

Exploring Fathers' Involvement in Child Care with Preschool Children in Rural Areas

By

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A thesis submitted to Brac Institute of Educational Development in partial fulfillment of
the requirements for the degree of
Master of Science in Early Childhood Development

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Brac University
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Declaration

It is hereby declared that

1. The thesis submitted is my/our own original work while completing degree at Brac University.
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I/We have acknowledged all main sources of help.

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Ethics Statement

Title of Thesis Topic: Exploring fathers' involvement in child care with preschool children in rural areas

Student name: Sudipta Barua

1. Source of population

Fathers' of pre-school children in Rangunia village, Chattogram.

2. Does the study involve (yes, or no)

- a) Physical risk to the subjects (no)
- b) Social risk (no)
- c) Psychological risk to subjects (no)
- d) Discomfort to subjects (no)
- e) Invasion of privacy (no)

3. Will subjects be clearly informed about (yes or no)

- a) Nature and purpose of the study (yes)
- b) Procedures to be followed (yes)
- c) Physical risk (n/a)
- d) Sensitive questions (yes)
- e) Benefits to be derived (yes)
- f) Right to refuse to participate or to withdraw from the study (yes)
- g) Confidential handling of data (yes)
- h) Compensation and/or treatment where there are risks or privacy is involved (n/a)

4. Will Signed verbal consent for be required (yes or no)

- a) from study participants (yes)
- b) from parents or guardian (n/a)
- c) Will precautions be taken to protect anonymity of subjects? (yes)

5. Check documents being submitted herewith to Committee:

- a) Proposal (yes)
- b) Consent Form (yes)
- c) Questionnaire or interview schedule (yes)

Ethical Review Committee:

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Abstract

A father is an important part of a child's life. His presence or absence can determine how a child grows up eventually. Because children who have regular positive interactions with their fathers regulate their emotions better than children who have no contact with their fathers(Lansford, 2021).The purpose of this study was to explorefathers' involvement in child care with preschool children in rural areas. Group discussions and in-depth interviews (IDI's) were conducted to collect the data.The findings section is divided into several themes and sub-themes. First the study discovered the perception of rural fathers regarding fathers' involvement in child care with preschool children. Second, the explored the role and responsibilities of the fathers in taking care of their children. Thirdly, the study revealed the activities that the rural fathers practices in regarding to support child development. And lastly, the participants mentioned about the challenges that the rural fathers daily faces regarding their involvement in the child care and development.Based on the findings and discussions some recommendations were suggested. Finally, the report concludes with future research suggestions and directions in this area.

Keywords: Father, Fathers' involvement, Child Care, Preschool

Dedication

This thesis is dedicated to my loving mother and my dearly father, who left us last year.

Acknowledgement

At first, I would like to thank to the Almighty, for giving me the platform and opportunity to complete my Masters in Science at Brac Institute of Educational Development, Brac University. Then, I would like to express my deepest gratitude to my mentor and supervisor Ferdousi Khanom (Senior Lecturer, ECD Academic Program, Brac Institute of Educational Development, Brac University) for her valuable time, guidance, suggestions and motivations. It would not be possible to complete the thesis without her continuous support.

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I am grateful to my family and friends for their immense support. I like to convey my gratitude to my mother for her persistence and support during this journey.

Lastly, I would like to show gratitude to the person who convinced me to do my Master's on Early Childhood Development, my late father. His support and well-wish helped me to finish my Master's program.

List of Acronyms

BRAC	Bangladesh Rural Advancement Committee
ECD	Early Childhood Development
ECCD	Early Childhood Care and Development
IDI	In-Depth Interview
IED	Institute of Educational Development
M.Sc	Masters of Science
OWD	Oxford Wordpower Dictionary
UK	United Kingdom
UNICEF	United Nations International Children's Emergency Fund
UNESCO	United Nations Educational, Scientific and Cultural Organization
US	United States

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Chapter - I: Introduction & Background

Introduction

“A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society”

This quote by Billy Graham rightly depicts why a father is important and why they should also be given priority. Mothers are expected to be the primary caregiver of a child but fathers are like the pillars of child’s care and development. Children look to their fathers for strength, encouragement and support (Haskell, 2017). Children think of fathers as role models. They want to possess the qualities that father has. Through fathers, children learn how to interact with the outside world. But traditionally father’s identities revolved around bread-winning (Waxman, 2018). Nevertheless fathers' spontaneous involvement can improve children's growth.

Even though there is a well-established connection between father involvement and children’s positive behavioral development in general, but this relation has been understudied(Yoon et al., 2017). This is because mothers are often identified as the primary caregivers of children, while fathers are identified as playmates(Lansford, 2021). But the importance and impact of father involvement is evident. According to research, children with involved fathers are likely to benefit directly in contrast to those are not (Achwal, 2018). They involve social-emotional, cognitive, and physical and stress management etc. And there has been a shift in roles too, as increased participation of

women in the outside means fathers are now getting involved in the daily care of their children (Cabrera & Hennigar, 2018).

Bangladesh is a complicated society where facultative fathering is related to urban/rural location, SES, religion, ethnicity, and family characteristics (Hossain, 2013). It can therefore be assumed that the experience of fatherhood in Bangladesh will be quite different from that of Western industrialized countries (Sabur, 2019). Here men are the dominant figure, as they decide the major decisions of the family. They remain busy in earning livelihood for their families (Chakma, 2010). And financially covering child's basic needs is considered the job of a responsible father (Ball & Khan Wahedi, 2010). The tradition has been in motion for years as fathers find difficulties in taking care of their children. And it is believed that rural fathers follow a time-worn ways of raising children(Ball &Wahedi, 2010).

The study is about getting the perceptions and practices of the fathers of a rural area when it comes to child care and development.Fathers face a variety of problems associated with low levels of father involvement in children's lives (Brown, 2015). Hence, the study will help to explore father's involvement regarding child care of preschool children in the rural setting.

Statement of the Problem

Child development refers to the process by which human beings generally grow and mature from childhood to adulthood.Historically Mothers who are primary caregivers have an emotional system that is most active. Fathers secondary to a female caregiver were more engaged as thinkers and planners (Brooks, 2014). But being a father not only

means to earn finances for your family but also taking care of child is equally important. By involving in a child's life a father can directly influence his/her cognitive development, social and emotional development (Cabrera et al., 2018).

Fathers' are equally responsible for the well-being of their child. Children of supportive fathers have higher levels of social competence and better relationships with peers, have advanced language skills and can regulate their emotions better (Lansford, 2021). A father can build up resistance to stress in a child by their presence. Well-adapted children tend to have supportive fathers.

But being a father is not easy. Before men become fathers, they form their ideas about fatherhood based on their father's ways of fathering (Lamb, 2010). And cultural practices also play a part in it. They add up to the existing experiences of the fathers. So, they either want to emulate their own father's parenting because they admire their father's parenting style or they reject their father's parenting style because it had a negative impact on their childhood (Roberts et al., 2014).

Fathers are often viewed negatively when it comes to nurturing and emotional support, as these roles have historically been assigned to mothers (Roberts et al., 2014). This actually limits father's chances to engage with the children. But the role of fathers in modern households is changing as parenting for fathers is also about helping children develop emotionally, psychologically, and physically (Brennan, 2021).

Another aspect that's effecting positive fathering is balancing work and family life. While most research centers around women, recent studies reveal that men experience work-family conflict at a similar rate as women (Rosenthal, 2015). But if a

father is convinced that providing for his family is important, he might throw himself into his work at the expense of time at home. This is why urban fathers in Bangladesh usually have little time to spend with their children due to long work and commuting hours (Ball & Khan Wahedi, 2010). Working for the family, fathers are losing precious amount of time to be with their children. However, they understand the importance of being there for their child. But it is a different scenario in the rural area. With lack of knowledge of the fathers, the rural fathers spend far less time than mothers do in taking care of the child (Hossain & Atencio, 2017).

