



# Planned Parenting

## And the Role of the Father in Parenting

Barrington H. Brennen, MA, NCP, BCCP, JP



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# Planned Parenting Family Planning









What is  
planned  
parenting?



“The practice of measures designed to regulate the number and spacing of children within a family.”

- Why do I want children?
- When will I have children?
- With whom will I have children?
- How many children will I have?
- How often will I have children?

# Should I be . . . .

Married?

Single?

Teenager?

In my twenties?

In my thirties?

- When should I have children?





You should have children only when you are a self-supporting, autonomous person.

- When should I have children?

In 2018 about 61% of births  
in The Bahamas were out of  
wedlock.

# In 2013

5 births to mothers between ages 10-14

441 births to mothers between ages 15-19

A total **1585** were born out of wedlock

A total **2692** in wedlock

**4,017 Births**

In 2013

5 births to mothers between ages 10-14

441 births to mothers between ages 15-19

Were these planned births?



The sad truth is that having children too young or unplanned for, increases the risk of . . . .

Having an unwanted child.

Raising an unhealthy child.

Child emotional and physical abuse.

Child neglect and abandonment.



The sad truth is that having children too young or unplanned for, increases the risk of . . . .

Being treated like less of a person.

Having a lower self-esteem.

Having long-term or short-term depression.

Dependency on the wrong person(s) for help.



Planned parenting has great benefits to **mothers**:

**It reduces health risks**

If you are below 20 or above 35/40:

- Reduces physical strain of childbearing.
- Reduces the number of maternal deaths.
- Reduces the risk of ovarian cysts.



Planned parenting has great benefits to **children**:

- Ensures better chances of survival at birth.
- Promotes better childhood nutrition.
- Promotes physical growth and development.
- Prevents birth defects.



Planned parenting has great benefits to **fathers**:

- Allows fathers to keep a constant balance between their physical, mental, and social well-being.
- Increases the fathers' sense of respect because he is able to provide the type of education and home environment.



**Father**



## **Fathers are important too**

If the father is in the life of the children from birth . . .

### **DEVELOPING LANGUAGE SKILLS**

Dads are more likely to speak in ways that challenge their child's developing language abilities and teach them about social communication exchanges.

Babies, particularly sons, with involved fathers show early language behavior, and a father's language input when a child is 2 years old contributes to language development later in the child's life



## Fathers are important too

If the father is in the life of the children from birth . . .

### DEVELOPING COGNITIVE SKILLS

Infants with highly involved dads score higher on cognitive tests at 6 months and one year, are better problem solvers as toddlers and have higher IQs by age 3.

A father's presence also increases the mother's cognitive stimulation of their toddlers; and long-term cognitive gains, particularly in math and reading, were seen in elementary school.



## Fathers are important too

If the father is in the life of the children from birth . . .

### DEVELOPING EMOTIONAL SKILLS

Dads' active play style helps children learn to regulate their emotions when engaging in impulsive physical contact. Quality father-child time increases self-esteem, confidence, social competence and life skills.

Children with engaged dads show less negativity, aggression and conflict with peers and more reciprocity, generosity and positive friendships. They also have fewer negative emotional reactions while playing with peers and solve conflicts by themselves rather than seek an adult's assistance.

“A **father's love** makes his daughter  
feminine and his son masculine.  
A mother's love makes her son  
masculine and her daughter feminine.”

Barrington Brennen, 1999

Research tells us that men who intensely love their families live longer and happier lives. We also know that children whose fathers are actively involved in their lives do better in school, even in single-parent families.



Remember fathers, when you do not love children as intensely as their mothers do, you are causing an imbalance in the family equilibrium, thus increasing the risk of childhood rebellion and teenage delinquency.





Choose when to be a parent.  
Do not let it be unplanned.



# What to do?

- Choose to wait until you are an adult—over age 21.
- Choose to wait until marriage.
- If you are impulsive or have difficulty controlling your sexual impulses or cannot wait till marriage, at least use contraception—condom, contraception pill, or other method.
- Pause and think.
- Focus on developing yourself emotionally and intellectually before having a child.
- If you are from a dysfunctional family, take time to heal your wounds before bringing a child into the world.





# What to do?

Remember that both men and women are equally responsible for planned parenting.





# What to do?

It takes a <sup>Sperms</sup> penis and  
<sup>Ovary eggs</sup> vagina to make babies.  
Plan wisely when you  
will use yours.





To make healthy babies require true . . .



Without love there is a greater risk of making the wrong choice.





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[www.soencouragement.org](http://www.soencouragement.org)

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