

# Don't Forget Dad – Resources

## Resources

### Reflective Exercise

Psychologist Courtney E. Ackerman (2017) has developed a reflective exercise to help people reflect mindfully on the issues they are facing and the coping mechanisms they employ to deal with the problems. It can be found at: <https://positive.b-cdn.net/wp-content/uploads/Coping-Styles-Formulation.pdf>

In addition, it can also be helpful to dedicate some time either alone, with a journal, or with a loved one to reflect on your wellbeing. It's important to do this with empathy and without judgement – observe your day, concerns, and struggles. Here are some helpful prompts to consider when reflecting:

- Describe how you are feeling: where in your body do you feel it? what thoughts accompany this feeling?
- Describe the context in detail: where were you? what you were doing? what happened? how did it make you feel?
- Are there any triggers? Are any past experiences or memories associated and evoked?
- How do you respond to your problem/feeling? How did others around you respond?
- Is there anything you would want to do differently the next time?

### Books

Olivier Spencer, 2019, *“Sad Dad: An Exploration of Postnatal Depression in Fathers”*, Free Association Books.

Jane Hanley and Mark Williams, 2019, *“Fathers and Perinatal Mental Health: A Guide for Recognition, Treatment and Management”*, Routledge.

### Informative podcasts

*“Postpartum Depression in Dads and Partners”*, Dr David Levine, MD, paediatrician and board member, Postpartum Support International  
<https://www.chop.edu/health-resources/postpartum-depression-dads-and-partners-podcast>

*“Postnatal depression in men is a thing”*, Dr Marny Lishman  
<https://podcasts.apple.com/au/podcast/post-natal-depression-in-men-is-a-thing-dr-marny/id1475195002?i=1000541405066>

### NHS services and support for parents

<https://www.nhs.uk/conditions/baby/support-and-services/services-and-support-for-parents>