This is why the proposed study aims to be conducted in a rural area. A lot of people still live in rural areas, and fathering is done in traditional way (Ball & Khan Wahedi, 2010). Thus this study will help to understand what the fathers in rural setting understand by taking care of their children, what kind of practices they prefer regarding child care and development.

Purpose of the Study

Today's children are going to be the future citizens of the world. So, for that fathers need to play a crucial role. Their presence in child's life are utmost important as mothers'. But in the rural areas of Bangladesh it is a rare scene to witness.

Therefore, the purpose of the study is to explore rural fathers' perceptions of fathers' involvement in childcare with preschool children. What the fathers in the rural areas understand about their involvement on child care and development. And also to understand the role and responsibilities of the fathers in taking care of their

children. Finally, to explore the activities that rural fathers practice to support child development. What sort of practices they do in this regard?

Significance and Justification of the Study

Although mothers globally are more involved with their children's direct care practices, a father's participation has been linked to higher adherence to treatment, better child psychological adjustment, and improved health status compared with families with nonparticipating fathers (American Academy of Pediatrics, 2016).

Sustainable Development Goal (SDG) 4 emphasizes on ensuring quality early childhood development, care and preprimary education for the children. According to UNESCO, Early childhood care and education (ECCE) is important because it capitalizes on a period of rich brain development for children and, when it is of good quality, can help them achieve their full potential (UNESCO, 2020). WHO developed guidelines for improving early-childhood development. They recognize, by enabling young children to achieve their full developmental potential is a human right and an essential requisite for sustainable development (WHO, 2020). Bangladesh government has also developed policies like The Comprehensive Early Childhood Care & Development policy 2013 which concentrates on parents' involvement in child care and development. Father-child relationship has positive impact on child's life. Research has also pointed to the importance of fathers in promoting children's healthy development and well-being (Sarkadi et al., 2008).

As there are already researches on father's involvement regarding urban settings regarding, this study will be concentrating on the perception and practices of the fathers

regarding child care and their development in the rural settings. Only very few studies have been done regarding rural fathers knowledge and practices on child care. For which fathers' involvement has not yet been fully established. Consequently, the findings can be used for developing programs in order to help the practices of the fathers in the rural settings. And also, the findings of this study will be helpful for future researches related to the topic.

This study is important and significant as it can add new information, a new direction to the field of ECD. In addition, this study can help the policy makers to make and design appropriate new policies and programs regarding father's involvement on child care and development.

Research Questions

- What is the understanding of fathers regarding child care and development?
- What role and responsibilities do they play in daily child caring?
- What are the activities fathers do in supporting child development?
- What kind of challenges they face regarding their involvement in child caring?

Operational Definition

Father

According to Oxford dictionary father is a man in relation to his child or children. Someone who can either be biological parent of a person(s) or otherwise(Chukwuemeka,

2022). Fathers' are the role model for their children. Children look to their fathers for strength, encouragement, and support(Haskell, 2017). Their engagement improves children's cognitive, physical and socio-emotional factors.

In this research, the term 'father' refers to the person who is the biological parent of the child.

Fathers' Involvement

A child is born with the combined efforts from both mother and father. Therefore, it is important for fathers to be involved in child care and development. Fathers have a great impact on children's social and personality development(Liu, 2019). They also improve mental health, including and cognitive and educational outcomes(Opondo et al., 2016).

Fathers can indirectly influence their children's physical health and well-being. Their peer relations are typified by less negativity, less aggression, less conflict, more reciprocity, more generosity, and more positive friendship qualities(Allen & Daly, 2007).

In this study, the term 'father involvement' refers to how involved fathers are in their children's lives. Their understanding of how child's developmental milestones are related to their involvement.

Child Care

Child care simply means looking after a child and responding to their needs accordingly. A job of looking after children, especially while the parents are at work

(OWD, 2012). According to Law insider child care means the care, supervision, or guidance of a child by a person other than the child's parent, guardian, or custodian for periods of less than 24 hours per day per child on a regular basis. Children are going to be the future torch carrier. So in order to ensure their bright future we need to guide them properly.

In this research, 'child care' term refers to how parents especially fathers' takes care of their children.

Preschool Children

According to Cambridge dictionary, preschool is school for children who are between about three and five yearsold. And preschool children are aged between 3-5 years old. The 3-5 year old children are expected to reach developmental milestones at this point like cognitive, physical and social-emotional. Fathers can engage themselves in their child's milestones, which will result in improving their children's developmental outcomes.

In the study, a preschool child refers to children who are three to five years old.

Rural Areas

In general, a rural area or countryside is a geographical area that lies outside cities and towns (WordNet Search, 2013). In 2021, approximately 61 percent of the populations in Bangladesh were residing in rural areas (Statista, 2021). So, a majority share of people still lives in the rural areas and that includes rural fathers. They are still conservative in

terms of gender roles. They are basically contributing in their approach of child caring. In this study, the term 'rural areas' refers to the places located away from urban areas.

Chapter - II: Literature Review

This chapter mainly draws on previous studies and research on fathers' involvement in childcare. The chapter is divided into four parts: (i) Father Involvement in Child Development, (ii) Importance of Father Involvement, (iii) Father Involvement in Global Context, (iv) Father Involvement in Bangladeshi Context.

Importance of father's involvement

“Father, Dad, Papa, no matter what you call them they influence our lives and they are the person we look up to”

This quote by Catherine Pulsifer justifies just how important fathers matter a lot to their children. The bond/ relationship between a father and child have an impact on the child's development in all domains. The impact is what shapes the child's future and needs to start from an early age. Parenting in a child's early years is thought to play an important role in influencing a child's immediate and long-term well-being and mental health, including social development and cognitive and educational outcomes(Opondo et al., 2016). Research shows that if a father is involved from the pregnancy period, he is more likely to be actively involved in parenting too (Lerner, 2016). Yet research focuses almost exclusively on the mother–child dyad (Cabrera et al., 2018). Children with involved, caring fathers have better educational outcomes, verbal skills, intellectual functioning, and academic achievement (Oliker, 2011). Greater father involvement in childhood has been associated with healthier child development in cognitive, social, and behavioral domains(Yoon et al., 2021). But absence of a father can cause behavioral

problems, low self esteem, school dropouts (Davies, 2020). And also it is not the quantity that matters, but the amount of quality time father spends with his child matters (Parke, 2000).

Historically, mothers have received more research attention than fathers. And mothers have often been identified as the primary caregivers of children (Lansford, 2021). The father's perceived role usually includes the provision of financial and logistical resources for the family (Rakotomanana et al., 2021). But father's involvement can lay the foundation for child's developmental outcomes (Cath et al., 2013). And children of interactive fathers generally have a more positive life and more opportunities than children with more absent fathers (Dovey, 2017). So, the link between children's cognitive development and father's interaction indicates why attachment of father-child is important (Sethna, 2017). And so far, interventions have focused almost exclusively on mothers, who are the primary caregivers in most households worldwide. (Bornstein and Putnick, 2016).

Fathers have long been acknowledged as a major socialization agent for the development of children's social behavior (Leidy et al., 2013). He is an important provider of social opportunities in the outside world, a route to resilience and children's lifelong success at home and beyond (Parke, 2018). Recent meta-analyses of parenting interventions involving fathers suggest that greater father-child engagement can improve child's socio-emotional development (Rollè et al., 2019). Shu Yu's (2011) study found that interaction and communication behavior between fathers and children and fathers' emotional expression behavior had a significant predictive effect on young children's social behavior (Liu, 2019).

