HOW IS DAD GOING?

papi  pāpā
otosan  చాపా
vati  أب
pappie  abba
padre  Otec
babbo  Tad
baba  बबा
tata  तता
tevas  otac
Papa  tevas
maman-mamun

PANDA National Helpline
1300 726 306
howisdadgoing.org.au
The transition to parenthood brings many unexpected challenges
Dads need our support too

1 in 10 dads experience postnatal depression

It's not all black and white

“I started worrying the day I found out I was going to be a Dad. Did we have enough money? Was the house ready? Would I be the same sort of Dad as my own father? Worry became stress and stress turned to distress. I felt ashamed, after all, it wasn’t meant to be about me.”

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PANDA Perinatal Anxiety & Depression Australia