



# CENTRE FOR FATHERING

“Turning the Hearts of Fathers & Children towards each other”







# ABOUT US

Only organisation in Singapore  
that supports Fathers

Going upstream to eradicate  
Fatherlessness in Singapore

Intervention for Fathers in  
marginalised situations



# **DADs** for **Life**

Launched in November 2009

To inspire and involve fathers to be good influencers in their children's lives.. For life.



# ENGAGING OUR COMMUNITY

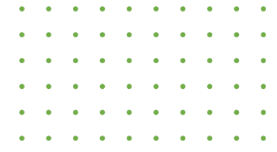


# WHO TAUGHT YOUR FATHER TO BE A FATHER?

On a scale of 1 – 10, how would you  
rate your father as a dad?

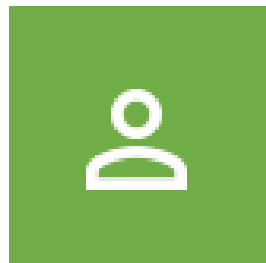


# HINDRANCE TO ACTIVE FATHERING



## Addictions

Pornography, Smartphones, Gaming, Gambling, Alcohol, Drugs



## Men's Concerns

Loss of Respect, Finances, Life's Purpose, Health & Ageing, No Authentic Community



## Marriage

Lack of Comms/ Interests, In-laws, Relationship, Infidelity, Violence, Separation/ Divorce, Gatekeeping, Childlessness/ Abortion



## Work

Long Hours, Frequent Travels, Up-or-Out Culture, Unemployment, Dual Income Families, Wives Earning More



## Children

Over-scheduled/ Stressed, Over-exhausted, Poor/ Broken Comms, Rebellious/ Delinquent, Depression, Special Needs, Disconnected/ Abandoned



## Elderly Parents

Burdensome, Cost of Care, Lack of Support, Disconnected/ Abandoned, Source of: Father & Mother Wound

# Juvenile Delinquency

**Troubled Teens**



**Authoritarian Fathers**

Overly strict disciplinarian

**Marriage Breakdown**

Single parent or step parents

**Neglectful Fathers**

Abandonment, lack of involvement, absentee fathers

# drug & alcohol abuse

*U.S. Department of Health and Human Services. (1993)*

**truancy**

*Kruk (2012)*

**teen pregnancy**

*Katz & Erika van der Kloet (2010)*

**delinquency**

*Coley & Medeiro (2007)*

# Fatherlessness

*Riley (2023)*

**crime**

*Simpson, Griskevicius, Kuo, Sung, & Collins (2012)*

**violence against women**

*Mathews, Jewkes, & Abrahams (2011)*

**psychological disorders**

*Hussain & Munaf (2011)*

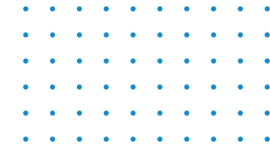
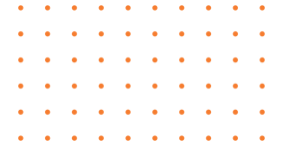
**rape**

*Knight & Prentky (1987)*

**suicide**

*O'Gara, Gulbas, Suarez Bonilla, Manzo, Piña, & Zayas (2022)*





**A study showed that girls from fatherless homes were \_\_\_ more likely to have premarital sex.**

**#1**

**30%**

**#2**

**40%**

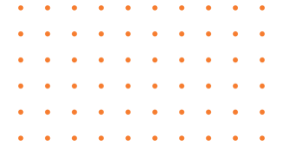
**#3**

**50%**

**#4**

**60%**





An article noted that \_\_\_\_ of teen pregnancies happen in fatherless homes.