Children of involved fathers have greater tolerance for stress/frustration, less hesitation/fear in new situations, and increased ability to resist peer pressure and stand up for themselves (Hall, 2022). It is important to acknowledge their emotions and perspectives. The feeling of being understood is soothing to the child, which will help them in developing empathy (Ralhan, 2019). Fathers also make unique and direct contributions to their children's literacy outcomes by engaging in reading and writing activities (Varghese & Wachen 2016). And literacy development is a significant part of preparing a child to enjoy reading and to achieve academically (Clarke, 2009).

Father's involvement in child development

A father is an important and precious person in a child's life. They can be a biological, foster, or adoptive father, a stepfather, or a grandfather (Gogineni and Fallon 2013). Early in a child's life, a father is in a unique position to influence both maternal health and his child's physical, cognitive, and social-emotional development (Maselko et al., 2019). Children are continuously learning through interaction with their surroundings. In other words, children's development is a result of their interaction throughout their surroundings, including their interaction with fathers as well (Rahmah, 2019).

Fathers influence child's development in many domains through direct interaction or by providing educational materials to enhance children's learning and development (Cabrera et al., 2018). The early years are crucial for the holistic development of the children. And a holistic approach to child development means understanding that the physical, personal, social, emotional and spiritual wellbeing of the child (Paxman, 2020).

A study involving children between 3 months and 24 months illustrated the positive contribution of father involvement to higher cognitive functioning (Yoon et al., 2021).

Children with involved fathers are more confident, emotionally secure, and develop better social bonds (Achwal & Aiyer, 2018). They tend to avoid high-risk behaviors and are less likely to have sex at a younger age, and are more likely to have high-paying jobs and healthy, stable relationships when they grow up (Krisch, 2018). In contrast, children who grow up without their fathers are more likely to fare worse on several dimensions, including their school achievement, their social and emotional development, their health, and their success in the labor market (Kearney, 2014).

Fathers who are primary caregiver experience increased activity in their amygdala and other emotion-processing systems, causing them to experience parenting emotions similar to what mothers typically experience (Thompson, 2014). And the 21st century has seen significant changes in the identity and practice of fatherhood (Dempsey and Hewitt 2012). So, with the benefit and welfare of the children in mind the involvement of a father should not be overlooked and underestimated.

Father's Involvement in Global Context

Father's involvement is a key factor to a child's healthy development. Their quality time spending with the children leads to child's positive health buildup. Growing evidence shows that fathers have a positive influence on their children's development and well-being (Nierengarten, 2019). But fathering varies from culture to culture.

The role of the father in the United States has changed over time. The primary role of early Euro-American fathers during the colonial period was as a moral teacher for their children (Lamb, 2008). After the industrialization in the US, father's role shifted as they tend to stay away for work. Earlier, families worked together to provide for themselves. In the late 1970s, encouraging participation in parenting for less involved fathers became a primary focus of national policy makers(Cook, 2014). And recently the share of fathers in the USA who are stay-at-home dads risen to 7% in 2016 from being 4% in 1989 (Livingston & Parker, 2019).Also, in recent decades, there has been increasing public and academic interest in fathers and fatherhood because of the importance of fathers in children's lives(Schneider, 2019). Because of this, fathers are just as likely as mothers to say that parenting is crucial to their identity (Livingston & Parker, 2019).

European countries also have a diverse cultural fathering. In Russia fathers are tend to be disconnected from their families. And there are more challenges than opportunities for the fathers (Rush & Seward, 2015). Traditions of father absence and psychological isolation are exacerbated because many men find it difficult to find or maintain jobs and also because public policies do not encourage men to be caregivers or providers (Shwalb & Shwalb, 2014). There is no concept of "single father" in Russian law, yet there are 650,000 men with that status in the country(Ryabikova, 2021).

In UKfathers were tend to be distant from family members and did not have close relationships with their children(King & Author, 2012). But fathers' involvement in child-related activities with children increased from about 15 minutes per day to 50 minutes per

day(Henz, 2019). And childcare time increased from around 12% to 15% aligning with the notion that fathers today assume more of a caring and nurturing role.

Dutch fathers believe in taking a more equal role in child-rearing and household chores (Acosta, 2019). They are seen pushing a stroller or wearing baby-carrier. They have options of paid leave as well. Father's are given 70% of their salary for 5 weeks leave as their right, which can grow up to 100% (DutchNews, 2019). And according to UNICEF,Dutch children are known to be the happiest in the world.

Slovenian family policy is known as one of the most liberal and favorable in Europe (Stropnik & Sircelj, 2008).And although attitudes toward fathers have changed, they haven't in reality. Fathers may help mothers to some extent but mothers still have to bear the primary responsibility.Adaptation to the new regulations began in 2016 and from January 2018 there are 30 days of paternity leave. (Stropnik, 2018).

As striving towards equality, paternity leave for Sweden fathers is regarded as prerequisite (Duvander et al., 2016). Swedish policies were made to help fathers involved in child's care. The changes have shaped the notion of fathering there. Flexible paid leave was one of them. In fact, Sweden was the first country to offer paid paternity leave, and subsequent reforms such as non-transferable months were designed to encourage fathers to take a greater share of leave(Duvander & Johansson 2012). Evaluation studies have shown that fathers are taking time off and increasing their involvement with children for longer periods of time (Haas & Hwang, 2008) and also they are helping their counterparts in household chores as well.

Unlike European and North American cultures, which tend to advocate self-assertion, the Chinese culture endorses interpersonal harmony for the sake of collective good (Li & Lamb, 2016). The culture of fatherhood in Chinese society is deeply influenced by Confucian patriarchy (Santos & Harrell, 2017). This gives the father authority over their children. But because a father has absolute power and rarely dictates his duties as a parent, Confucian fatherhood is today seen as profoundly patriarchal(Xiangxian, 2020).

Japan has a deep-rooted symbolic culture that includes the traditional perception of household's duties, family and parenting at home(Brüning, 2020).Because of this, Japanese fathers have limited opportunities to raise their children. This is why 'Ikumen Project' was established by the government. It aims to create "a social movement where men are able to actively engage in childcare"(Robson, 2018).

Like a lot of countries, Australia also used to saw father as someone who was only the breadwinner in the 20th century. But today's Australian fathers are considered more "hands on" and involved with their children than the stereotypical absentee breadwinners of generations past(Murphy & Thomson, 2021).

In African countries the concept of fathers impact in new. There are many reasons. Notable among which are the Europeans' exodus, migration and jobs. Most men migrate to other countries which is why they cannot be in contact with their children (Rush & Seward, 2015).

Father's Involvement in Bangladeshi Context

Bangladesh is a populous country with more than 171 million people living here (World Population Review, 2022). Dominated by men, mothers are the prime care givers and fathers are the authoritative decision makers of the child (Imtiaz & Begum, 2016). They are the bread winner of the family. Most women are also economically dependent on men (Ball & Khan Wahedi, 2010).

Earning money for fathers is primarily about being able to provide for children (Dermott, 2008). And fatherhood also varies among different aspects. For example: in the urban settings, nuclear families are becoming more common. So fathers are involved with their children more in the nuclear family (Hossain, 2013). Similar findings were also found in another study says that, modern parents prefer nuclear family as they can take care of their child more (Kumari, 2013). But with long work and commuting hours, urban dads typically have little time to spend with kids (Ball & Khan Wahedi, 2010).

Women are the primary caregivers of the young children (Amin, 2020). Although women are taking part in earning money and contributing to the family, a study reveals that mothers were still the primary caregiver regardless of their working status (Win et al., 2022). Fathers assume that mothers are best when it comes in taking care of their child. It is due to the fact that in Bangladesh, most parents have limited knowledge on child care and rearing (UNICEF). This contributes to the fact that rural area fathers do not engage in child caring. Their time with children involves more play than caring (Shwalb D. & Shwalb B., 2014). A majority share of people still live in poverty and in rural society, low SES plays a part in fathers' traditional attitudes toward gender roles (Ball &

Khan Wahedi, 2010). So, poverty has been a bottleneck to ensuring child rights (NCP 2011).

