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‘‘Power to the Dads’’: Mixed Methods Exploration of Dads’ Voice, Participation, Understanding of Children’s Rights and Support.

Research Report

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PLANT YNG NGHYMRU
CHILDREN IN WALES

PROJECT OVREVIEW

This research was carried out in 2024-2025 academic year as part of BSc Childhood Development group dissertation in partnership with Children in Wales (CiW). It feeds into the Parents Connect Wales (PCW) project led by CiW with funding secured from the Welsh Government, aimed at empowering the voices of parents/ carers to promote children's rights'. An online survey was created to explore **(i) dads' voices and the extent to which they feel they are being heard, (ii) dads' participation in matters that impact their children, (iii) dads' understanding of children's rights, and (iv) dads' perceived level of support on their fatherhood journeys.** The outcomes of the survey are summarised in the 'what we found' section of this report. A series of recommendations are mentioned towards the end of this report, highlighting some measures that could be put in place to help empower dads, children and families.

Contents

INTRODUCTION

Children whose parents (i.e. a mother and a father figure) actively engage in their lives, report higher levels of wellbeing across numerous domains, including for example, life satisfaction (Bjarnason et al., 2012), form stronger emotional child-parent bonds (Potter, 2010), develop more profound emotional regulation skills (Gross, 2014), demonstrate higher self-esteem (Zakeri & Karimpour, 2011) and are less likely to engage in delinquency and criminal behaviours in adolescence and adulthood (TenEyck, Knox, & El Sayed, 2023) than children who lack this level of engagement, especially from the father. It is evident that **fathers play a crucial role in lives of their children and their wellbeing**, where fathers' active involvement not only benefits the child-father bond but also strengthens the family unit as a whole.

In attempts to engage with parents (within the public sector including health care and education, for example), **dads' voices are not always considered and heard to the same extent as the voices of mothers.** Such gap in opportunities could be due to a number of reasons, including for example, the fact that dads are typically viewed by the society as (i) more responsible for providing financially for the family, (ii) less competent at caring than mothers, (ii) 'the strong ones' providing support to mothers but not expecting support in return (Williams, 2020). As a result, mothers have been considered the primary carers for their children, where the importance of dads' involvement in their children's lives and wellbeing is often being forgotten.

Research Aim 1:

To gather dads' perceptions of the extent to which their voices are being heard.

It is also vital for **dads to be involved and have their opinions and voices heard when decisions directly affecting their children's lives are being made** by others at a wider level. This includes for example decisions regarding the functioning of family, school or larger community (e.g. children's playground; Welsh Government, 2016). Hearing dads' voices is crucial in attempts to create high quality services that will strengthen parents and families and ensure that the rights of children are met (Children in Wales, 2025).

Research Aim 2:

To hear dads' voices on their participation in the decision making of matters concerning their children.

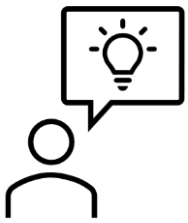
Unlike children, adults including parents/carers are able to communicate their own issues once their needs are not met. They have their own voice which is often respected and heard. Hence, it is important **to promote children's rights and parental (including fathers') awareness of children's rights, so that children's rights can be fulfilled,** to ensure that every child can thrive and remain free from exploitation and abuse.

The United Nations Convention on the Rights of the Child (UNCRC; UNICEF UK, 1989) is the human rights pact with the greatest number of ratifications in existence which outlines that every child has rights, irrespective of their gender, age, ethnicity, affluence or geographic location of

birthplace. The Convention is the international law document that enshrines these rights are applied to all persons to the age of 18.

In Wales, the Children's Commissioner for Wales supports children and young people to find out about their rights under the UNCRC, and promotes positive change for children and young people.

The current project aims to explore the extent of dads' awareness of children's rights and how they can support their children, as their voices are not always being heard.



Research Aim 3:

To explore dads' awareness of children's rights.

As men enter the new world of **fatherhood**, they often face symptoms of **anxiety and depression** (Change Mental Health, 2022). Dads experiencing **mental health problems** during the perinatal period are up to 47 times more likely to be classed as a suicide risk than at any other time in their lives (Quevedo et al., 2011). However, dads' emotional struggles often go unrecognised, as the post-partum monitoring and health checks are predominantly directed at mothers and the baby. Mental health difficulties faced by dads create a barrier to father-child bonding, the level of support they can provide to their partners and the overall strength of the family, where the wellbeing of all members may be at risk as a result (Levy & Kotelchuck, 2022).

Research Aim 4:

To explore the extent to which dads feel that they have been supported on their fatherhood journey (by professionals and other individuals).

The following section includes information on how the research project was conducted and participant demographics.

WHAT WE DID

We asked dads[1] to complete an **online survey**, which consisted of **close and open ended questions (40)**. The survey included four following sections: (i) the extent to which dads believe their voices are being heard, (ii) the level of dads' perceived participation, (iii) dads' understanding of children's rights and (iv) the level of perceived support dads' received since the birth of their child/ren. The survey was shared with researchers' and project partners' existing contacts and social media platforms. Descriptive Statistics and Narrative Summary were used to analyse the survey data that were collected in spring 2025.

