

## Field Guide to Fatherhood

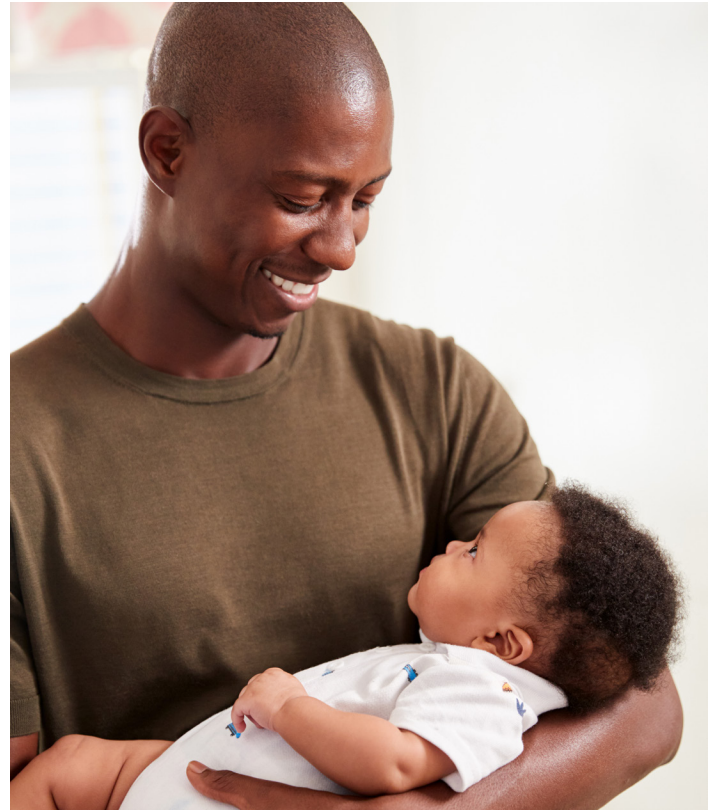
Finding out you are expecting a child is big news! You might be excited, anxious, overwhelmed, and overjoyed. We want to share some tips and resources to help you feel more prepared.

### You got this!

New moms go through all the physical and mental changes of pregnancy and birth that help prepare them for parenthood. But nature helps dads too! Science has discovered that taking care of a baby changes a new dad's hormones and brain to help them be more in tune and responsive to their baby! Spending time skin to skin with your baby can help this work even better. [Dads who spend time skin to skin with their new babies](#) score lower for anxiety and depression and bond with their babies more quickly.

### You have a special role!

In the early days when all baby seems to do is eat and sleep, it can be hard for dads to know they are important. Being involved with the daily care of your baby can help you build your new fathering skills and feel more confident. As you soothe, comfort and responds to your baby's cues, you will learn what they need. [Recent research shows](#) that fathers have the capacity for care giving and that children benefit directly from having an involved father. Fathers help children develop a strong sense of security and self-confidence. Many studies have shown that children with involved fathers have better language skills, brain development and do better in school.



### Your health matters!

Having a child brings changes to men's health in many ways. Lack of sleep, lack of time and energy to workout and the mental weight of your new responsibilities can drag you down. Did you know that 1 in 10 men experience postpartum depression (up to 50% when baby's mom is depressed)? But new dads don't always see their doctor or know when to ask for help. Its important to have mental and physical health problems recognized and treated early so you can be healthy and available for your new family.

June 20th, 2022 is [International Fathers' Mental Health Day!](#) This day helps raise awareness about the unique mental health strengths and needs that fathers have.

Read on for more local classes and resources to support you in your new adventures in fatherhood.

# Five Ways Fathers Support Their Child's Learning Every Day



## PLAY

Fathers play with their child to help them learn social skills.



## FOLLOW

Fathers follow their child's interests and encourage exploration and discovery.



## TALK

Fathers talk with their child about what they are doing and learning.



## LISTEN

Fathers listen to their child when they talk about their feelings and ideas.



## LOVE

Fathers love their child as a unique and special person.

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## Resources for Dads

- [Coach4Parents](#) - one-on-one parent coaching by [Richard Halpern, M.A.](#). Free for Linn, Benton, and Lincoln County families.
- [Nurturing Parenting](#)- Join [Seashore Family Literacy](#) on Monday nights to learn new skills and make new friends! Choose the topic and night you want to attend or attend them all. Home cooked meal and child care available.
- [This is Fatherhood](#) - Oregon parenting educator, Michael Finlay, providing parenting education and fathering support to dads and parents.
- [Help for Dads](#) - Support for dads, a helpline, Dad Support group, Fatherhood expert chats, and access to mental health support coordinators for Dads from Postpartum Support International.
- [Gay With Kids](#) - Resources, website and social network dedicated exclusively to serving the needs of gay, bi and trans dads and dads-to-be.



### Father's Playbook

About to be a Dad and trying to make sense of pregnancy, what to do, and where to start? [The Father's Playbook app](#) is here to help. This app is developed for guys to help them understand pregnancy and prepare them for after the baby comes.



### National Responsible Fatherhood Clearinghouse

[The National Center for Fathering](#) strives to improve the lives of children and establish a positive fathering and family legacy that will impact future generations by inspiring and equipping fathers and father figures to be actively engaged in the life of every child.



**fathers.com**  
Encouragement, Support & Guidance

Becoming more involved in your child's life can take a lot of different forms. At every stage your children can benefit from your involvement. Take time to be a positive and supporting part of your child's life. [The resources and links](#) here are a great starting place to learn more.



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