The study setting will be in a rural area situated in Chattogram district. 61% of the total populations in Bangladesh are still living in the rural areas (The World Bank, 2021). So, a majority of people are in the dark about the knowledge of child care and development. Therefore, it has become highly important to explore the father's involvement with their child in the rural settings.

Chapter III: Methodology

Research Approach

The research design is a qualitative study, which is a method of investigation that seeks in-depth understanding in a given natural setting. It involves collecting and analyzing non-numerical data (e.g., text, video, or audio) to understand concepts, opinions, or experiences (Bhandari, 2020). It can be defined as the study of the *nature* of phenomena (Busetto et al., 2020). It can be used to gather in-depth insights into a problem or generate new ideas for research (Bhandari, 2020).

As the study goal is to explore the father's perception and their practices of the father's about child care and development, a qualitative approach is a good way to get a deep understanding of their thoughts on the matter.

Research Site

The study was intended to explore fathers' involvement in child care with pre-school children in rural areas. So, the study was conducted in rural side of the Chattogram district, the port city of Bangladesh. The research site was Rangunia village situated in Chattogram district. The participants were selected from this village.

Research Participants

The participants of the research are the rural fathers who have children under the age of three to five. So, the participants all were from the rural area. Majority of the participants belongs to low class family and others are from lower middle class. Most of

the participants are from nuclear family and the rest are had extended family. All the participants had educational qualifications minimum at grade 5.

Participant Selection Procedure

A total of 16 participants were selected for the study. The participants were selected purposively. 12 participants were selected for 2 group discussion and other 4 participants were selected for conducting IDI. As the study required the perception of the father's regarding child care, so the fathers were the centre of focus. The study took place in a rural area and the participants were the local people, so their education level was overlooked. Therefore, the minimum education requirements of the participants are the grade 5. To help them understand the questions they were be explained thoroughly to the participants.

The following inclusion and exclusion characteristics were considered while choosing the sample.

Inclusion Criteria

- The participants had to be fathers from a rural area
- The participant's children age must be between 3-5
- Participant with a minimum academic qualification of Grad 5

Exclusion Criteria

- Participants who are not willing to participate
- Mothers of the children

Data Collection Tool

To collect the data two tools were used

- Guidelines of IDI
- Guidelines for Focus group discussion

IDI and focus group discussion guidelines were developed on the basis of research questions. The questions were open-ended and will be conducted according to the guidelines. With the help of the tool, information was gathered in an intuitive and constructed manner.

Data Collection Methods

As the study was a qualitative one, the data were collected via qualitative data collection method. Data were collected via face to face interview. Participants were explained about the process of the interview and research. The conversations were audio recorded with prior and proper consent of the participants. Insightful notes were collected as well. The study required the perception of the fathers, so IDI and focus group discussion took place. The duration of each IDI was 30-40 minutes. The participants were asked questions regarding child care and development.

Data Management & Analysis

Content analysis technique was used to organize data. Content analysis is a research method used to identify patterns in recorded communication(Luo, 2019).

After data collection, they were organized for analysis. Before analysis, the obtained data were transcribed. Identification numbers were used for later referencing and identifying the documents properly. Backup files were created in the Google drive to prevent any data loss. The data was categorized and organized according to research questions and topics. After that, the data was read thoroughly for any potential errors and inconsistencies.

The information collected from the interviews and group discussions they were studied for categorization with each topic and theme in mind. The data were transcribed to English. The transcribed data were analyzed to interpret the findings of the meanings. From the data and records, the answers were analyzed and then were written in a descriptive manner. Findings were presented in a descriptive form according to themes. The interpreted data were non-biased and the interpretations were reflective of the original story.

Validity & Reliability of the Research Tool

The purpose of validity and reliability of the research tool is to make sure whether the process of the study is on track or not. To ensure it pilot testing was performed and expert suggestions were taken to validate the tools used in this study.

The questions suitability was tested through piloting for in-depth interview. The piloting was conducted with a father having the same criteria of sampling. After getting feedback, reviewing and piloting the tools, they were altered, adjusted accordingly and finalized for the data collection. Finally, the IDI questions revealed the demographic information of all the fathers and mothers

Ethical Issues

In order for the study to be conducted smoothly and ethically, approvals were taken from the BRAC Institute of Educational Development, BRAC University (BRAC IED, BRAC University). After getting their approval and before the IDI and group discussion began consent were taken from the participants. The participants were given the consent forms and the interviews only took place after they agreed to the terms and conditions. During the study, ethical protocol was strongly maintained.

The participants were allowed to withdraw from interviewing anytime and they were assured that the research is only for education purpose only and their identity/ personal information will be confidential. Moreover, the collected data has been interpreted without being biased and free from any inherent intention.

Limitations of the study

The study has a limitation. All the participants agreed to give interviews on weekdays. So, the desired amount of time which was thought to be 1 hour was reduced to 30-40 minutes due to busy the schedule of the participants.

Chapter IV: Findings & Discussion

Findings

This chapter contains the findings of the study and discussions on the findings. First of all, findings will be presented by analyzing data collected from in-depth interviews and focus group discussions. Subsequently, the chapter will include a discussion section, reflecting on the findings. Finally, it will conclude with recommendations.

Demographic Information

A total of 16 participants participated in the study. All participants were fathers. The participants were selected based on their educational qualification, area of living, their job and the age of their children. All the participants were the local residents of North Rangunia village, Chattogram. The age range of the participants was between 26 and 45. The children were between 3 and 5 years old. The educational qualification range of the participant was between grade 5 to H.S.C. 4 of the participants had 3 children, 11 participants had 2 children and only a single participant was with a single child. Among the children that were considered fit for the study, 5 of them were girl and rest 11 of them were boys. Among the participant 3 were carpenters, 5 were farmers, 4 were businessmen, 3 were drivers and one was laborer. 13 of the participants had nuclear family and rest 3 had extended family.

Theme 1: Understanding of Fathers regarding Child Caring

Understanding of Fatherhood

Most of the participants believed that taking the responsibility of the children means fatherhood, including the child's health, education or their wishes. One of the participants during an IDI said, *"Fatherhood means that I am responsible for the care of my child. Since I am a father, it is my responsibility to think of what is best for my child."* (IDI #4, Date: 29/09/2022)

While other participants during group discussion mentioned about education is the main focus when it comes to fulfilling the duty of fatherhood. One of them said, *"Fatherhood refers to the responsibility of a father who provides education to raise a child."* (Group Discussion #2, Date: 27/09/2022)

Understanding about Child Caring

Some of the participants shared "Child-Caring" means to look after the health and nutrition of the child. One of them stated, *"When I hear Childcaring the first thing that comes to my mind is that I need to raise my child properly. Thus taking care of his feeding and nurturing."*(IDI #1, Date: 28/09/2022)

While a very few participants responded differently. For example one of them said, *"Child care is about ensuring a bright future for children. For that day to day care needs to be ensured."* (IDI #3, Date: 29/09/2022). Another participant said, *"Taking care of the child means taking care of all that concerns the child. Every father needs to take care of a child from infancy to adulthood."* (IDI #2, Date: 28/09/2022)

Father's involvement regarding child care

Most of the participants stated during the interviews that a father needs to be involved in children's life. They also mentioned that when they are around their child they feel happy and they have good relationship with them. One said in this regard, "*In my opinion, fathers should be involved in child care. Because a father can impart moral, religious education in his child.*" (IDI #1, Date: 28/09/2022)

Another participant stated, "*According to me a father should make time for his child. Father's involvement is essential for child's mental and physical growth.*" (IDI #3, Date: 29/09/2022).

