



PERINATAL SUPPORT
WASHINGTON

RESOURCES & REFERRALS FOR DADS

Community resources for dads
in Washington state.

perinatal-support.org

WARMLINE: 1-888-404-7763

last updated: June 2020

PHONE SUPPORT

Perinatal Support Washington's Warmline. Talk to a dad today. Our Warmline has dads available to talk about your or your partner's emotional health. Call or text 1-888-404-7763

Postpartum Support International's First Mondays Chats for Dads: <http://www.postpartum.net/chat-with-an-expert/chat-with-an-expert-for-dads/>

LOCAL RESOURCES

Swedish Dads Programs

The DAD (Dads and Development) Project:
<http://www.swedish.org/classes-and-resources/childbirth-parenting-classes#DAD>. Designed to help fathers create a meaningful relationship with their infant. 5 weekly 2-hr sessions. For dads with their babies up to 8 months old.

Conscious Fathering

In this 3-hour workshop, expectant fathers and new father figures will learn how to meet baby's cycle of care and discover a framework for solid fathering for all of their child's ages and stages.

Seattle Swedish Hospital: http://www.swedish.org/classes-and-resources/childbirth-parenting-classes#Conscious_Fathering
Kirkland Evergreen Hospital:
<https://www.evergreenhealth.com/family-relationships>
Seattle, Mountlake Terrace, Renton with Parent Trust:
<http://www.parenttrust.org/for-families/classes/parenting-preparation/conscious-fathering/>

Wellspring Family Services / Father's First Steps

<https://wellspringfs.org/counseling/baby-changes-everything-workshops-and-classes-new-parents>. 6-week class for dads and their babies up to 8 months old. Bellevue.

PEPS for Dads Events

<http://www.peps.org/programs/dads>. Dads get together for camaraderie and to hear an expert give a short talk on a topic relevant to dads, followed by Q&A and time to hang out with other new/expectant dads.

Active Dads Network

<https://www.meetup.com/Seattle-Stay-at-Home-Dads-Group/>
Specifically for at-home dads. Includes weekly drop-in every Thursday in West Seattle.

Seattle Stay At Home Dads

<https://www.facebook.com/groups/SeattleStayAtHomeDads/Me>
et-ups and support.

West Seattle Dads

<https://www.facebook.com/groups/1647594788859041/>
Specifically for dads in West Seattle.

DADS (Divine Alternatives for Dads) <http://www.aboutdads.org/>
Helps dads with reunification, education, effective parenting, mentoring, and partnering. Weekly support groups in Seattle and Tacoma.

Dynamic Dads <http://www.dynamicdads.com/>. Encouraging involved fatherhood.

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the emergency room, or use one of the resources below:

- Being afraid to be by yourself
- Hearing sounds or voices that no one else does
- Having thoughts of harming yourself
- Having thoughts of harming your baby or your partner

Comprehensive Crisis Services:

Crisis Clinic's 24-hour crisis line (King County, WA):
Call 1- 866-4CRISIS (427-4747)

National Suicide Prevention Lifeline:

Get connected with a skilled, trained crisis counselor at a crisis center in your area 24/7. 1-800- 273-8255

National Sexual Assault Hotline (24/7):

1 (800) 656 HOPE.

Washington State Domestic Violence Hotline:

(8AM - 5PM), 1-800-562-6025

THERAPY, MEDICATION MANAGEMENT, AND GROUPS

New Parent Groups that welcome dads:

Perinatal Support Washington.

Support groups that specifically welcome dads are Early Days in West Seattle and This Is Not What I Expected in Kirkland. Search here for more groups: <https://directory.perinatal-support.org>

Wellspring Counseling's Father's First Steps.

A 6-week group for fathers and their babies up to 8 months old. Bellevue. <https://wellspringfs.org/counseling/fathers-classes-workshops>

Find a therapist:

Perinatal Support Washington

<https://directory.perinatal-support.org/therapist>

Psychology Today

<https://therapists.psychologytoday.com/>

Find a specialist who can manage medication:

Perinatal Support Washington

<https://directory.perinatal-support.org/medication>

Psychology Today

<https://psychiatrists.psychologytoday.com>

NATIONAL RESOURCES

PSI Resources for Fathers <http://www.postpartum.net/get-help/resources-for-fathers/>. **First Mondays Chats for Dads:** <http://www.postpartum.net/chat-with-an-expert/chat-with-an-expert-for-dads/>

Postpartum Dads <http://www.postpartumdads.org/>. For dads/partners of those experiencing a PMAD.

