

Fatherhood Buzz Spotlights Healthy Relationships Select Barbershops in 22 States to Offer Free Relationship Resources to Dads

WASHINGTON, Feb. 20, 2014 /PRNewswire-USNewswire/ -- The National Responsible Fatherhood Clearinghouse (NRFC), funded by the U.S. Department of Health and Human Services' Administration for Children and Families, Office of Family Assistance, will team with community agencies and barbershops across the country as part of Fatherhood Buzz on Saturday, February 22. This Fatherhood Buzz event will offer practical resources that can help fathers enjoy healthy relationships that are based on honesty, trust, and communication, and can influence the direction their children take in life. Fatherhood Buzz recognizes barbershops as valuable informal outlets for peer education about the importance of fathers being actively involved in their children's lives. Barbershops in large cities and small towns will provide free national and local resources for fathers who want to improve their adult relationships in order to build a stronger connection with their children.

Studies show that people who enjoy positive, fulfilling relationships have more happiness and less stress. Research also reveals that the way in which people think, feel, and believe in their adult relationships is a direct result of their past relationships and early experiences. "If a dad's relationships in the past were stormy or troubled, he can start now to undo attitudes and behaviors that might have contributed to an unsatisfying personal life," says Kenneth Braswell, NRFC director. "He can begin to overcome negative habits and thinking that can affect his relationships with his children and their mother now and in the future."

Particularly when parents are involved in a separation or divorce, honest communication and conflict resolution without anger play a vital role in creating an environment that supports children's greater self-confidence, better performance in school, and better ability to avoid risky behaviors. Through Fatherhood Buzz, fathers can learn how dealing with uncomfortable issues and expressing feelings in appropriate ways can strengthen their relationships and help children thrive.

Building healthy relationships is just one topic in the Fatherhood Buzz series sponsored by NRFC and designed to give fathers and families tools they can use to foster loving connections with their children.

For a listing of barbershops and community participants please visit <http://1.usa.gov/N7jbFO>.

NRFC explores, organizes, and disseminates information designed to enhance the capacity of fathers to be financially and emotionally invested in the lives of their children and of families by being loving and involved parents. NRFC equips practitioners and other stakeholders with comprehensive information to provide effective support and services to ensure successful fatherhood outcomes. NRFC also uses relevant research and data to engage the public and increase understanding about responsible fatherhood and the importance of father presence in the lives of children of all ages. For more information, visit www.fatherhood.gov or call 877-4DAD411. Follow on [@Fatherhoodgov](https://twitter.com/Fatherhoodgov)

SOURCE National Responsible Fatherhood Clearinghouse

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