Importance of father's involvement regarding child care

Most participants agreed that father involvement in child care is very important. One mentioned, "*It is extremely important. A child cannot grow properly without the father's love, care and attention.*" (IDI #2, Date: 28/09/2022)

A few participants responded differently. The mentioned about taking some of the pressure off the mother. He said, "*It will be beneficial for the child if both the parents share the responsibilities between themselves. Since fathers go out for work, they have to give time to the child when they come back. The mother should not always be responsible for the child.*" (Group Discussion #1, Date: 26/09/2022)

Knowledge of fathers regarding their engagement to ensure children's development

Some of the participants mentioned about their awareness of their engagement in their child's development. Some of them think making enough money is a way to ensure children's development. One of them said, *"For me, a father's job is to think about how he can raise his child and how he can support him. And I think earning money is one way to ensure that. Because if I earn enough, I can take better care of him."*(IDI #3, Date: 29/09/2022)

Other participants mentioned about the primary focus should be the children's diet to ensure their development. One of them stated, *"In my opinion, the father should pay more attention to the child's nutrition. If the child does not eat properly, he will not grow well thus he will not be physically and mentally fit."*(IDI #1, Date: 28/09/2022)

Fathers' involvement in child caring in Nuclear and Extended Families

Most of the participants think that extended family is better in taking of the child. As the child will get nonstop attention and their interaction ability will increase. One participant said, *"I think an extended family is better than a nuclear family. Because in an extended family, children get the love of their elders and cousins. This creates the mentality of being with everyone. And social skills of the children also develop in an extended family."* (Group Discussion #1, Date: 26/09/2022)

Other participants disagreed with the notion. They think it does not matter whether it is nuclear or extended family, the main thing is whether the baby is taken care properly or

not. One of them said, *“I don't think there is a separate role. We are four members in our family. But I have no problems taking care of the child.”* (IDI #2, Date: 28/09/2022)

Theme 2: Role and responsibilities of a father in daily child caring

Amount of time spend in child caring

All of the participants have showed their hardship regarding giving enough time to their children. They believe that due to work they are unable to spend enough time with their children. One of them stated during an IDI, *“Actually, I can't spend so much time with my child. Because I leave early in the morning and come back late in the evening. So it's quite difficult for me to give him the attention he needs.”*(IDI #2, Date: 28/09/2022)

They mentioned about spending 4 to 5 hours every day. On this regard a participant stated, *“I can take care of the child only at night. I spend on average 4 to 5 hours with him every day.”* (IDI #1, Date: 28/09/2022)

Father's role in everyday care giving

Some of the participants shared similar thoughts regarding doing the child's chores everyday is a role a father can do. One of them stated, *“Occasionally I help with child-rearing by bathing him and feeding him.”* (Group Discussion #2, Date: 27/09/2022)

A few respondents shared different opinions. One of them said that, *“A father should play an important role in the child's education, nutrition, and physical*

development. The father can play with the child as a mean to take care of him every day.” (IDI #1, Date: 28/09/2022)

Responsibilities of a father in daily child care

Most of the participants have mentioned educating their children as one of their responsibilities. They also think that aside from that health issues, playing regularly and learning the way of behaving are the responsibilities of a father. One mentioned, *“It is the father's responsibility to send the children to school and support them in their pursuit of education.”* (Group Discussion #1, Date: 26/09/2022)

Another participant said, *“Just as I sowed a seed in the field and do not take care of it, it will not bear fruit for me. The same is true for children. I must take care of his nutrition, clothing, education, and health.”* (IDI #2, Date: 28/09/2022)

Opinions on filling mother's role

Most of the respondents opined that fathers' cannot take care of their children like as the mothers' do. One of them said, *“This is not feasible. The mother's responsibility is the biggest because she stays at home with her child. A father works in outside But the mother always stays with her child, takes care of his needs, and showers him with unconditional love and affection. That is why I think that no one can fulfill the same responsibility as a mother.”* (IDI #3, Date: 29/09/2022).

A participant opted for a different belief. He mentioned that a father can equal with mother in taking care of the child. He stated, *“I believe that a father can fulfill the same responsibilities as a child's mother. Just as the mother gives time to the child at*

home, the father fulfills his responsibilities in other ways, even when he is not at home with the child.”(IDI #1, Date: 28/09/2022)

Theme 3: Activities in support to child development

Doing cognitive activities

All the participants shared similar views regarding their child’s cognitive development. They mentioned about their children can identify letters, can count. Some of them believe that nutrition has a role in the cognitive development of the children. They also said the children play with building blocks as well. One of them mentioned, *“In order to develop the child's intelligence, we try to give him nutritious food. Sometimes I teach him how to do the counting. He also plays with alphabet blocks.”* (Group Discussion #2, Date: 27/09/2022)

Another participant said, *“My son can recognize letters. He has puzzles that develop his cognitive skills.”* (IDI #3, Date: 29/09/2022)

Another participant mentioned that the mother sits with the child more than him. He stated, *“I sometimes teach my son the alphabet. He can already count, too. He has a puzzle that I think helps his cognitive skills. However, his mother takes care of these things most of the time.”*(IDI #2, Date: 28/09/2022)

Practicing language activities

Some of the participants shared similar thoughts on developing language skills of their children. They mentioned about reciting rhymes, reading books, singing together

and telling stories to their child. One of the participants mentioned his active engagement, *“I read children's books to my child and use picture books to introduce her to different things. We sing together so that she can learn new words.”* (Group Discussion #1, Date: 26/09/2022)

Another participant stated, *“I narrate different stories from the books to him. He listens to them and asks me questions.”* (IDI #2, Date: 28/09/2022)

One participant mentioned about buying his child a magic board. He said, *“I encourage him to do drawings. I even got him a magic board to draw and write on.”* (IDI #4, Date: 29/09/2022)

Other participants mentioned they cannot spend much time with their child as they are busy.

Practicing physical activities

Most of the participant said, they encourage their children to play outside. They believe that outdoor playing will help the physical development of their children. They mentioned about buying their children different sports equipments/ toys like bats, balls etc. One of the participant stated, *“My son plays a lot. He has both a bat and a ball. He plays with them with his siblings. I encourage him to do this because I believe this will enhance his physical development.”* (IDI #4, Date: 29/09/2022)

Another participant stated, *“To develop his physical skills, I encourage the child to play. He plays with other children using the ball and also does activities like jumping,*

running, etc. Whenever I have time, I make sure to play with him as well.”(Group Discussion #2, Date: 27/09/2022)

Ensuring socio-emotional development

Some of the participants mentioned they encourage their children to express their feelings without hesitation. They mentioned that, socializing is a must in order to grow up properly. They said their children can mingle with everyone. For example, one of them said, *“I put it to my child that he should express himself properly and get along well with others. Besides, he can really mingle with other relatives of mine.”*(Group Discussion #2, Date: 27/09/2022).

Another one mentioned, *“Socializing is a necessity for his growth. My son is comfortable with everyone, whether it's my family or his siblings and his cousins. He feels comfortable interacting with everyone. Since he is still young, he still can't perhaps express his feelings properly. However, I am continuing to help him learn how to convey his emotions.”*(Group Discussion #1, Date: 26/09/2022)

Theme 4: Challenges faced by fathers in child caring practice

Majority of the respondents revealed that they faced various challenges, which reduced their involvement in child care and rearing practices.

