

# SUPPORTING FATHERS' MENTAL HEALTH

## Did you know?

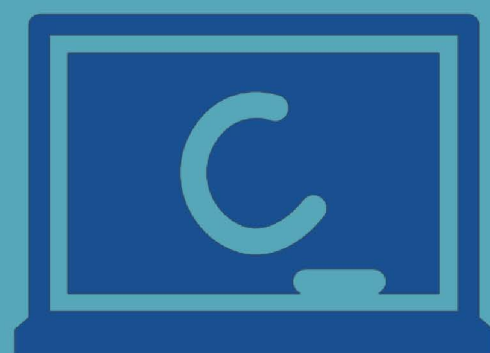
- **One in 10** fathers get Paternal Postpartum Depression (PPPD);
- Up to **16 percent** of fathers suffer from an anxiety disorder during the perinatal period.



Helping dads be at their best—physically and mentally—during early childhood has a big impact on children's health.

## Studies show that FATHER INVOLVEMENT LEADS TO CHILDREN WHO:

are more ready for school



have a better vocabulary

have better social skills



are better able to regulate their emotions

## FATHER INVOLVEMENT HELPS MOMS TOO

- It increases both parents' confidence
- It helps both parents be more responsive to their baby
- It decreases mothers and fathers' potential for mental health issues



## How Can Health Professionals Help Fathers?

1. Screen for paternal depression during well-child visits
2. Connect dads with resources and interventions

### REFERENCES

<https://www.ncbi.nlm.nih.gov/pubmed/26590515>  
<https://jamanetwork.com/journals/jama/article-abstract/185905>  
<https://pediatrics.aappublications.org/content/138/1/e20161128>