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PSVa Mission

Help new and expectant mothers and their families overcome anxiety, depression, and other perinatal mood and anxiety disorders (PMADs).

PSVa Vision

Every childbearing woman in Virginia will receive information about perinatal mood and anxiety disorders (PMADs) and have access to help.

Dads Helping Dads



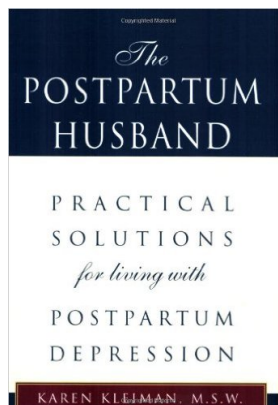
Danny Singley, PhD

happy father's day!

Dads / partners are also affected by PMADs. They are often confused about how to help a woman experiencing PMADs. As one mom said, "If I don't know why I'm feeling so badly, how do I expect someone else to understand?" And up to 10% of dads / partners also experience PMADs.

for dads / partners supporting a woman experiencing a PMAD, here are a few great resources:

Postpartum Dads is a website and Facebook group to help dads / partners by providing firsthand information and guidance through the experience of postpartum depression and other PMADs.



The Postpartum Husband is an easy-to-read book by noted author Karen Kleiman of the Postpartum Stress Center in Philadelphia. Replace the word 'husband' with 'partner' and this book can help any adult in a relationship with a woman experiencing PMADs. Max reading time: 45 minutes (all chapters are less than 2 pages formatted in bullet points).

Here are two short checklists with tips and guidelines for providing and/or seeking help:

Note to Husbands from the Postpartum Stress Center

Tips for Postpartum Dads and Partners from Postpartum Support International

Daniel Singley is a San Diego psychologist who specializes in helping men become confident, engaged fathers who support each other in the transition from 'couple' to 'family.' Learn more [HERE](#).



James Paulson, PhD

James -- a former PSVa Board Member -- is an associate professor of pediatrics at Eastern Virginia Medical School and associate professor of psychology at Old Dominion University in Norfolk. James' primary area of research and practice is the transition to parenthood and how early family factors impact child development.



Walter Chun, MD

Postpartum Support International provides a FREE call-in opportunity for dads / partners each month. **[Chat With An Expert](#)** is held the first Monday of each month and is a forum for dads / partners facilitated by a PMAD expert. Call for information, support, and connection with other dads / partners. Click **[HERE](#)** for more information and the call-in number.

Here are a few articles by fathers:

- Musician John Legend talks about how important it is to support women during this timeframe: "*You have to be present, and you have to be compassionate.*" He knows firsthand: his wife, model and actress Chrissy Teigen, had postpartum depression. Click **[HERE](#)** to read more.
- Katherine Stone is the founder of Postpartum Progress, a terrific blog supporting moms experiencing PMADs. Here's a great **[piece](#)** by her husband, Frank.
- Here's a **[story](#)** about one dad's experience with his wife's PMAD which sheds light on the frustrations a new dad feels.



dads / partners can experience PMADs, too

Up to 1 in 10 dads / partners experience PMADs. They experience many of the same challenges that new mothers face, including

- **Major life changes.** Having a baby is one of the single largest stressors in life. New parents -- along with their infants -- often suffer from lack of sleep and routine. The parenting years often coincide with other big life transitions: new job, financial stress, purchasing or moving to a new home, illness/death of a parent.
- **Expectations.** Maybe dad / partner thought baby would look a certain way, or labor and delivery would proceed according to plan, or that having a baby would be fun. Disappointment can set in if these expectations are not met. (Dads / partners, take note: lots of men say they start to really enjoy their babies when they can interact and play, somewhere between 9-12 months).
- **Hormonal changes.** Believe it or not, fathers also experience hormone changes in the post-partum period.

Dr. Chun recently launched a program to screen parents for PMADs at [Richmond Pediatric Center](#), his large pediatric practice in Richmond.

Research shows that some men have a drop in testosterone levels when there is a new baby in the home...perhaps one of nature's mechanisms to protect the young.



Depression is contagious. Not really... but maternal depression is the single largest predictor of paternal depression. Sometimes dads / partners can 'hold it together' while mom is depressed or anxious, but start to show signs of being down and

out as mom starts to get better. This is why many pediatricians encourage both parents to attend well-baby checks as an opportunity to see how both parents are doing.

for dads / partners who are experiencing PMADs themselves, here are some good resources:

PostpartumMen is for men with concerns about depression, anxiety or other problems with mood after the birth of a child. It promotes self-help, provides important information for fathers, hosts an online forum for dads to talk to each other, offers resources, gathers new information about men's experiences postpartum, and – most importantly – helps fathers to beat the baby blues and other PMADs.

Boot Camp for New Dads is a unique father-to-father, community-based workshop that inspires and equips men of different economic levels, ages and cultures to become confidently engaged with their infants, support their mates and personally navigate their transformation into dads.

Tony Reali is a popular ESPN commentator (host of *Around the Horn*) who always wanted to be a dad: "I wanted a whole team of kids." Tony talks about his experience with postpartum anxiety and panic attacks. Read the full interview with Tony **HERE**.



www.postpartumva.org

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