

#DADUP



DADS INVOLVEMENT IN PERINATAL SERVICES



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IMPACT OF DADS MENTAL HEALTH ON CHILDREN

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- In two large population-based cohorts (MCS & GUI), depressive symptoms in fathers during childhood were associated with adolescent depression aged 13-14. This association was independent of, and as strong as, maternal depressive symptoms.
- Children who have fathers who don't warmly interact with their children have higher rates of behavioural problems.



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IMPACT OF DADS MENTAL HEALTH ON MUM

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- Perceived support by baby's dad in a sample of young highly disadvantaged mothers was strongly associated with lower rates of depression.
- A mothers mental health is strongly associated with the quality of her relationship with her partner.



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IMPACT OF BIRTH ON DADS MENTAL HEALTH #ASKDAD

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GROWING UP IN NEW ZEALAND STUDY

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- GUN based on face to face interviews with 3523 men during the third trimester of their partner's pregnancy and again nine months after the child's birth.
- During the perinatal period (from the third trimester of pregnancy to nine months after birth), 217 (6.2 percent) of the men in the study experienced symptoms of depression.
- Paternal depression was more prevalent during the postnatal period with men who were no longer in a relationship with the child's mother being the most vulnerable.
- Predictors of poor mental health include being young, low income, unemployment, having a depressed partner and having a poor relationship with partner.



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WHATS WORKING FOR THE WHOLE FAMILY

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PRACTICES FNS ARE SUPPORTING

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- Partner overnight stays in Tayside, Fife and Lothian NHS – testing practice change
- Workforce development: Fife; Tayside and Lothian midwifery teams 'understanding dad' participation: identifying practice change
- Fife midwives and health visitors training together
- Aberlour – Forth Valley – wide Dad's ante-natal group sessions.
- Dads2B perinatal groups – 600 men attend per year across Lothian



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RECOMMENDATIONS

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- Support relationships:
 - couple
 - father child attachment
 - at work
- Use our Understanding Dad training & father proofing toolkit
- Register your services on our Dad Friendly Directory
- Learn more through the Fatherhood Institute Nuffield report launch in the Spring



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