**#1**

**45%**

**#2**

**55%**

**#3**

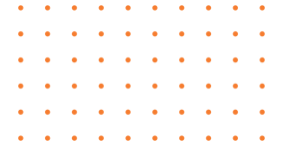
**70%**

**#4**

**80%**







# When fathers are more involved, children are \_\_\_ less likely to repeat a grade.

**#1**

**15%**

**#2**

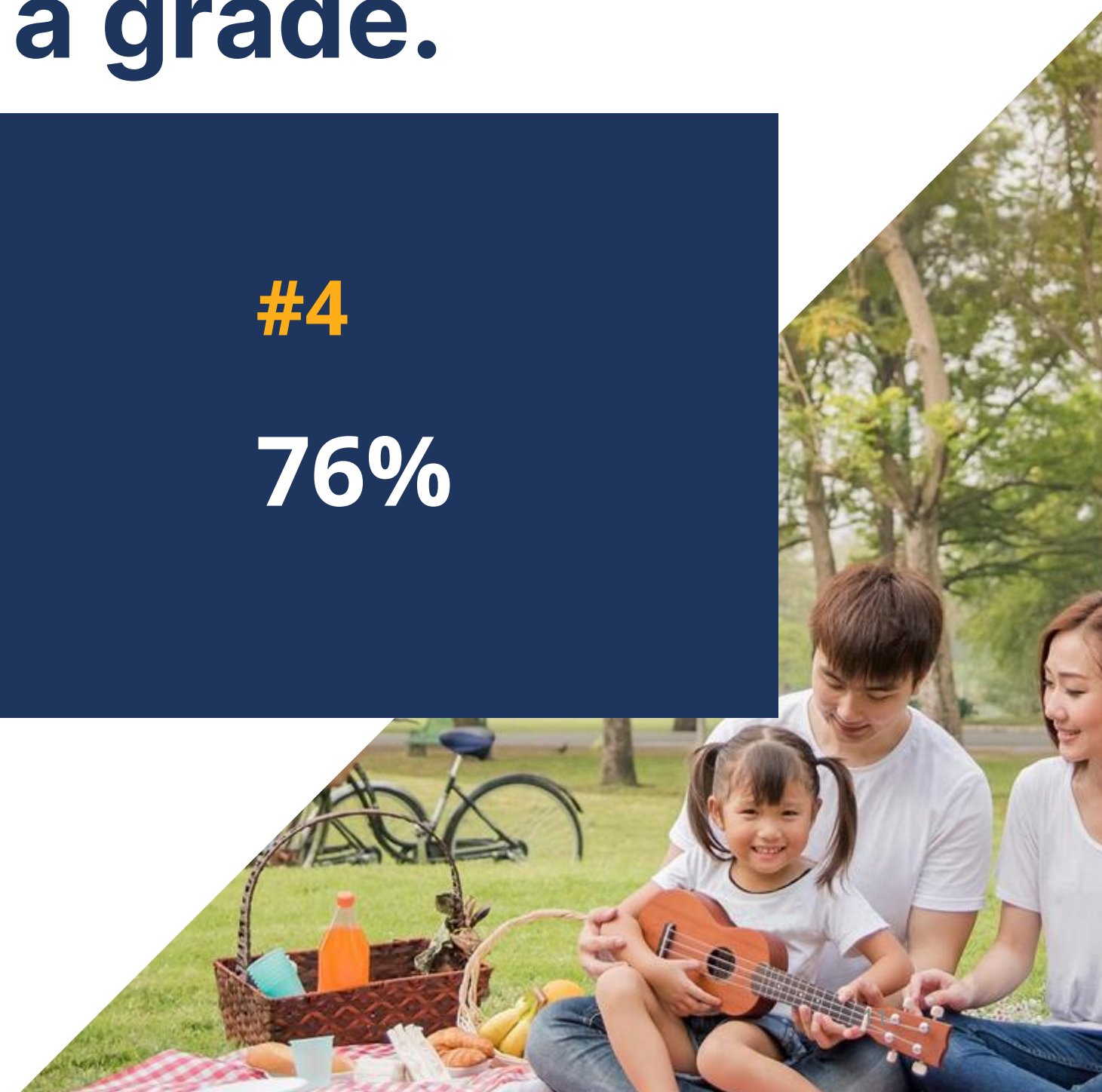
**33%**

**#3**

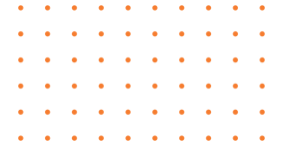
**51%**

**#4**

**76%**







# When fathers are more involved, children are \_\_\_ more likely to score A's.

**#1**

**24%**

**#2**

**38%**

**#3**

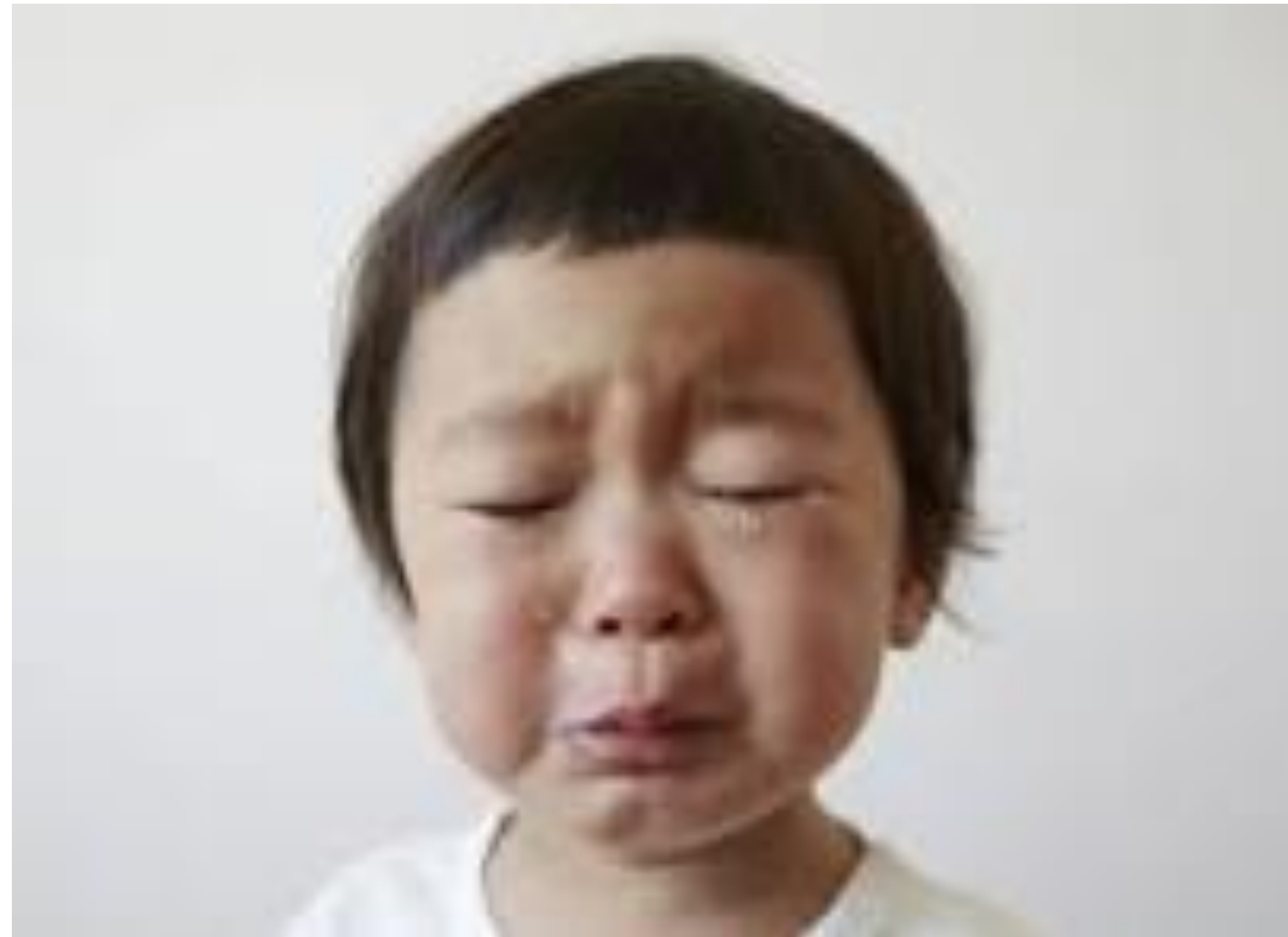
**43%**

**#4**

**68%**



# Cries of a child











How do your kids respond when they hear you come home?

**social mobility**  
**education attainment**  
**increased cognitive competence**

*Norman & Davies (2023)*

**better relationships**  
**better life outcomes**

*Allen & Daly (2007)*

# Fathering

*Allen & Daly (2007)*

**psychologically resilient**  
**increased empathy**

*Leman (2001)*

