

Partner Page

Partner Tips:

- Take care of yourself
- Be empathetic: *provide affection*
- Be non-judgmental: *listen to partner*
- Be observant and call a physician (i.e. mom seems depressed, has a fever): *primary care, obstetrician, or pediatrician*
- Be aware
- Use “I statements” when expressing feelings
- Be available: *take care of infant so mom can have alone time and sleep or help with chores*
- Be patient
- Be collaborative with resources that are available
- Be open to help
- Be an engaged parent
- Get support



Paternal Online Resources:

- <http://dcmetrodads.com>
- <http://www.Postpartumdads.org>
- <http://Becomingdad.co>
- <http://Fathersforum.com>
- <http://Postpartummen.com>
- <http://Postpartumprogress.com>
- <http://www.postpartum.net/family/beyond-the-blues-partners/>
- <http://babycenter.com>
- <http://mamaglow.com>
- <http://greatdad.com>
- <http://whattoexpect.com>
- <http://mrdad.com>
- <http://dadsadventure.com>

- <http://athomedad.org>

Recommended Readings:

- **The Expectant Father: Facts, Tips, and advice for Dads-to-be** by Armin A. Brott and Jennifer Ash
- **Be Prepared: A Practical Handbook for New Dads** by Gary Greenberg and Jeannie Hayden
- **The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions** by Penny Simkin
- **From Dude to Dad: The Diaper Dude Guide to Pregnancy** by Chris Pegula with Frank Meyer
- **The Postpartum Husband: Practical Solutions for Living With Postpartum Depression** by Karen Kleiman, MSW
- **Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression** by Karen Kleiman, MSW & Amy Wenzel
- **The Journey to Parenthood: Myths, Reality, and What Really Matters** by Diana Lynn Barnes PsyD, LMFT
- **The 5 Love Languages: The Secret to Love that Lasts** by Gary Chapman
- **Seven Principles for Making Marriage Work** by John Gottman