



PERINATAL  
SUPPORT  
WASHINGTON

# RESOURCE & REFERRAL FOR DADS

## PUGET SOUND AND NATIONAL RESOURCES FOR DADS

PERINATAL SUPPORT WASHINGTON ♦ [www.perinatalsupport.org](http://www.perinatalsupport.org) ♦ last updated October 2016

### PHONE SUPPORT

**Perinatal Support Washington's Warm Line.** Talk to a dad today. Our Warm Line has dads available to talk about your or your partner's emotional health. 1-888-404-7763

**Postpartum Support International's First Mondays Chats for Dads:**  
<http://www.postpartum.net/chat-with-an-expert/#DADs>

### LOCAL RESOURCES

#### Swedish Dads Programs:

**New Dad Boot Camp:**  
<http://swedishhospital.com/service/pregnancy-and-childbirth-baby-classes-new-dad-boot-camp>. Designed for fathers-to-be, to be taken before partner's third trimester. 3-hour class.

**The DAD (Dads and Development) Project:**  
<http://www.swedish.org/classes-and-resources/childbirth-parenting-classes#DAD>. Designed to help fathers create a meaningful relationship with their infant. 5 weekly 2-hr sessions. For dads with their babies up to 8 months old.

**Parent Trust / Conscious Fathering**  
<http://www.parenttrust.org/families/classregistration/class-conscious-fathering/>. For expectant and new fathers. Covers skills to use to bond and care for your baby. 3-hour class. Various locations.

**Wellspring Family Services**  
<https://wellspringfs.org/counseling/fathers-classes-workshops>. Father's First Steps is for new dads and their babies. It is a 6-week class for dads and their babies up to 8 months old. Bellevue.

**PEPS for dads:**  
<http://www.peps.org/ParentResources/by-topic/just-for-dads>

**Active Dads Meetup**  
<http://www.meetup.com/Seattle-Stay-at-Home-Dads-Group/>. Specifically for at-home dads. Includes weekly drop-in every Thursday in West Seattle.

**West Seattle Dads**  
<https://www.facebook.com/groups/1647594788859041/>. Specifically for dads in West Seattle.

**Seattle Stay At Home Dads**  
<https://www.facebook.com/groups/SeattleStayAtHomeDads/>. Meet-ups and support.

**DADS (Divine Alternatives for Dads)**  
<http://www.aboutdads.org/>. Helps dads with reunification, education, effective parenting, mentoring, and partnering. Features weekly support groups in Seattle and Tacoma.

**Dynamic Dads** <http://www.dynamicdads.com/>. Encouraging involved fatherhood.

### RESOURCES FOR SPECIFIC POPULATIONS

**Feather Boa Fathers**  
<https://www.facebook.com/groups/44629598366/> For gay dads (national)

**Dads M.O.V.E.** [www.dadsmove.org/dads-support-groups.html](http://www.dadsmove.org/dads-support-groups.html) Dad-driven peer support model for parents and families of children with emotional, behavioral, and mental health needs. Support groups in Tacoma and Seattle.

**Washington Dads** <http://wadads.org/>. For dads and male caregivers of children with emotional, behavioral, and mental health problems. Support groups throughout Washington and weekend retreats.

**Families of Color Seattle** <http://focseattle.com/>. Register for their Dads' Group here:  
<http://focseattle.com/new-foc-homepage/register-for-a-group/>

**Rainbow Families of Puget Sound**  
<https://www.facebook.com/groups/rfops/> For LGBT families in the Puget Sound.

### NATIONAL RESOURCES

**PSI Resources for Fathers**  
<http://www.postpartum.net/get-help/resources-for-fathers/>. First Mondays Chats for Dads:  
<http://www.postpartum.net/chat-with-an-expert/#DADs>

**Postpartum Dads**  
<http://www.postpartumdads.org/>. For dads/partners of those experiencing a PMAD.

**PostpartumMen**  
<http://www.postpartummen.com/> A resource for men who may be experiencing a PMAD themselves.

**National At Home Dad Network**  
<http://athomedad.org/> and <https://www.facebook.com/groups/nahdn/>. For dads as primary caregivers. For dad groups:  
<http://athomedad.org/dad-groups/find-a-dad-group>

**New Dads Place**  
<https://www.facebook.com/groups/newdadsplace/>. A closed Facebook group for new dads to share privately and safely.

**DadLabs** [www.facebook.com/thedadlabs](http://www.facebook.com/thedadlabs) and <https://dadlabs.com/>: Funny and informative site for expecting, new, and veteran dads.

**Center for Men's Excellence**  
<http://www.menexcel.com/advice-for-new-dads/> Video advice for new dads

**The Good Men Project** <http://goodmenproject.com/category/families/> What it means to be a good man and dad in the 21st century.

