



FOR IMMEDIATE RELEASE

June 25, 2007

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**NEW SURVEY FINDS
MOST CALIFORNIA DADS
OVERWHELMED BY FATHERHOOD**

First 5 California Reveals Dads Need Access To More Parenting Resources

Today's fathers may be more involved in parenting than previous generations, but a new survey released by First 5 California found that 85 percent of California dads of young children feel overwhelmed by their child's needs. Additionally, almost half (49%) of them were surprised by how much they didn't know about raising their children.

"Making sure parents have access to valuable parenting information is a priority for FIRST 5 Mendocino," said Anne Molgaard, Executive Director of FIRST 5 Mendocino. "We help dads get the information they need, so they can help their children succeed in school and life."

According to the survey, older dads more frequently feel they have nowhere to go for parenting advice than younger dads. Fifty-one percent of dads over age 40 have been at a loss for information on child rearing, compared with 37 percent of their younger counterparts who have experienced this feeling.

"This survey confirms the need for free, accessible parenting information, like FIRST 5 Mendocino's *Kit for New Parents*," said Molgaard. "Most dads don't live near their own fathers. Our society is more mobile so dads are losing some of the support and lessons they enjoyed in earlier times. This comprehensive toolkit has all the information parents need to meet for the joys and challenges of parenthood."

The *Kit for New Parents* is valued at \$75, but is free to all new and expecting parents in California. Parents can refer to the *Kit* for information on nutrition, safety, quality child care, health, discipline and early learning. It provides practical information through DVD's and easy-to-use booklets that help build parents' confidence as they undertake their new role.

FIRST 5 Mendocino has partnered with, hospitals, clinics, county agencies, home visitation programs and parenting education classes to distribute the *Kit* to new parents throughout the county. Parents and caregivers can also receive a free *Kit* by calling 707- GO CHILD, 462-4453.

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The survey was conducted by Kelton Research, a leading national polling firm, between May 31 and June 6. Kelton interviewed via telephone 401 California dads over the age of 18 with children under age 6. Quotas were set to ensure reliable and accurate representation of the total California population age 18 and above.

About FIRST 5 Mendocino

FIRST 5 Mendocino was established after voters passed Proposition 10 in November 1998, adding a 50 cents-per-pack tax on cigarettes to fund education, health, childcare and other programs for expectant parents and children up to age 5. For more information please visit www.MendoChildren.org

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