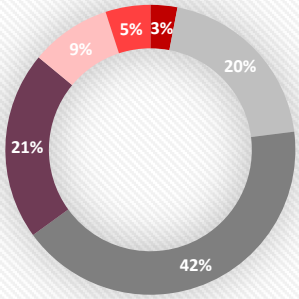
There were **97** dads who took part in the survey, which enabled us to capture **voices of over 200 children.**

[1] For the purpose of this study, ***dad*** is defined a 'father figure' - someone who believes that they care for, provide for and/or have a connection to a child (biological or non-biological), regardless of their legal responsibility.

Dads were aged between

<25 and 65+

Dads' Age Groups



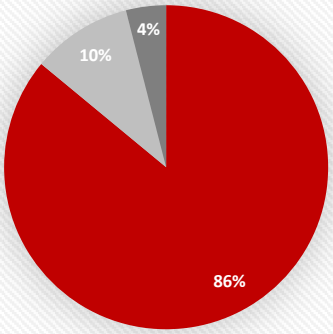
73% of dads shared household with their children

93%

were biological dads

Dads had between 1-4 children aged between 0-18+ yrs

Dads' Residency

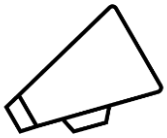


Most dads resided in

(South) Wales

DADS' VOICES and the extent to which they feel that they are being heard

❖ **21%** of dads felt as though their **voices are not being heard as a dad:**



''Went through 3 court battles for my eldest 2 to finally get 50/50 and schools/doctors still don't take me seriously.''

❖ This was particularly the case for children's **education and health,** where many dads felt **unimportant to health care professionals** (e.g. during antenatal appointments, during and after childbirth, during health visits), as illustrated in the quote below:

''In antenatal clinics I was often made to feel insignificant and worthless when discussing the pregnancy and health of the baby, more than once I was ignored, asked to sit in a corner or asked to leave the room without explanation, being supportive I put up with this, but I would describe the treatment of me as a dad as almost hostile.''

❖ Feelings of being overlooked and not having a voice was **amplified** in cases where the **parents separated,** shared the custody of the child or entered into new family arrangements (as step dads):

''After marriage breakdown every man and his dog blames dad no one heats or listens to your worries concerns ideas or obstacles and always takes pitty and offers the world to their mum and in every way

imaginable whether or not alienation is a factor, narcissism or toxicity clear as day brushed aside. Doesn't seem to be a body or organisation that is able to speak up for a dad and support that aspect. To which dads do end up not getting heard in the futures of their children.''

''I think in a lot of families, with a 'step' parent involved, that it would be easy for the step parent to take a back seat and be left out or at least feel left out. That would particularly apply in scenarios where there is friction between either both of the biological parents and/or between the stepdad and real dad. In my experience as a stepdad, I was often able to give a different perspective on some things to the biological parents, occasionally acting as a mediator if they couldn't agree on something, which can be quite common when dealing with people who have separated/divorced, etc!''

❖ **45%** of dads believed **more can be done to make dads feel that their voice is being heard** when it comes to decisions that affect their children. This included:

• Greater support for dads to be the best dads they can be for their children via **dads' classes and information share / access**

• **Training for public sector workers** (e.g. health care professionals) on recognising the integral role dads play in their children's lives (i.e. 'parental equality'):

''Dads need to be treated as an equal partner to mum.''

• **Shifts in cultural norms and practices** so that fathers who are part of their children's everyday routines is ''celebrated, encouraged, promoted and '**normal**' ''

''With dads better recognised as care-givers too, rather than as some sort of detached financial hunter-gatherer figure whose principle role in the child's development is to bring in money.''

DADS' PARTICIPATION in decisions that affect their children's lives

❖ **74%** of dads felt as though they **took part in decisions made by others that affect their children** (e.g. decisions regarding family, school and the larger community)

❖ Dads were **most satisfied** with decisions regarding **family** matters and **least satisfied** with decisions made at their **local community** levels

''I am the primary care giver, point of contact and chief organiser in the house, my wife has a long term health condition and I act as her carer and organise the household. My wife and I discuss all major decisions and where appropriate include our daughter in the decision making process.''

❖ **60%** of dads believed **more can be done to support dads to be involved in decisions** that directly affect their children. This included:

- **Greater consideration, consultation and involvement** of dads from partners and professionals (e.g. in health and education settlings), so they can have an equal say. It was suggested that dads should be 'on the same page' as mum from the time before the child is born:

''More awareness and public support. In public places lots of the 'advertisements'/ 'information' is targeted at mothers. There's a feeling that the mother knows more about parenting, which could be down to a longer period spent with the child after birth, as maternity and paternity leave are so different. I feel fathers then rely more on the mothers instincts than their own. I think that of there was a push towards mother's offering encouragement to fathers to learn together at early stages during a child life, the father would be more inclined to participate in decisions as they arise later in life.''

