RESOURCE & REFERRAL FOR DADS
PUGET SOUND AND NATIONAL RESOURCES FOR DADS

PERINATAL SUPPORT WASHINGTON  •  www.perinatalesupport.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:
- 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 2-3hr sessions. For dads with their babies up to 8 months old.
- Parent Trust / Conscious Fathering: http://www.parenttrust.org/forms/families/class-registration/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
- West Seattle Dads: https://www.facebook.com/groups/164759478859041/. Specifically for dads in West Seattle.
- Seattle Stay At Home Dads: https://www.facebook.com/groups/SeattleStayAtHomeDads/. Meet-up and support.

RESOURCES FOR SPECIFIC POPULATIONS

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

NATIONAL RESOURCES

- Postpartum Dads: http://www.postpartumdads.org/. For dads/partners of those experiencing a PMAD.
- PostpartumMen: http://www.postpartummen.com/. For men who may be experiencing a PMAD themselves.
- New Dads Place: https://www.facebook.com/groups/newdadsplace/ A closed Facebook group for new dads to share privately and safely.
- Center for Men’s Excellence: http://www.meneccel.com/advice-for-new-dads/ Video advice for new dads

Daddit: http://www.reddit.com/r/daddit. Social media platform for dads
National Responsible Fatherhood: https://www.fatherhood.gov/ResponsibleFatherhood. Resources for getting involved in your child’s life
National Fatherhood Initiative: 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/for-parents/supportgroups/
- Psychology Today: https://therapists.psychologytoday.com/
- Find a specialist who can manage medication: Perinatal Support Washington: http://perinatalsupport.org/for-parents/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 (427-4474)

Find a therapist: Psychology Today: https://therapists.psychologytoday.com/
Find a specialist who can manage medication: Perinatal Support Washington: http://perinatalsupport.org/for-parents/medication-management/
Psychology Today: https://psychiatrists.psychologytoday.com/

Clarity Health Plan: http://www.clarityhealthplan.com. For engaging dads in their children’s lives
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/help-for-fathers

BOOKS

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
Fatherneed: 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

TWITTER

PerinatalSupportWA @perinatalWA
Speaker MarkWilliams @MarkWilliamsROW
The DADventurer @The_dadventurer
Hello My Name Is Dad @MyNamesDadBlog
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/