

Enjoy Fathering! Childcare participation of father changes the society

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'I want to live my life enjoying both childcare and work when I will become a father.' Young men with a sense of 'fathering - enjoying being a father' are now surely increasing. However, workplace and public awareness in Japan are still old-fashioned. A father to parenting may suffer with 'the work-life balance' between the company forced him to work for long hours and his wife's hope to join parenting. Fathering Japan is a nonprofit organization which operates various types of social business projects to support fathers to parenting. We believe that understanding the 'fathering' concept is important to gain 'happy father' rather than 'good father'. The concept would also contribute to review working style, to reduce social anxiety, and thus leads to cultivate the next generation, that revolutionized the future Japanese society after 10 or 20 years.

In this talk, I am going to present on the issues listed as follows.

- The purpose and activities of Fathering Japan, NPO
- Examples of fathers (and mothers) to parenting with enjoyment
- Useful support systems to parenting, in particular, for fathers and mothers who feel difficulties.