

# DID YOU KNOW?

## 1 in 10 fathers/partners experience Postpartum Depression



When a new baby joins the family, life changes in big ways, for everyone. While much of the focus is often on the birthing parent and the baby, it's important to recognize that you, as the new dad/parent, are also experiencing major changes.

### You might feel:



- Sadness or mood swings
- Feeling distant from your baby or partner
- Trouble sleeping or eating
- Feeling stressed, hopeless, or angry
- Not enjoying things you used to

These feelings are real, and you're not alone

### Ways to help yourself feel better:

- Talk to someone you trust.** Sharing how you feel with a friend, partner, or another dad/parent can help.
- Join a support group.** There are groups just for dads and partners where you can talk openly and get support. Virtual support groups and resources are available on [postpartum.net](http://postpartum.net)
- Take care of yourself.** Try to get rest, eat well, and take short breaks when you can.
- Reach out for professional help.** Therapists and counselors can help you feel better. You can also call or text a helpline like Postpartum Support International at 1-800-944-4773 or the Maternal Mental Health Hotline (it is for dads/parents too!) at 1-800-TLC-MAMA.

For help finding additional resources, call  
Lovelace Labor of Love at 505-727-7677.

**When your baby comes home**, your life will change in new ways. You will have new things to do, like helping your partner, taking care of your baby, and thinking about what your family needs.



**Spending time with your baby** helps you feel close and build a strong bond. Here are some simple ways to connect:

- **Moms and birthing people and dads/parents may think about different things:**
  - Moms/birthing people often focus on the baby and what their new role means.
  - Dads and new parents often think about how to help the family and what comes next.
- **Talk and listen to each other:**
  - Sharing your thoughts and feelings helps you stay close.
  - You are both learning how to be parents and working together makes it easier.
- **Be kind and patient:**
  - You may both be tired or stressed. Try to understand each other and help when you can.

- **Hold your baby skin-to-skin** to help them feel safe and close to you.
- **Talk, sing, or read** to your baby, your voice helps them learn and feel comforted.
- **Help with daily care** like diaper changes, baths, and burping after feeding.
- **Create special routines** like morning cuddles or evening walks.
- **Support your partner during breastfeeding** by offering comfort, bringing water or snacks, and helping with positioning.

### REMEMBER:

#### **It's Okay to Feel Overwhelmed.**

Many dads/parents expect to feel instant joy and connection, but it's normal to feel anxious, unsure, or even disconnected at first. Bonding takes time, and adjusting to the new role is a process.

#### **Learn As You Go**

There's no perfect manual. Trust your instincts, ask for help, and don't be afraid to make mistakes.

#### **Be Present, Not Perfect.**

Your baby doesn't need a perfect parent; they need a present one. Small moments of connection matter more than grand gestures.

**It is okay to ask for help. Getting help is showing strength.**

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