Talking to Dads
Talking to dads

Maternal and Child Health

gets a big ✔ from dads
Talking to dads

Writing to the new family

“Dear new mum and dad...........”
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Meeting dads for the first time
Talking to dads

Tell him why he’s important
Talking to dads

Highlight Research about being involved

A report of the Fatherhood Engagement Research Project 2009-2010
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A report of the Fatherhood Engagement Research Project 2009-2010

1. Benefits for children’s development:
   - improved social competence (Ryan & Brooks-Gunn 2007)
   - reduced anxiety (Culp et al, 2000)
   - higher self esteem (Flouri 2005)
   - better health outcomes (Ball & Moselle 2007)
   - increased cognitive abilities (Yogman, Kindlon & Earls 2005)
   - healthier relationships with peers (Lamb 1997)
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A report of the Fatherhood Engagement Research Project 2009-2010

1. Children development continued:

- Supportive, positive play is associated with enhanced cognitive development and reduced delay among disadvantaged children (London & Cabrera 2002)

- Positive effects ongoing throughout childhood and adolescence (Flouri & Buchanan 2003)
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The report of the Fatherhood Engagement Research Project 2009-2010

2. Benefits identified for families include:

- support for partners and contribution to care giving (Goek-Morey & Raymond 2004)

- increased empowerment in parenting (Fletcher 2009)

- his transition from self interest to broader considerations of care (Bradford & Hawkins 2006), and positive individual growth (Brotherson et al 2005) as he participates more in family life (Henwood & Procter 2003).
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The report of the Fatherhood Engagement Research Project 2009-2010

3. **Benefits for communities:** research suggests a generational change that has men embracing fatherhood.
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Researchers followed a cohort of children born from 1958 to 2009 found, ‘fathers who spend time with them reading or going on outings, the children

- higher IQ’s
- were more socially mobile than those receiving little attention
- the differences in life changes were still detectable at 42yo.’ (Nettle, 2008, p. 421).
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“No mum or dad is perfect from day one.”
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Life has changed for him too

Western Australian Dept of Health
Postnatal anxiety and depression (2012)
What Dads and Mums need to know
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The 2012 WA Research:

Ways to support dad
• Encourage involvement with baby.
• Give him space. Allow him to explore fatherhood without you “watching over” him, and allow his confidence to grow.
• Give him credit. He may feel more comfortable in his role as a father than you think.
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The 2012 WA Research continued:

- Just because he does it differently to you, it doesn’t mean he’s wrong.
- He might become frustrated or anxious if he can’t “fix” a problem.
- Inviting him to attend appointments so he can touch base with a health professional.
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Often men don’t know what to ask
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If he can’t be at home for the first visit
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Ask after him
Talking to dads

Meeting him at the Centre
Talking to dads

Men’s peculiarities
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More Research

South Australian study on Father Engagement (2010)
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South Australian study on Father Engagement 2010 found that with a Father Inclusive environment:

Service culture and environment
Improvements of 35% or more evident in all indicators.
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South Australian study on Father Engagement 2010 found that with a Father Inclusive environment:

Service relevance and accessibility
Improvements of 44% or higher evident in all indicators.
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South Australian study on Father Engagement 2010 found that with a Father Inclusive environment:

Strategic planning and accountability
Improvements of 30% or more evident in all indicators.
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Conclusion