

Parental Mental Health

FACTORING IN FATHERS

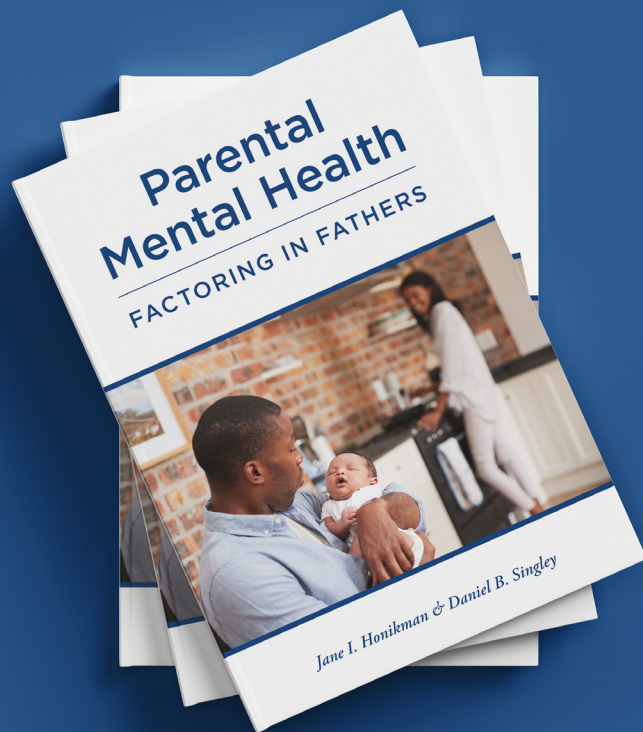


This information is for men during pregnancy and early parenthood.

The fact is an egg requires a sperm for pregnancy. Nature takes over the woman's body, so naturally, she becomes the focus of attention. What about the YOU, "the pregnant" man? Who will listen to your joys and fears?

The following six points are based on research and will help you transition more easily into your new role as a dad.

1. **Anthropologists have observed in some cultures a male experience of pregnancy called "couvade."** Some men exhibit somatic symptoms that are overlooked and misinterpreted. Pay attention to your own needs during pregnancy and after the baby arrives.
2. **As a pregnant couple or as individuals, you are entering a new phase of life.** This journey is scary as well as exciting. You will be facing challenges, decisions, and fears. Pregnancy is a time to have conversations. You deserve a safe environment where you can talk, cry, and get support without being judged.
3. **Men have hormones too.** Studies show that men do experience hormonal shifts that compare with women's around the birth of their babies.
4. **Watch for depression and anxiety.** Research shows that one in 10 new dads develops postpartum depression, and rates of anxiety are high for all new parents.
5. **Fathers and mothers need to sleep, eat well, exercise, have time for themselves, share their emotions and get support.** Pregnancy and the postpartum period wreck routines. It is not easy to accept help, but it is a foundation for successful parenting and well-being.
6. **When dads completely put aside their own needs, it reaffirms harmful stereotypes that tend to cause anxiety and depression.** Take time to ask yourself "How am I doing? How am I REALLY doing?"



Read the book
***Parental Mental Health:
Factoring in Fathers***
with your partner.

The book expands on the points above and includes men in the discussion about early parenthood. The purpose for the book is to foster a gender-equitable, whole-family approach to parental mental health, and to increase awareness about best practices in the care for expectant and new fathers. Available now on Amazon.

MEET THE AUTHORS

JANE HONIKMAN, M.S., became a leader of the social movement to promote the emotional wellbeing of parents and their families through her work founding Postpartum Education for Parents (PEP) in 1977 and Postpartum Support International (PSI) in 1987. She has written several books on the topic and continues to lecture and train internationally on the role of social support and the emotional health of families. In 2015, Jane co-founded the Postpartum Action Institute with the mission to energize and revitalize professionals and parent advocates in order to support new families.

DANIEL B. SINGLEY, PH.D. is a San Diego-based board certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. He conducts training and presentations around the country and founded the grant-funded Basic Training for New Dads, Inc. nonprofit and Padre Cadre social networking application just for dads in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners.

For more information and resources for dads visit: **FactoringInFathers.com**



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