**stronger marriages**  
**stronger families**

*Malette, O'Neal, Winkelman Richardson, & Mancini (2021)*

**respect for women**

*Stanton (2013)*

**self-esteem**

*Frazier & Cowan (2020)*

# NATIONWIDE FATHERING INITIATIVES

- > 5 Million Reach in Singapore
- > 300,000 Families Annually
- > 630 Organizations



**Back to School With Dad**

On the first day of the academic year, or a long school term break, **“Dads commit to encouraging & sending their children to school.”**



**Paktor with Mummy**

Dads honouring the mother of their children on Mother's Day. **“The best gift a Dad can give his children is to love their Mother.”**



**Celebrating Fathers**

Singapore's Father's Day campaign to **“Acknowledge the important roles of Dads & Encourage Active Fathering.”**



**Eat with Your Family Day**

Held on the last Friday of the school term, participating organizations can **“Allow staff to leave work early to have dinner with their families.”**



**Great Companies for Dads Awards**

Singapore's Awards to recognize outstanding organisations with policies & practices that **“Support Dads & help them thrive in the workplace.”**





Dads for Life: Helping dads become better parents in Singapore

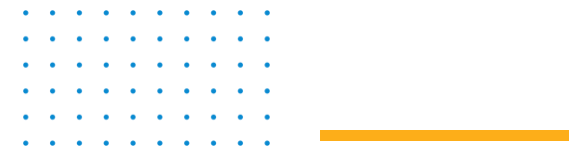
[Watch](#)

Uploaded: Feb 16, 2021

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Having lived with foster families as a kid, and learning to survive on his own, Jamal didn't know how to show love to his own children until he attended a Dads for Life workshop that showed him what ...

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Good fathers do three things;  
they provide, they nurture and  
they guide



Roland Warren





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# What can you do to encourage dads to join the movement today?





