Father Involvement after Divorce
Cristine Weitsman and Diana Converse

With divorce, four out of five times the mother will be awarded physical custody of the children, sometimes with the father sharing custody. Divorce makes it difficult for non-custodial fathers to remain in contact with their children. It's important to remember to stay involved. According to Garret Evans from the University of Florida, children who grow up with non-custodial fathers who stay involved in their life tend to get higher grades than those without involved fathers. They also seem to have better social skills, which allows them to make friends more easily and handle difficult social situations better. These children also tend to have fewer behavioral problems.

Involvement is important for fathers and their children. Researchers recommend many ways to help you stay involved. For example, make a schedule that you can live up to. Be aware of your child's routines, such as bedtime, homework time, mealtime, and his or her sports or club activities. Read to your child and show interest in your child's school activities to show you value education. And don't be a “vacation” for your child. Don't get caught in the trap of believing that you have to have some special event planned for your child. Vacation-like weekends don't allow you to participate in your child's everyday activities.

Building strong relationships with your children will lead to support and caring in return.

Listening, learning, and living together: it's the science of life. “Family Album” is a co-production of University of Florida IFAS Extension, the Department of Family, Youth and Community Sciences and of WUFT-FM.
Community Sciences, and of WUFT-FM. If you’d like to learn more, please visit our website at http://www.familyalbumradio.org.

To listen to the radio broadcast:

http://www.radiosource.net/radio_stories/fiad.mp3

http://www.radiosource.net/radio_stories/fiad.wav