

Dads who suffer from postpartum depression:

- Exhibit reduced positive interaction with their babies
- Are less likely to read stories, talk, or sing to their babies.

Additionally, babies whose parents both suffer from depression are:

- Fussier and less socialized
- Less likely to be put on their backs to sleep, more at risk for sudden infant syndrome (SIDS)
- Less likely to be breastfed
- More likely to be put in bed with a bottle, a practice linked to tooth decay and ear infections.



Dads can prevent postpartum depression by:

- Watching for symptoms that signal depression such as increasing irritability or hostility
- Discussing their problems with a counselor who can deliver diagnosis and treatment.
- Sharing their feelings with their partners.

Where Can I Get Help?

Below are some suggestions to contact for help. First ask whether they can refer you to someone who specializes in treating men and depression.

- Men's groups or fathers' groups in your area
- General practitioner or family doctor
- Your child's doctor
- Family services agency in your area
- Local mental health agency
- Local hospital's social services department or department of psychiatry
- Friends, neighbors, or someone you trust
- Church or synagogue

Resources

Postpartum Husband: Practical Solutions for living with Postpartum Depression. By Karen Kleiman,



- www.saddaddy.com
- www.Greatdad.com
- www.iepmhc.org
- www.postpartum.net

United Way First Call for Help **2-1-1**

National Suicide Prevention Lifeline

800-273-TALK

Life on the Go for Dads by J.M. Farrow

Paternal Postnatal Depression (PPND)

Understanding Mood Changes After the Birth of Your Baby





Do You Have PPND?

PPND (Paternal Postnatal Depression) is a common condition among men after the birth of a child. Postpartum depression is traditionally thought to only affect moms. However, it is common among dads, too. In fact in a recent study published in the August 2006 issue of the journal, Pediatrics reported that 10 percent of all fathers in the U.S. are affected by post partum depression.

If your partner is depressed, there is a good chance you are too. Up to half of men whose partners have postpartum depression are depressed themselves.

PPND is a very serious condition. But it's also a very treatable condition. If left untreated, however, PPND can result in damaging, long-term consequences for yourself, your child, and your family as a whole.

What Puts Me at Risk For PPND?

Here are some of the things that may increase your chances of experiencing PPND:

- A lack of good sleep
- Changes in hormones
- Personal history of depression
- Poor relationship with spouse
- Poor relationship with one or both parents
- Relationship stress – with a partner or with in-laws
- Excessive stress about becoming a parent or father
- Nonstandard family (such as being unmarried or a stepfather)
- Poor social functioning
- A lack of support from others
- Economic problems or limited resources
- A sense of being excluded from the connection between the mother and baby



What you should know?

If you're like most men, you've been taught to hide pain. But hiding depression only makes it worse and can lead to other serious problems. Symptoms of postpartum depression in dads may include:

- Strong feelings of emptiness or sadness
- Tendency to withdraw from others such as family and friends
- Feelings of failure
- Suicidal thoughts



Possible reasons for postpartum depression among dads include:

- Increased responsibility
- Financial worries
- Feelings of entrapment
- Loss of freedom