



For Immediate Release

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New Study Shows How Parenthood Changes Brains and Bodies

For Father's Day, a new report on the science of parenthood shows that men are hardwired for fatherhood.

Researchers are discovering that fathers typically experience hormonal changes that appear to focus them biologically on fatherhood, according to *Mother Bodies, Father Bodies: How Parenthood Changes Us from the Inside Out*, by Kathleen Kovner Kline and W. Bradford Wilcox. These hormonal changes begin during a mate's pregnancy and continue after birth.

"The evidence from human and mammalian fathers challenges the idea that men are biologically unprepared for parenthood," says Kline, a child psychiatrist who serves on the affiliated faculty at the University of Pennsylvania's medical school. "In fact, the science suggests that both men and women are biologically inclined toward nurturing, guiding, and protecting their children."

Kline also says:

Science is telling a profoundly humanizing story about how humans are hardwired not only to connect to each other, but also to the children they create. As new fathers and mothers spend time with their mates and children, they trigger a dramatic series of changes within their bodies. It turns out that their bodies are preparing them for the responsibilities of parenthood.

The report is the culmination of a scholarly initiative dating from 2008 called "What is a Parent?", co-sponsored by the Center of the American Experiment, IAV, and the Institute for Family Studies, funded in part by the U.S. Department of Health and Human Services.

Links:

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