- Parenting

STRENGTHENING THE FATHER-DAUGHTER BOND IS A WALK IN THE PARK

A simple walk in the park could hold the key to unlocking a close and loving relationship between fathers and daughters, a new study by researchers at the University of Essex has shown. The study found that a societal shift in what it means to be a dad, combined with increased focus on exercise to maintain health, has led to physical activity providing a platform for the relationship to thrive. Dr John Day of the School of Health and Social Care said: “My research shows daughters have always sought for a way to grow closer to their dads, while this has only recently become more of a focus for fathers. From a father’s perspective, physical activity can function as a method of upholding a masculine identity while performing one-to-one parenting, so they feel comfortable in this environment.”

