

# Info for dads & partners

Dads & partners may also struggle with depression and anxiety when a baby is born. It can be a very stressful time for the whole family. To learn more, visit <https://healthynewmoms.org/help-resources/family-partner-resources/> or check out some of these resources:

## Resources for Dads and Partners

Dads are talking about postpartum depression in a new Redbook article. Read it at <https://www.redbookmag.com/life/mom-kids/a52561/men-open-up-postpartum-depression/>

Great list of Tips for Dads and Partners at <http://www.postpartum.net/family/tips-for-postpartum-dads-and-partners/>

Book: *The Postpartum Husband: Practical Solutions for living with Postpartum Depression* 1st Edition by Karen R. Kleiman

Postpartum Dads | [www.postpartumdads.org](http://www.postpartumdads.org)

The Postpartum Dads website was created by PSI Dad's Coordinator David Klinker as a forum to help dads and families by providing firsthand information and guidance.

Postpartum Support International hosts a free on-line forum for dads, DADS Chat with an Expert, facilitated by a perinatal mood disorders expert. The call-in forum is on the first Mondays of every month. Dads can call for information, support, and connection with other dads.

First Monday of every month

5pm Pacific, 7pm Central, 8pm Eastern

Call in number is 1-800-944-8766, code 73162#

Becoming Dad | <http://becomingdad.com/>

We are a place for expectant and new fathers to be engaged, educated, mentored and supported during pregnancy, as they prepare to be present at birth, the role of fatherhood and the transformational changes that they will experience in their lives as men, partners and fathers.

## Information for Fathers & Partners



The postpartum adjustment for all family members is often an overwhelming and confusing experience. Though a happy and joyful event, the welcoming of a newborn into your family may also be a source of stress and anxiety during this time.

***You may be the first one to recognize that your partner is exhibiting signs of a Postpartum Anxiety or Depression (PPD), and you will become her life-line toward treatment and support. PPD often inhibits the mother's ability to care for herself and the baby. She has no control over her self-doubts, fears and emotional upset. You will need to provide the family leadership for the baby's and mother's health and safety.***

Help is available through your family physician, the doctor who delivered your baby, or the baby's doctor. Reach out and ask for help. It may take some time for the combination of medication and psychotherapy to work effectively to control the symptoms of Postpartum Anxiety and Depression.



Here is what you can do to help your partner until she feels like herself again:

- BE EMPATHIC – Show love and compassion, not anger or impatience.
- BE NON-JUDGEMENTAL – Reassure, don't criticize.
- BE OBSERVANT – Report what you observe to the doctors and nurses.
- BE AWARE – Of your partner's concerns and feelings.
- BE AVAILABLE – Be present and actively involved with your newborn.
- BE PATIENT – This will go away. It will get better.
- BE COLLABORATIVE – Work with our resources toward shared goals.
- BE A FATHER – Active interest and participation prevents isolation.

The leadership you provide for your family during this difficult adjustment will empower all of you toward health, happiness, and strong family relationships.

