



# How Dad can help Mom feel better

“The most important thing a father can do for his children is love their mother.”  
Theodor Hesburgh

## What Dad should know:

- Having a baby is a big change for a father too. You both might need support during this time.
- You may feel ignored, confused or angry.
- You can ask your doctor for help.
- Talking to other Dads can help.
- This is more common than you may think.
- Eating well, exercising and resting is important.
- Try to spend some fun time alone to keep your relationship strong.



**Asking for help is a sign of courage and strength.**

## How Dad can help Mom:

- Find out as much about postpartum depression as you can so that you know what Mom is going through.
- Families Matter has support for Dad's. Call us.
- Help organize things so your partner can get lots of rest.
- Help support Mom by caring for your child so Mom can exercise and eat properly.
- Take care of your child as much as you can.
- Remember that these difficult times will end.

**Postpartum depression is a treatable illness  
It will end.**

**Talking to us is good for you and your baby.  
We can help. Call 403 205 5178**

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