# Why is fathers' perinatal mental health important? Useful resources

**Free iHV Parent Tips to download to share with parents**

- Emotional Health and Wellbeing for fathers
- How can dads get involved?
- Looking after your relationship as new parents
- Sex and intimacy: understanding changes to your sexual wellbeing after the birth of your baby

**Slide 3 - Benefits to fathers who are involved**

- (MenCare 2015) Fatherhood Institute: Who's the Bloke in the Room?
- (Fatherhood Institute May 2021) Lockdown Fathers the untold story

**Slide 5 - Benefits to the child is fathers/partners are involved**

- Amodia-Bidakowska et al (2020) Father-child play: A systematic review of its frequency, characteristics and potential impact on children's development
- Randomized Controlled Trial Erlandsson et al (2007) "Skin-to-skin care with the father after caesarean birth and its effect on newborn crying and prefeeding behavior"

**Slide 7 - Positive action in practice**

- https://www.rcgp.org.uk/about-us/news/2020/january/rcgp-launches-trailblazing-lgbt-elearning-suite-for-family-doctors.aspx

**Slide 9 - Useful resources for dads**

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| BBC Tiny Happy People | New dads guide to good mental health. |
| Dad Matters | aim to help Dads have a successful relationship with their families, and to support dads with anxiety, stress, and mental health. |
| Dad info | UK support for dads on the impact of becoming a dad. |
| Music. Football. Fatherhood | a UK parenting and lifestyle platform for men. |
| The DadPad | a guide for new dads developed with the NHS, which can be purchased for £12. |
| The Fatherhood Institute | The Fatherhood Institute is the UK's fatherhood think-and-do-tank. They collate, publish, and mobilise international research on fathers and their impact on children and mothers. Becoming Dad: A guide for new fathers. |

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**Slide 10 - Useful resources for dads**

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| Best Beginnings | resources and free Baby Buddy app to give every baby the best start in life. |
| Getting it right from the start | a series of YouTube videos on attachment and bonding. |
| MIND | a national mental health charity offering help & support to help anyone experiencing a mental health problem. They also run local groups. |
| Mind and Lewisham and Greenwich | wellbeing resources for dads, partners and non-birthing partners. |
| NHS Choices | a guide providing all you need to know about trying for a baby, pregnancy, labour & birth. |
| PaNDAS | PND awareness & support for every parent offering a helpline, email support & face to support through groups, online, Face to face & social media. |

**Slide 11 - Useful resources for dads**

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| Stay Alive App | a suicide prevention resource you can use if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. |
| The Association for Infant Mental Health | have a series of excellent getting to know your baby videos. |
| Factographics | a new interactive resource combining images, text, and video testimonials both from parents and health visitors signposting to support for new dads. |
| Tommy's | is a website led by midwives for the latest information for parents-to-be and have information for dads. |
| Togetherall | is a safe online community to support your mental health. |
| Understanding Childhood | Free downloadable information leaflets created by the Child Psychotherapy Trust. |
| Vroom | is a free app to help parents to develop babies' brain power. |

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