Financial instability

Some of the participants mentioned about having a financial instability as one of the challenges when taking care of the child. According to them having a financial

security means to be able to take care of the child. That is why they prioritize earning money to take better care of their family and their children. One of them stated, *“To raise a child properly, I need to have decent earnings. If I don't make enough, I can't take care of my child appropriately. I think it is one of the biggest challenges for me.”* (IDI #1, Date: 28/09/2022)

Giving time to the child

Some of the participant mentioned that they don't get to spend sufficient time with their children. Since they are day laborers and have to stay outside for work for most of the time, they cannot give time to their children. One of them stated, *“As I mentioned previously, one of the problems I face when caring for a child is time constraints. I have to be outside to do my day job. As a result, I have no or only very little time for children.”* (IDI #2, Date: 28/09/2022)

Controlling the child

One stated his child being difficult to control as he feels his child is a rebellious type. He said. *“My child is a little impudent and rebellious. He doesn't really want to obey. This creates problems in dealing with him every day.”* (Group Discussion #2, Date: 27/09/2022). A lot of the participants have mentioned they did not face any problems regarding taking care of their child.

Traditional and cultural barriers

All of the participants noted that traditional attitudes and cultural norms now have no influence on fathers' involvement in childcare. They also have not faced this sort of

challenges. For example one of them stated, *“I don't think they have any impact. Because times have changed. These rules don't work any longer. Besides, we as fathers are also very self-aware now. We cannot secure the future of our children by stepping into the trap of the ancient precepts. So in my opinion, these traditional regulations no longer have any validity.”* (IDI #1, Date: 28/09/2022)

Another one stated, *“These kinds of things don't have any effect now. There used to be precepts such as that only the mother should be the caregiver, but now these norms no longer have any effect.”* (IDI #3, Date: 29/09/2022)

Suggestions on increasing involvement

All of the participants agreed that they should spend more time with their child. One stated on sharing some the responsibilities with the mother. He said, *“If the parents are willing to divide their responsibilities for the care of the child, the father will be more involved with the child.”*(Group Discussion #1, Date: 26/09/2022)

On another group discussion a participant concentrated more on creating connection with the child. He mentioned, *“To be more involved, a father should communicate more and more with the child and participate in his daily activities, even if it is not easy for him.”*(Group Discussion #2, Date: 27/09/2022)

Discussion

This section illustrates the interpretations of the findings found in the study and analyze of findings with references to the existing literature. The section consists of four segments. They are fathers' understanding, role and responsibilities, activities and challenges faced during their involvement in child care with pre-school children. The data were collected via in-depth interviews (IDI) and group discussions.

Understanding of the fathers regarding child care and development

At the beginning of the research the participant were asked about their understanding of fatherhood. The findings suggest that, most of the participants had similar ideas when it comes to being father to their child. They agreed on the fact that being a father means having a responsibility and fatherhood means fulfilling that responsibility towards their child. They mentioned about monitoring their child, providing them with proper education and guiding them towards a better future. Similar findings was found by Oliker (2011) that suggests, Children with involved, caring fathers have better educational outcomes, verbal skills, intellectual functioning, and academic achievement. The participants also mentioned about being involved in their child life, they believe as a father it is their job to do so. And father's involvement can lay the foundation for a child's developmental outcome (Cath et al., 2013).

Some of the participants during the IDI mentioned about the nutrition that has an effect on child caring. They also talked about why child's health is also necessary and it is important that the father is involved in child care. They realize their involvement

makes it easy for the mothers as well. As Lansford (2021) mentioned, “Fathers are not only helpers to mothers but also important to children themselves.”

According to data and research findings, most fathers have expressed that they feel quite happy when they spend time with their children. A study found similar results revealing that involved parenting makes men happier and healthier (Levtov, et al 2015).

Most participants agreed that fathers' involvement in childcare is very important, according to data obtained from in-depth interviews and group discussions. And greater father involvement in childhood is associated with healthier child development in cognitive, social, and behavioral domains(Yoon et al., 2021).

There was mixed answers to whether it was any difference to have a nuclear family or an extended family in taking care of the child. Some participant said it was necessary and similar evidence was found by Chukwuemeka (2022), according him “Socialization is the ability to interact with other people and maintain good social relations, and being raised in an extended family will help the child to know how to interact well with people who they come across”. But some of the participants responded negatively with the necessity of having an extended family.

Role and responsibilities of a father in daily child caring

Children of involved fathers have greater tolerance for stress/frustration, less hesitation/fear in new situations, and increased ability to resist peer pressure and stand up for themselves(Hall, 2022).But as per findings, the participants mentioned about spending less time with their children. They felt like their work has given them very few

opportunities to spend time with them. And they thought they needed to spend more time with them. Bronson (2017) also suggested in a study that, “For working fathers, spending more time with children is usually difficult. But every moment fathers spend with their children goes a long way in building a strong character.”

The findings demonstrate that most of the fathers’ thinks they can do some of the daily chores of the child that the mothers are supposed to do. Things like brushing their teeth, feeding them, helping them taking a bath etc. And through daily activities and interactions with children, fathers can directly influence a child's psychological well-being and cognitive development(Lamb, 2010).

Interventions have focused almost exclusively on mothers, who are the primary caregivers in most households worldwide(Bornstein and Putnick, 2016). And from the findings it is evident that some of the participants also had similar thought that a father cannot match a mothers’ contribution. They felt they cannot take care of the child like a mother can.Because the mother is the main caregiver of the child. From birth both mother and the child have a strong bond, and also mothers spend more time with the children. Historically, too, mothers have often been identified as the primary caregivers of children(Lansford, 2021).

According to the findings, a father’s responsibility to the children not only lies in educating them, but also in children’s health, their playing/ physical activity, behavioral ways etc. Some of them mentioned about earning a good amount of money are necessary in fulfilling their responsibilities towards the children. Because a financially responsible father is a good father, because raising children is not exactly cheap (Davies, 2021).

Activities in support to child development

From the IDI and group discussions it was clear the fathers had hand in improving children's cognitive skills. They mentioned their children could match and identify letters, and plays building blocks. And father's engagement is beneficial for children to have cognitive development. It is found that fathers made unique and direct contributions to their child's literacy outcomes through their engagement (Varghese &Wachen, 2016).

Fathers can contribute to children's ability to acquire communication and language skills (Pancsofar& Vernon-Feagans, 2011). The participants shared similar thoughts when it came to improving children's language skills. They mentioned about reciting small rhymes, reading books to them, telling different stories and sometimes singing together. They mentioned about encouraging their children to talk as much as possible. And these activities are certainly helping their children as mentioned by Bennett (2022) in a study, "The children whose fathers used more diverse vocabularies had greater language development." So the participants are helping their children in language development by doing certain activities.

Findings from the collected data demonstrate that the participants are encouraging towards their children's playing. They acknowledge that playing is essential for the physical development of the children. They mentioned about buying their children ball, bats and other sport equipments. They also said their children like to play outside with other children. And researchers have also found that physical activity, behaviors or habits track from childhood to adulthood. Essentially, physically active children and adolescents are more likely to be physically active in adulthood (Ha et al., 2019).

Fathers have long been recognized as a major socialization agent for the development of child's social behavior (Leidy et al., 2013). The findings during the research show that the participants are happy the way their children interact with one another. They said, their children maintain a friendly playing relationship with other kids. They understand the value of having good relationship with peers. That's why they said to encourage their children to do just that. The fathers also discourage any conflict happening between their child and another one. These interventions are important for children's development of social skills, their relationships with peers and friends, their ability to resolve conflicts, and their ability to focus (Parke, 2018).

Challenges faced by fathers in child caring practice

Some of the fathers agreed to the fact that having a good earning is a challenge, and with having one they can take better care of their child and thus family. They have put emphasis on earning money, as because of that they can better for the child. Similar findings were found in a study saying that, better income will open access to better and further education opportunities, other facilities from which the children will greatly benefit (Wimer & Wolf, 2020). And families who live in poverty face disadvantages that can hinder their children's development in many ways (Duncan et al., 2014). So, poverty is a bottleneck to ensuring child rights (NCP 2011).