# Nurturing Your Children with The Palm of Your Hand



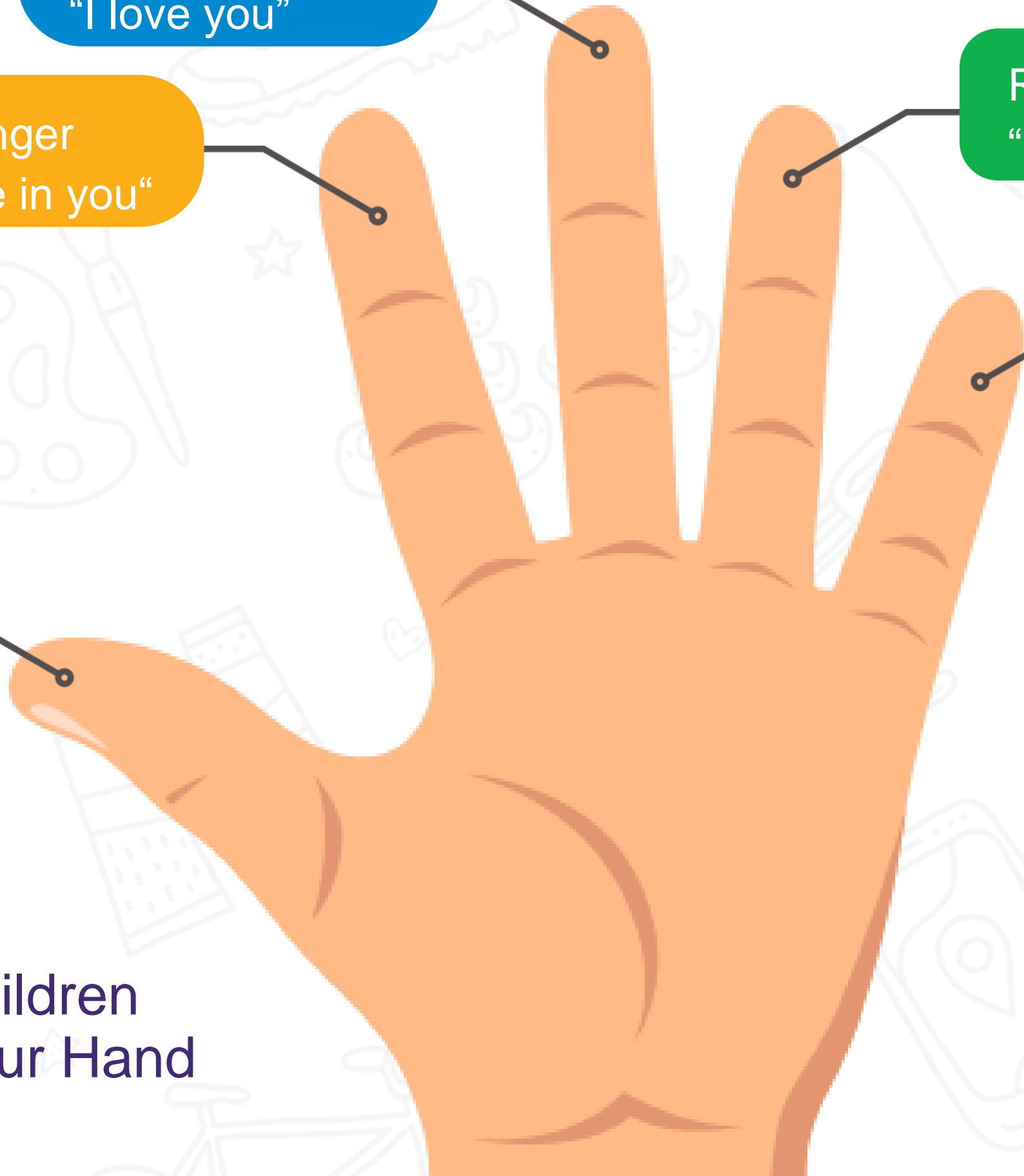
Middle Finger  
"I love you"

Index Finger  
"I believe in you"

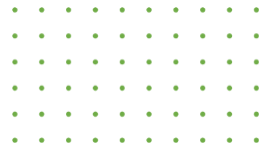
Ring Finger  
"I am sorry, please forgive me"

Pinky Finger  
"I promise to..."

Thumb  
"I am proud of you"



Nurturing Your Children  
with The Palm of Your Hand



# JOIN THE MOVEMENT

Greater social impact when your passions / expertise combine with our platforms!



**MUMS FOR LIFE**

**DADS FOR LIFE**



Dadsforlife  
Mumsforlife.sg



Dadsforlife\_sg  
Mumsforlife\_sg



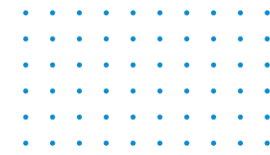
Dads for Life &  
Mums for Life



Dads for Life &  
Mums for Life







# CONTACT US

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Post-Program Feedback Form



# THANK YOU



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Mumsforlife.sg



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Dads for Life &  
Mums for Life



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