

Dads should bath their babies – here's the research

As we all know, fathers play a key role in raising children. Here is a piece of research that sheds a little more light on how important a father child relationship is. In a recent study it was found that babies deprived of quality time with their fathers in the first year of life often go on to develop problems forming stable relationships. The study reviewed whether or not fathers bathed their babies. It seems that not bathing increases the risk of having anti-social teenagers.

Dr. Howard Steele, of University College London, published the findings after studying 300 children and adults over 11 years.

Almost a third of children not bathed by their fathers three times a week did not mix well, were bullied or had low self-esteem.

This compared with three per cent of children whose fathers bathed them regularly. He said: "Dads unable to be there at bath time or bedtime should be sure to phone to say goodnight and make up for it the next morning at breakfast." (1)

1. <http://www.portal.telegraph.co.uk/news/main.jhtml?xml=/news/2001/11/07/nbath07.xml&sSheet=/news/2001/11/07/ixhomef.html>