The findings from the in-depth interviews and group discussions also suggest that another challenge that was faced is controlling the child. As children of that age can be rebellious and naughty at times, but it can cause difficulties to the fathers. Biswas (2022)

also mentioned something similar that, “Although we should enjoy their naughty behavior, sometimes it becomes really difficult to handle their childish behavior.”

From the findings during the research, it was clear that the participants did not face any social barriers when it came to taking care of their child. Barriers like fathers does not have to spend a lot of time with their child or girls should not be given access to education but only to doing household works. Instead they mentioned that they were aware of these types of taboos that had been in practice for over the years. They witnessed them when they were little. But to them they did not matter. They believed that, those old rules and norms do not have any say in today’s world. Ball and Wahedi (2010) also mentioned in their study, “Fathers who have only daughters can prepare them just like sons.”

Data collected from interviews and focus group discussions indicated that fathers had some suggestions on how to increase involvement in child care. The findings suggest that sharing some of the workload with the children’s mother will increase fathers’ involvement with their child. And it will free up some of the pressure of the mothers as a study reveals it is the mothers who experience the greatest pressure to meet these unrealistic parenting standards(Schoppe, 2017).

Finally, the above discussion pictures rural Bangladeshi fathers ‘ understanding, their role and responsibilities, practices, challenges and opinions regarding taking care of their 3 to 5 year old child. Their understanding of the importance of fathers’ involvement is encouraging given the fact that the future of the children are at stake here.

Conclusion

The importance of father involvement in child care and development should not be overlooked. Unfortunately, there are not enough researches to address the issue. Thus people are not aware of the importance of father involvement in child care and development. There are also social and economic barriers in Bangladesh that keep fathers from having adequate contact with their children. Therefore, the aim of this study was to highlight the importance of fathers' involvement in the overall development and well-being of children.

In summary, this study is feasible and essential for early childhood development (ECD) and will have an impact in the field of ECD. However, more research is needed on fathers' involvement in childcare. This study will help in beginning to lay the groundwork to influence future programs and policies.

Recommendations

This study intends to explore the current status of rural fathers' involvement in child care. The recommendations are based on the overall findings during the research and are intended to encourage fathers' involvement in child caring and development. Followings are the recommendations...

- The study reveals that some fathers are not well aware of their role in child-caring and the development of their children. Therefore, keeping in mind of the known practices of some fathers programs should be taken by Go and NGOs to fill their

knowledge gap and improve their skills so they can contribute more to child caring practice and promote the development of children.

- Policies need to be reviewed to support fathers' involvement in childcare and their children's development.
- Studies with larger sample size & diverse population groups need to be conducted for further exploration on this topic.

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Appendices 1: In-Depth Interview (IDI) Questionnaire (English)

Research Title: Exploring fathers' involvement in child care with preschool children in rural areas

Interview Date:

Start Time:

End Time:

Section A: Demographic Information

Participant's Name:	Age:
Child's Name:	Age:
Gender (Girl/Boy):	
Occupation:	Education:
Location:	Mobile No.
Type of family: 1. Nuclear Family 2. Extended Family	
Number of Children:	
Number of children goes to preschool:	

Section B: Understanding of fathers regarding child caring

1. What is your idea of fatherhood? Please explain.
2. What comes to your mind when you hear the word "Child-Caring"?
3. What do you understand by fathers' involvement regarding child care?
4. What is your opinion regarding the importance of fathers' involvement in child care? Please explain
5. What kind of relationship do you have with your child?
6. According to you, how and what are the areas where fathers' engagement is essential to ensure children's development?
7. Is there any difference in fathers' involvement in child caring of nuclear and extended family? Yes / No. If "yes", could you please explain? If "no", why?
8. How important is a fathers' role in taking care of their child? Please explain

Section C: Role and responsibilities of a father in daily child caring

1. What do you do with your child every day?
2. Everyday how much time do you spend in child care?

3. What sort of role should a father play in everyday caregiving? Please explain
4. Do you think a father can take as much responsibility as a mother in taking care of a child? Please explain
5. What are your responsibilities in taking care of your child? Please explain

Section D: The activities fathers do in supporting child development

1. How much time do you spend with your child daily?
2. What kind of activities do you do with your child?
3. Do you play with your child? What type of play activities do you do with your child?
4. What types of activities do you do with your child for developing his/her cognitive skills? Example (building something, matching game, counting etc.)
5. What types of activities do you do with your child which can support to the development of his/her language skills? Example (Reading books/ reciting rhymes/ singing songs/telling stories...)
6. What types of activities do you do with your child which can support the development of his/her physical skills? Example (play activities...)
7. What types of activities do you do with your child to foster his/her socio-emotional development? Example (peer relationship/ express emotion)

Section E: Challenges faced by fathers in everyday child caring practice

1. What are the challenges fathers face in child caring practice?
2. Do you face the difficulties of involvement in child care?
3. Do you think Nuclear and Extended families have any effect on child care?
4. Do you think the traditional view and cultural norms affected fathers' involvement in child caring? Please explain

Appendices 2: In-Depth Interview (IDI) Questionnaire (Bangla)

Research Title: Exploring fathers' involvement in child care with preschool children in rural areas

সাক্ষাৎকারের তারিখ:

সময় শুরু:

শেষ সময়:

বিভাগ A: জনসংখ্যা সংক্রান্ত তথ্য

অংশগ্রহণকারীর নাম:	বয়স:
শিশুর নাম:	বয়স:
লিঙ্গ (মেয়ে/ছেলে):	
পেশা:	শিক্ষাগত যোগ্যতা:
অবস্থান:	মোবাইল নাম্বার:
পরিবারের ধরন: 1. একক পরিবার 2. যৌথ পরিবার	
সন্তান সংখ্যা:	
প্রি-স্কুলে যাওয়া শিশুদের সংখ্যা:	

বিভাগ B: সন্তানের যত্ন নেওয়ার বিষয়ে বাবাদের ধারণা

1. পিতৃত্ব সম্পর্কে আপনার ধারণা কি? দয়া করে ব্যাখ্যা করুন.
2. "শিশুদের যত্ন নেওয়া" কথাটি শুনলে আপনার মনে কী আসে?
3. শিশুদের যত্নের ক্ষেত্রে বাবার জড়িত থাকা বলতে আপনি কী বোঝেন?
4. শিশুদের যত্ন নেওয়ার ক্ষেত্রে বাবার জড়িত থাকার গুরুত্ব সম্পর্কে আপনার মতামত কী? দয়া করে ব্যাখ্যা করুন
5. আপনার সন্তানের সাথে আপনার সম্পর্ক কেমন?
6. শিশুদের বিকাশ নিশ্চিতকরণে একজন বাবা কিভাবে এবং কোন কোন জায়গায় গুরুত্ব দেয়া প্রয়োজন বলে আপনি মনে করেন?
7. শিশুদের যত্নের ব্যাপারে বাবার সম্পৃক্ত থাকার উপর একটি একক পরিবার অথবা একটি যৌথ পরিবারের কোনো ভূমিকা আছে? হ্যাঁ / না। যদি "হ্যাঁ" হয়, আপনি কি দয়া করে ব্যাখ্যা করতে পারেন? যদি "না", কেন?

