RESOURCES & REFERRALS
FOR DADS

Community resources for dads in Washington state.

perinatalsupport.org

WARMLINE: 1-888-404-7763

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PHONES SUPPORT
Perinatal Support Washington's Warmline. Talk to a dad today. Our Warmline has dads available to talk about your or your partner’s emotional health. Call or text 1-888-404-7763


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-hr sessions. For dads with their babies up to 8 months old.

Conscious Fathering
In this 3-hour workshop, expectant fathers and new father figures will learn how to meet baby’s cycle of care and discover a framework for solid fathering for all of their child's ages and stages. Seattle Swedish Hospital: http://www.swedish.org/classes-and-resources/childbirth-parenting-classes#Conscious_Fathering

Kirkland Evergreen Hospital: https://www.evergreenhealth.com/family-relationships

Wellspring Family Services / Father’s First Steps
https://wellspringfs.org/counseling/baby-changes-everything-workshops-and-classes-new-parents. 6-week class for dads and their babies up to 8 months old. Bellevue.

PEPS for Dads Events
http://www.peps.org/programs/dads. Dads get together for camaraderie and to hear an expert give a short talk on a topic relevant to dads, followed by Q&A and time to hang out with other new expectant dads.

Active Dads Network

Seattle Stay At Home Dads
https://www.facebook.com/groups/SeattleStayAtHomeDads/Me et-ups and support.

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

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


THERAPY, MEDICATION MANAGEMENT, AND GROUPS

New Parent Groups that welcome dads:
Perinatal Support Washington.
Support groups that specifically welcome dads are Early Days in West Seattle and This Is Not What I Expected in Kirkland. Search here for more groups: https://directory.perinatalsupport.org

Wellspring Counseling’s Father’s First Steps.
A 6-week group for fathers and their babies up to 8 months old. Bellevue. https://wellspringfs.org/counseling/fathers-classes-workshops

Find a therapist:
Perinatal Support Washington
https://directory.perinatalsupport.org/therapist

Psychology Today
https://therapists.psychologytoday.com/

Find a specialist who can manage medication:
Perinatal Support Washington
https://directory.perinatalsupport.org/medication

Psychology Today
https://psychiatrists.psychologytoday.com
**NATIONAL RESOURCES**

- New Dads Place [https://www.facebook.com/groups/newdadsplace/](https://www.facebook.com/groups/newdadsplace/). A closed Facebook group for new dads to share privately and safely.

**MOST IMPORTANT ROLES & BEHAVIORS FOR DADS OF YOUNG CHILDREN**

- Foster a positive relationship with the child’s mother.
- Spend time playing and having fun with your child.
- Nurture the child by being responsive to your child’s cries, hugging, feeding, and providing for basic care.
- Discipline appropriately. Maintain control of your emotions, body language, and your hands when you discipline. Remember that you can’t discipline an infant or newborn.
- Serve as a guide to the outside world. Encourage small steps toward autonomy.
- Protect and provide. Help babyproof the home, attend the child’s medical appointments, and monitor the child’s social environment.
- Be a role model. Promote the “mission” of your family by taking part in work, religious/spiritual practices, and social activities. Acknowledge when you make mistakes.

Adapted 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.

**RESOURCES FOR SPECIAL GROUPS**

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

**SYMPTOMS FOR DADS**

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:*
- 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:*
- Panic attacks, Worry
- Obsessive thoughts, Compulsions

[https://postpartumhealthalliance.org/get-help/for-dads/](https://postpartumhealthalliance.org/get-help/for-dads/)

**OTHER GREAT RESOURCE LISTS**

- PEPS: [http://www.peps.org/ParentResources/](http://www.peps.org/ParentResources/) by-topic/just-for-dads
- Perinatal Support Washington: On info hub search blog posts on partners: [https://perinatalsupport.org/info-hub/](https://perinatalsupport.org/info-hub/)

**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

To add a service to this directory please contact: info@perinatalsupport.org