**Daddit** <http://www.reddit.com/r/daddit> Social media platform for dads

**National Responsible Fatherhood Clearinghouse** <https://www.fatherhood.gov/forsdads> Resources for getting involved in your child's life

**National Fatherhood Initiative** [www.fatherhood.org](http://www.fatherhood.org) For engaging dads in their children's lives

### THERAPY, MEDICATION MANAGEMENT, and GROUPS

#### New Parent Groups that welcome dads:

**Perinatal Support Washington**  
<http://perinatalsupport.org/forsdads/supportgroups/>

#### Find a therapist:

**Perinatal Support Washington**  
<http://perinatalsupport.org/forsdads/psychotherapists/>

**Psychology Today**  
<https://therapists.psychologytoday.com/>

#### Find a specialist who can manage medication:

**Perinatal Support Washington**  
<http://perinatalsupport.org/forsdads/medication-management/>

**Psychology Today**  
<https://psychiatrists.psychologytoday.com>

### CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the emergency room, or use one of the resources below:

- Being afraid to be by yourself
- Hearing sounds or voices that no one else does
- Having thoughts of harming yourself
- Having thoughts of harming your baby or your partner

**Comprehensive Crisis Services.** Crisis Clinic's 24-hour crisis line (King County, WA): Call 1-866-4CRISIS (427-4747)

**National Suicide Prevention Lifeline:** 1-800-273-8255. Get connected with a skilled, trained crisis counselor at a crisis center in your area 24/7.



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### OTHER GREAT RESOURCE LISTS

PEPS: <http://www.peps.org/ParentResources/by-topic/just-for-dads/resources-for-dad>

Postpartum Progress:

<http://www.postpartumprogress.com/category/he lp-for-fathers>

Perinatal Support Washington:

<http://perinatalsupport.org/all-about-dads/>

### BOOKS

*The Postpartum Husband: Practical Solutions for living with Postpartum Depression*, by Karen R. Kleiman. Geared toward supporting women with perinatal mood and anxiety disorders.

*Tokens of Affection: Reclaiming Your Marriage after Postpartum Depression*, by Karen Kleiman and Amy Wenzel.

*Be Prepared: A Practical Handbook for New Dads*, by Gary Greenberg and Jeanie Hayden

*The New Father: A Dad's Guide to the First Year*, by Armin A. Brott

*Fatherhood: Why Father Care is as Essential as Mother Care for Your Child*, by Kyle D. Pruett

*Wild at Heart: Discovering the Secret of a Man's Soul*, by John Eldredge

*Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know*, by Meg Meeker

*The Baby Owner's Manual: Operating Instructions, Trouble-Shooting Tips, and Advice on First-Year Maintenance*, by Louis Borgenicht and Joe Borgenicht.

### TWITTER

PerinatalSupportWA @perinatalWA

Speaker MarkWilliams @MarkWilliamsROW

The DADventurer @The\_dadventurer

Hello My Name Is Dad @MyNamelsDadBlog

PostpartumSupportInt @PostpartumHelp

Life of Dad @LifeofDadShow

The Center for Men's Excellence @MenExcel

Fatherhood Factor @FatherFactor

QuickDaddy @quickdaddykids

DadLabs @DadLabs

### MOST IMPORTANT ROLES AND BEHAVIORS FOR DADS OF YOUNG CHILDREN

**Fostering a positive relationship with the child's mother.** You can accomplish this by clearly accentuating the positive and showing affection when interacting with mom

**Spending time with the child.** Children see time spent with them as an indicator of your love for them, so spend time playing and having fun with them every day. Dads should maintain an active, physical playful style and work with their children to do household chores including household chores like washing dishes and cleaning up the house/yard.

**Nurturing the child.** By being responsive to your child's cries, hugging, feeding, and providing for basic care, you are being a nurturing father. The more you respond calmly to misbehavior, the better adjusted your child will be.

**Disciplining appropriately.** Maintain control of your emotions, body language, and your hands when you discipline. And remember that you can't discipline an infant or newborn because they aren't set up to retain the learning. Love, feed, and attend to these very young children and you're doing what s/he needs.

**Serving as a guide to the outside world.** Engage in vigorous, physical play and encourage small steps toward autonomy. Tell kids about your own experiences as a child and in school, teach about participating in a sport that helps with working as part of a team.

**Protecting and providing.** Beyond employment and providing financial resources, help baby-proof the home, attend the child's medical appointments, and monitor the child's social environment for potential issues. Dads should get help for any issues they are experiencing and provide their family with the best version of themselves possible.

**Being a role model.** Promote the "mission" of your family by taking part in and discussing work, religious/spiritual activities, social involvement, and acknowledging to your child and partner when you make mistakes.

From *The Importance of Fathers in the Healthy Development of Children*, by the Department of Health and Human Services, Administration of Children, Youth, and Families, 2006.

### SYMPTOMS FOR DADS

One thing we *do* know is that if your partner is depressed, there's a good chance you are, too. Up to half of men whose partners have postpartum depression are depressed themselves.

Common symptoms of *paternal* postpartum depression include:

- Anger
- Blaming others
- Drinking
- Irritability
- Withdrawing/ Social Isolation
- Insomnia
- Not taking joy in activities
- Overworking
- Acting defensive or combative

Common symptoms of *paternal* postpartum anxiety include:

- Panic attacks
- Worry
- Obsessive thoughts
- Compulsions

From <https://postpartumhealthalliance.org/get-help/for-dads/>