8. সন্তানের লালনপালনের ক্ষেত্রে একজন বাবার গুরুত্ব কতখানি? দয়া করে ব্যাখ্যা করুন

বিভাগ C: দৈনিক শিশু যত্নে একজন বাবার ভূমিকা ও দায়িত্ব

1. আপনি আপনার সন্তানের সাথে প্রতিদিন কিভাবে সময় কাটান?
2. আপনি আপনার সন্তানকে প্রতিদিন কতখানি সময় দিয়ে থাকেন?
3. সন্তানের দৈনন্দিন যত্ন নেওয়ার ক্ষেত্রে একজন বাবার কী ধরনের ভূমিকা পালন করা প্রয়োজন? দয়া করে ব্যাখ্যা করুন
4. আপনি কি মনে করেন, একজন বাবা তার সন্তানের লালনপালনের ক্ষেত্রে একজন মায়ের সমান দায়িত্ব পালন করতে পারে? দয়া করে ব্যাখ্যা করুন
5. আপনার সন্তানের যত্ন নেওয়ার ক্ষেত্রে আপনার দায়িত্ব কি? দয়া করে ব্যাখ্যা করুন

বিভাগ D: শিশুর বিকাশে সহায়তা করার জন্য পিতারা যে কাজগুলো করেন

1. আপনি আপনার সন্তানের সাথে কতটা সময় কাটান?
2. আপনি আপনার সন্তানের সাথে কিভাবে সময় কাটান?
3. আপনি কি আপনার সন্তানের সাথে খেলাধুলা করেন? আপনিতারসাথে কিকিধরনেরখেলাধুলা করেন?
4. আপনার সন্তানের বুদ্ধির বিকাশের জন্য আপনি কি ধরনের ভূমিকা পালন করেছেন? উদাহরণ (কিছু তৈরি করা, ধাঁধা খেলা, গণনা করা ইত্যাদি)
5. আপনি আপনার সন্তানের ভাষাগত দক্ষতা বিকাশে সহায়তা করতে পারে এমন কি ভূমিকা রেখেছেন? উদাহরণ (বই পড়া/ছড়া আবৃত্তি করা/গান গাওয়া/গল্প বলা...)
6. আপনি কি ভূমিকা পালন করেছেন যা আপনার সন্তানের শারীরিক দক্ষতা বিকাশে সহায়তা করতে পারে? উদাহরণ (বিভিন্ন ধরনের শারীরিক খেলা...)
7. আপনার সন্তানের সামাজিক-আবেগীয় বিকাশের জন্য আপনি কি ধরনের কি ভূমিকা রেখেছেন? (বন্ধুত্বপূর্ণ সম্পর্ক তৈরী/ নিজের অনুভূতি প্রকাশ)

বিভাগ E: দৈনন্দিন শিশু যত্নের অনুশীলনে বাবাদের মুখোমুখি হওয়া চ্যালেঞ্জ

1. সন্তানের যত্ন নেওয়ার ক্ষেত্রে একজন বাবা কী কী সমস্যার মুখোমুখি হন?
2. আপনি আপনার সন্তানের লালনপালন অংশগ্রহণজনিত কোনো বাধার সম্মুখীন হয়েছেন?
3. আপনি কি মনে করেন একক পরিবার অথবা যৌথ পরিবার শিশুর যত্নে কোন প্রভাব ফেলে?
4. শিশুর যত্নে একজন বাবার সম্পৃক্ত থাকার ব্যাপারে কি চিরাচরিত দৃষ্টিভঙ্গি এবং সামাজিক দৃষ্টিভঙ্গি কোনো প্রভাব ফেলে বলে আপনি মনে করেন? দয়া করে ব্যাখ্যা করুন

Appendices 3: Focus Group Discussion Guideline (English)

Research Title: Exploring fathers' involvement in child care with preschool children in rural areas

Questions:

1. What do you understand by “fatherhood”?
2. What is your opinion about the importance of fathers’ involvement in child care?
3. What sort of role should a father play in everyday caregiving? Please explain
4. What are your responsibilities in taking care of your child? Please mention.
5. What types of activities do you do with your child for developing his/her cognitive skills? Example (building something, matching game, counting etc.)
6. What types of activities do you do with your child which can support to develop his/her language skills? Example (Reading books/ reciting rhymes/ singing songs/telling stories...)
7. What types of activities do you do with your child which can support to develop his/her physical skills? Example (play activities...)
8. What types of activities do you do with your child to foster his/her socio-emotional development? Example (peer relationship/ express emotion)
9. What challenges do you face in child caring practice?
10. What is your suggestion regarding increasing fathers’ involvement in child caring?
11. Do you think father’s involvement in child caring varies in nuclear and extended families?

Appendices 4: Focus Group Discussion Guideline (Bangla)

Research Title: Exploring fathers' involvement in child care with preschool children in rural areas

প্রশ্ন:

1. আপনি "পিতৃত্ব" বলতে কী বোঝেন?
2. সন্তানের যত্ন নেওয়ার ক্ষেত্রে বাবার সম্পৃক্ততার গুরুত্ব সম্পর্কে আপনার মতামত কী?
3. শিশুর দৈনন্দিন যত্ন নেওয়ার ক্ষেত্রে একজন বাবার কী ধরনের ভূমিকা পালন করা প্রয়োজন? দয়া করে ব্যাখ্যা করুন
4. আপনার সন্তানের যত্ন নেওয়ার ক্ষেত্রে আপনার দায়িত্ব কী? দয়া করে উল্লেখ করুন.
5. আপনার সন্তানের বুদ্ধির বিকাশের জন্য আপনি কি ধরনের ভূমিকা পালন করেছেন? উদাহরণ (কিছু তৈরি করা, খাঁধা খেলা, গণনা করা ইত্যাদি)
6. আপনি আপনার সন্তানের ভাষাগত দক্ষতা বিকাশে সহায়তা করতে পারে এমন কি ভূমিকা রেখেছেন? উদাহরণ (বই পড়া/ছড়া আবৃত্তি করা/গান গাওয়া/গল্প বলা...)
7. আপনি কি ভূমিকা পালন করেছেন যা আপনার সন্তানের শারীরিক দক্ষতা বিকাশে সহায়তা করতে পারে? উদাহরণ (বিভিন্ন ধরনের শারীরিক খেলা...)
8. আপনার সন্তানের সামাজিক-আবেগীয় বিকাশের জন্য আপনি কি ধরনের কি ভূমিকা রেখেছেন? (বন্ধুত্বপূর্ণ সম্পর্ক তৈরী/ নিজের অনুভূতি প্রকাশ)
9. সন্তানের যত্নে আপনি কোন কোন ধরনের সমস্যার মুখোমুখি হয়েছেন?
10. সন্তানের যত্নে বাবার সম্পৃক্ততা বাড়ানোর বিষয়ে আপনার পরামর্শ কী?
11. সন্তানের যত্নে বাবার সম্পৃক্ত থাকার ব্যাপারে একক পরিবার অথবা যৌথ পরিবারের আলাদা ভূমিকা রয়েছে বলে আপনি মনে করেন?

Appendices 5: Consent Form

Research Topic: Exploring fathers' involvement in child care with preschool children in rural areas

Purpose of the research

I am Sudipta Barua, currently studying M.Sc in ECD at BRAC University. As a part of my academic requirement I am conducting this study which aims to explore the understanding of father's perception and practices regarding child care and development in rural settings.

Expectations from you

If you agree to co-operate than you will be expected to share information about you knowledge and practices regarding your child care and development.

Privacy, anonymity and confidentiality

Your personal information will be kept strictly confidential. The data will only be used for study purposes. If you have any questions, queries regarding the topic I will be happy answer them.

Right to withdraw from survey

Your participation is voluntary. And under any circumstances you are allowed to withdrawal from participation from the study. Withdrawing will involve no penalty.

If you agree to participate then as agreement please sign the consent form.

Name of the Participant

Name of the Researcher

Signature of the Participant

Signature of the Researcher

Date

Date