framework." *Journal of Marriage and the Family*, 60, 277-292.

⁸¹ Formoso, D., Gonzales, N.A., Barrera, M. & L.E. Dumka. (2007). "Interparental relations, maternal employment, and fathering in Mexican American families." *Journal of Marriage and Family*, 69, 26-39.

⁸² Malone-Colon and Roberts, op. cit.

⁸³ Stark, Barbara. "Guys and Dolls: Remedial Nurturing Skills in Post-Divorce Practice, Feminist Theory, and Family Law Doctrine," 26 *Hofstra L. Rev.* 293, n.395 (1997).

⁸⁴ Furstenberg, Frank F, Jr. & Andrew J. Cherlin. (1991). *Divided Families: What Happens to Children when Parents Part*. Cambridge, MA: Harvard University Press, pg. 35-36.

⁸⁵ Lamb, Michael E. "Placing Children's Interests First: Developmentally Appropriate Parenting Plans", 10 *VA. J. Soc. Pol'y & L.* 98, 108 (2002).

⁸⁶ Ibid.

⁸⁷ National Fatherhood Initiative. "Family Structure, Father Closeness & Drug Abuse". Op cit.

⁸⁸ Carlson, Marcia J. 2006. "Family Structure, Father Involvement and Adolescent Behavioral Outcomes." *Journal of Marriage and Family* 68(1):137-154; Flouri, op. cit., 2005.

⁸⁹ Amato, Paul R. and Juliana M. Sobolewski. (2002). "The Effects of Divorce and Marital Discord on Adult Children's Psychological Well-Being." *American Sociological Review* 66:900-921.

⁹⁰ Noch and Einolf, op. cit., pg. 13.

⁹¹ Hofferth, Sandra L. & Kermyt G. Anderson. "Are All Dads Equal? Biology Versus Marriage as a Basis for Paternal Investment," *Journal of Marriage & Family* 65 (February 2003): 213-232.

⁹² Op. cit., p. 230.

⁹³ Kurdek, Lawrence A. & Albert E. Siesky, Jr. (1980). "Children's perceptions of their parents' divorce." *Journal of Divorce*, 3, 339-378.

⁹⁴ *Marital Status: Links to physical and mental health*. MIDUS, op. cit., www.midus.wisc.edu

⁹⁵ Fagan, Patrick F, Patterson, Robert W. and Robert E. Rector. "Marriage and Welfare Reform: The Overwhelming Evidence that Marriage Education Works." The Heritage Foundation: *Backgrounder #1606*, 2002.

⁹⁶ Giblin, P, Sprenkle, D.H. and R. Sheehan. "Enrichment Outcome Research: A Meta-Analysis of Premarital, Marital, and Family Interventions." *Journal of Marital and Family Therapy*, Vol. 11 (1985), pp. 257-271.

⁹⁷ Butler, Mark H. and Karen S. Wampler, "A Meta-Analytic Update on Research on the Couple Communication Program." *American Journal of Family Therapy*, Vol. 27 (1999), p. 223.

⁹⁸ Markman, H.J., Floyd, E.J., Stanley, S.M. & Storaasli, R.D. "Prevention of Marital Distress: A Longitudinal Investigation." *Journal of Consulting and Clinical Psychology*. Vol. 56 (1988), pp. 210-217; and Markman, H.J. "Preventing Marital Distress Through Communication and Conflict Management Training: A Four and Five Year Follow-up." *Journal of Consulting and Clinical Psychology*. 62 (1993), pp 1-8.

⁹⁹ Carroll, J.S. and William J. Doherty. "Evaluating the Effectiveness of Premarital Prevention Programs: A Meta-Analytic Review of Outcome Research." *Family Relations* 52 (2003): 105-18.

¹⁰⁰ Hawkins, Alan J., Blanchard, Victoria L., Baldwin, Scott A., and Elizabeth B. Fawcett. "Does Marriage and Relationship Education Work? A Meta-Analytic Study." *Journal of Consulting and Clinical Psychology*, 2008, Vol. 76, No. 5, 723-734.

¹⁰¹ Blanchard, Victoria L., Hawkins, Alan J., Baldwin, Scott A. and Elizabeth B. Fawcett. "Investigating the effects of marriage and relationship education on couples' communication skills: A meta-analytic study." *Journal of Family Psychology*, Vol 23(2), Apr 2009, pp. 203-214.



Healthy Marriages, Responsible Fatherhood is a publication of



Copyright © 2010 California Healthy Marriages Coalition.

To order copies of the *Healthy Marriages, Responsible Fatherhood* booklets, visit
www.CaMarriage.com

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FE0104. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.