

Preparing for after the birth

The birth can often feel like such a huge event that not much time or attention is given to fatherhood and parenting. Having a baby changes relationships, carries responsibility and has significant financial impact, whilst also being a time of intense joy and pride. Up to 10% of new dads can suffer from postnatal depression, so if you start to feel changes in your mood, talk to your family, friends and GP.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/dad-to-be-pregnantpartner/
- **National Childbirth Trust**
www.nct.org.uk/pregnancy/dads-view-pregnancy
www.nct.org.uk/professional/diversity-and-access/supporting-dads
- **Working with men**
<http://workingwithmen.org/>
- **Best Beginnings**
www.bestbeginnings.org.uk/fathers

