



Has someone in your life recently become a father?

Have you asked HOW'S DAD? NEEDS OF FATHERS



Helping dad before and after baby is born makes the whole family stronger from the start.

BECOMING A DAD

- Becoming a dad is a big life change. It can bring stress and strong feelings.
- Some new dads might feel worried, guilty, or alone.
- Sometimes dad can feel left out during pregnancy and birth.
- Dad needs to know he matters and is needed.

DAD'S MENTAL HEALTH

- Dad can feel stressed, worried, or sad after a baby is born—just like moms.
- About 1 out of every 10 dads may feel very sad, it's called postpartum depression.
- Many dads aren't asked how they feel during doctor visits.
- Some dads don't talk about their feelings because they think they have to be "strong."

DAD FEELS THE PRESSURE TOO





ATTENTION



DAD NEEDS TO FEEL INCLUDED TOO



DAD CAN GET OVERWHELMED TOO



DAD NEEDS REST TOO

HOW TO SUPPORT DAD

- Listen to dad talk openly about feelings and what people expect.
- Teach dad how to care for and spend time with his baby.
- Encourage dad to communicate his needs with his partner and family.
- Include dad in baby classes, doctor visits, and parenting talks.
- Remind dad to take care of his health and feelings too.
- Let dad hold his baby close with skin-to-skin contact to help them bond.
- Allow dad to help with feedings, diaper changes, and bedtime routines.

REMEMBER TO ASK



DAD IS NOT ALONE

T.E.A.M. Dad is a free program from Broward Healthy Start that helps dad learn how to be a great parent. Dad gets one-on-one help, tips for parenting, and ways to talk better with his family. It also helps dad feel close to his kids from the very beginning.

Learn More Here:



Find community initiatives at:

- www.browardhsc.org
- [@browardhsc](https://www.instagram.com/browardhsc)
- [@browardhsc](https://www.youtube.com/browardhsc)
- [@broward_hsc](https://twitter.com/broward_hsc)
- [@browardhealthystartcoalition](https://www.facebook.com/browardhealthystartcoalition)
- (954) 567-7174

Mental Health Support Hotline: 988
Mental Health Helpline
1-800-950-6264

1 in 10 dads experience postpartum depression, anxiety; How to spot the signs: Your pregnancy matters: UT southwestern medical center. Your Pregnancy Matters | UT Southwestern Medical Center. (n.d.). <https://utswmed.org/medblog/paternal-postpartum-depression/>
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