PostpartumMen <http://www.postpartummen.com/> A resource for men who may be experiencing a PMAD themselves.

National At Home Dad Network <http://athomedad.org/> and <https://www.facebook.com/groups/nahdn/>. For dads as primary caregivers. For dad groups: <http://athomedad.org/dad-groups/find-a-dad-group/>

New Dads Place <https://www.facebook.com/groups/newdadsplace/>. A closed Facebook group for new dads to share privately and safely.

DadLabs www.facebook.com/thedadlabs and <https://dadlabs.com/>: Funny and informative site for expecting, new, and veteran dads.

Center for Men's Excellence <http://www.menexcel.com/advice-for-new-dads/> Video advice for new dads

The Good Men Project <http://goodmenproject.com/category/families/> What it means to be a good man and dad in the 21st century.

Daddit <http://www.reddit.com/r/daddit>. Social media platform for dads

National Responsible Fatherhood Clearinghouse <https://www.fatherhood.gov/for-dads>. Resources for getting involved in your child's life.

National Fatherhood Initiative www.fatherhood.org. For engaging dads in their children's lives.

MOST IMPORTANT ROLES & BEHAVIORS FOR DADS OF YOUNG CHILDREN

Foster a positive relationship with the child's mother.

Spend time playing and having fun with your child.

Nurture the child by being responsive to your child's cries, hugging, feeding, and providing for basic care.

Discipline appropriately. Maintain control of your emotions, body language, and your hands when you discipline. Remember that you can't discipline an infant or newborn.

Serve as a guide to the outside world. Encourage small steps toward autonomy.

Protect and provide. Help babyproof the home, attend the child's medical appointments, and monitor the child's social environment.

Be a role model. Promote the "mission" of your family by taking part in work, religious/spiritual practices, and social activities. Acknowledge when you make mistakes.

Adapted from The Importance of Fathers in the Healthy Development of Children, by the Department of Health and Human Services, Administration of Children, Youth, and Families, 2006

RESOURCES FOR SPECIAL GROUPS

Feather Boa Fathers <https://www.facebook.com/groups/44629598366/> For gay dads (national)

Dads M.O.V.E. <http://dadsmove.org/dads-support-groups/> Dad-driven peer support model for parents and families of children with emotional, behavioral, and mental health needs. Support groups in Tacoma.

Families of Color Seattle <http://focseattle.com/>. Register for their Dads' Group here: <http://www.focseattle.com/new-foc-homepage/register-for-a-group/>

Rainbow Families of Puget Sound <https://www.facebook.com/groups/rfops/> For LGBT families in the Puget Sound.

SYMPTOMS FOR DADS

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

Common symptoms of paternal postpartum depression:

Anger, Blaming others, Drinking, Irritability
Withdrawing/ Social Isolation, Insomnia
Not taking joy in activities, Overworking
Acting defensive or combative

Common symptoms of paternal postpartum anxiety:

Panic attacks, Worry
Obsessive thoughts, Compulsions

<https://postpartumhealthalliance.org/get-help/for-dads/>

OTHER GREAT RESOURCE LISTS

PEPS:

<http://www.peps.org/ParentResources/by-topic/just-for-dads>

Postpartum Progress:

<http://www.postpartumprogress.com/category/help-for-fathers>

Perinatal Support Washington: On info hub search blog posts on partners: <https://perinatalsupport.org/info-hub/>

BOOKS

The Postpartum Husband: Practical Solutions for living with Postpartum Depression, by Karen R. Kleiman. Geared toward supporting women with perinatal mood and anxiety disorders.

Tokens of Affection: Reclaiming Your Marriage after Postpartum Depression, by Karen Kleiman and Amy Wenzel.

Be Prepared: A Practical Handbook for New Dads, by Gary Greenberg and Jeanie Hayden

The New Father: A Dad's Guide to the First Year, by Armin A. Brott

Fatherhood: Why Father Care is as Essential as Mother Care for Your Child, by Kyle D. Pruett

Wild at Heart: Discovering the Secret of a Man's Soul, by John Eldredge

Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know, by Meg Meeker

The Baby Owner's Manual: Operating Instructions, Trouble-Shooting Tips, and Advice on First-Year Maintenance, by Louis Borgenicht and Joe Borgenicht.