1. Introduction

- Fathers play a unique and crucial role in children's development.
- Research has shown that children with involved fathers tend to be more psychologically well-adjusted (Sanford et al., 1995).
- Furthermore, studies show that father’s involvement is associated with better cognitive as well as physical development (Bronte-Tinkew et al., 2008).
- Fathers’ frequent and long lasting absence may contribute to a number of challenges in children, ranging from expressions of anger and depression to chronic emotional, social, intellectual, and sexual disturbances (Rohner & Veneziano, 2001).
- Fathers are perceived as the centre of the family in Myanmar’s culture. However, they are typically less involved in the day to day lives of their children.
- The Metta Development Foundation organization’s education sector has been implementing parenting education programs for parents of young children, in a holistic manner at home settings. However, there is little involvement of fathers in these programs.

2. Goal

The goal of this intervention program is to raise awareness for the need of father’s active and emotional involvement in their children’s lives as well as to enhance more positive father-child relationships in communities of Myanmar.

3. Participants

- 20 Trainers from the Metta Development Foundation parenting training program.
- 40 Facilitators from four States of Myanmar.
- 800 fathers from forty communities.

4. Procedure

- Part I Training the 20 trainers
- Part II Training 40 parent education facilitators by the 20 trainers
- Part III Training 800 fathers by the 40 parent education facilitators

5. Intervention Program

The proposed 3 day intervention will focus on three central topics.

- **Day 1**
  Topic: The history & culture of fatherhood in Myanmar
  Objective: To highlight the role of the father in Myanmar culture in the past and in the present.

- **Day 2**
  Topic: Attachment relationships between father and child
  Objective: To raise awareness of social-emotional needs of young children.

- **Day 3**
  Topic: Father involvement in Child Development
  Objective: To strengthen father’s involvement in children’s development from infancy to three years (as well as at older ages).

6. Take Home Message

- Considering the unique role of fathers in rearing it is anticipated that this training will bring to more involvement of fathers in their children’s upbringing and a more positive father-child relationship in Myanmar families.

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