

## FAMILIES ARE THE FOUNDATION OF A HEALTHY SOCIETY

**“BUILD HOUSES AND SETTLE DOWN;  
PLANT GARDENS AND EAT WHAT THEY PRODUCE.  
MARRY AND HAVE SONS AND DAUGHTERS.”**

*Jeremiah 29:5-7*

*Paid family leave means healthier  
mothers, fathers, and families.*



Mothers with paid parental leave experience improved mental and overall health following childbirth

Fathers who take at least two weeks of leave for a new child are more likely to be actively involved in the care of a child nine months after birth

Marital adversity in early childbearing years can weaken parent-child relationships. Paid family leave can reduce marital stress and strengthen family formation

Learn more at [www.FamiliesValued.org](http://www.FamiliesValued.org).

Sources: *Journal of Mental Health Policy and Economics*, “Family Leave After Childbirth and the Mental Health of New Mothers” (2012) | *Community, Work, & Family*, “Paternity Leave and Fathers’ Involvement with their Young Children” (2007) | *Family Transitions*, “Becoming a Family: Marriage, Parenting, and Child Development” (1991) | *Journal of Family Issues*, “Leave Duration After Childbirth: Impacts on maternal Mental Health, Parenting, and Couple Relationships in Australian Two-Parent Families” (2012)