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Mind the Dad: Supporting Fathers in the Perinatal Period

Abstract

Mind the Dad is a new service providing evidence-based interventions for fathers struggling with the transition to fatherhood. 1 in 10 new dads experience mental health problems during pregnancy and after birth and many require support to cope with their new role. However, there is little in the way of assessment and support for dads in this period, with many falling through the gaps. We offer a range of online programmes for fathers, including virtual groups, which can help dads to connect with other dads in similar situations. We will be sharing some of our learnings working with fathers, from engaging them in the service, through to assessment and intervention.

A father who received one of our programmes, the Reflective Parenting group, will also be sharing his experiences of accessing support through Mind the Dad. Reflective Parenting is a short-term psychoeducational intervention based on mentalisation, which aims to help dads understand the thoughts, feelings and needs of both themselves and their babies, in order to improve their family relationships and build their confidence as fathers.