''Although my partner always includes me whenever we have gone to the hospital for our son or GP they only direct information and ask for answers from her. They do not recognise me there as a parent, ***I often feel invisible to them*** *but my partner addresses me always. They need to acknowledge that in two parent families that there are two parents and us dads are involved.''*

''I feel like the role of a Dad is overlooked by a lot of people. For example, in a recent parents evening, a lot of

the time the teacher spent discussing my daughter's progression to my wife, barely making eye contact with myself. More effort could be made to include Dads in the day-to-day running of a child's life. More communication with the Dad, rather than just relying on the Mum for everything.''

''Sometimes it's not the fathers that are not making the decision/ involved because it's the mothers that stop the fathers from having a choice on the decisions or participating in their child life.''

The following quote effectively summarises ways forward regarding dads' participation:

''To help dads participate in key decisions about their child's life, we should improve communication, create father-friendly spaces, recognize their role, offer practical support, and challenge societal stereotypes.''

DADS' awareness of CHILDREN'S RIGHTS

- **55%** of dads were **knowledgeable on children's rights**, including for example the right to live, live a life free of neglect, and access to education and healthcare

- Dads felt **confident** in their ability to: **support children's best interests (92%)**, speak up for children and make sure their rights are being met (82%) and defend children's rights (80%)

- However, **52% of dads have not heard about the UNCRC:**

''I've not had cause to research what they are [UNCRC] and probably assumed they aren't things I need to investigate.''

''I think generally if you're involved as the father you strongly empower your children's rights, whether or not you've heard of UNCRC.''

• Dads believed that their **awareness of children's rights could be promoted via parental educational workshops** delivered soon after the birth of a child, as part of the **school curriculum, through healthcare and childcare providers who would 'actively involve fathers in discussions about their child's well-being and legal rights' , and via wider publicity (including social media campaigns and community groups),** as outlined in the quotes below:

''… I believe by the time you are a dad, it's a little late. I would want children's rights to be something explored at school age. It should be something that everybody understands in the context of human rights more broadly.''

''I think schools and health and social care services could do a better job of sharing this information in a way which makes sense to dads. On a practical level telling a dad about the specific sections of the UN charter may be almost meaningless. I would want to know specifically how to protect my children's rights and if they are entitled to something how I can go about ensuring they have access to support, education, health care and education.''

DADS' perceived level of SUPPORT on their fatherhood journeys

❖ Over a **third of dads** (i.e. 35%) reported that they have **not received any support** in their **role** as a **dad, leaving them to 'their own devices'** whilst entering the world of fatherhood:

''Personally I feel like I didn't really have any support when my child was born, you sort of get paternity leave and then it's just back to work but on top of the stresses of work, which providing financially etc. come under you also, have to be there to support your partner and look after a child, which personally wasn't something I had ever done and found hard to adjust to.''

''…All the healthcare support provided at an early stage was aimed at mum and baby (both at hospital pre-birth, throughout the delivery process and with the health visitors thereafter). This was occasionally unsettling and made me feel as though my role as a parent was very much secondary…''

❖ Dads often reported that the only **support** they have **received** has come from the **partner, family and friends,** however this has not always been possible:

''My own father was not good at giving advice and thus I never asked him for advice nor did he offer it. I couldn't get advice on being a father from friends who were

younger than me and I had no father figures in my life to ask. Having had no grandparents alive when young I had no grandfathers to help me either. There were no classes, leaflets, or contact from health professionals specifically focussed on how to be a good dad.''

''I had no support from medical staff or midwife what so ever, and they only just supported my partner. But the support myself and partner gave each other was perfect, and a lot of research online helped incredibly.''

''Support has come strongly through social groups - family and friends. Very little 'official' support (though I have sought little).''

❖ Some dads felt that there was a **lack of support and resources** around **'how to be a good dad':**

''None [of the support is being received] at the moment. I've asked for classes or courses to improve my knowledge on how to best rise my first child and I have received only 1 so far before he was born and it was cut short by few weeks and all sessions seemed rushed.''

''It's hard to quantify, you speak to other dads once you are a dad but [you] don't get a lot on how to be a good dad.''

❖ However, some dads thought that **seeking support** may **not** be in dads' **nature** due to a number of reasons, as depicted in the following quotes:

''For me it's more about the stereotypical norms, society as a whole sees more involvement based around mothers and that they are the ones that need the main support. Equally it isn't as openly spoken about between other fathers/men as easily as it would be for mothers. I couldn't see a group of fathers openly admitting to be struggling with the up-bringing of their child or when making decisions as he may feel too vulnerable or that speaking out, simple things like how to make a bottle, how to change a nappy, what his role should be as the father figure etc, doing so and not knowing answers or fear of failure may reflect as though he's a terrible parent/should be able to do the parenting basics without the need to seek help from others.''

''I think there is a stigma around getting help for men or asking for it.''

❖ Going forward, the following **suggestions** were made to **support dads and families** as a whole:

''The government [should support dads by] running DAD groups to show struggling dads a better way to deal with things, put in place free counselling for families so they learn to communicate better and make better decisions not only as a couple but as a family.''

❖ Regarding **dads' support groups/classes**, **45%** of dads thought these would be **beneficial**, as they may provide a safe space for dads to talk without fear of judgement, parenting support, confidence as well as

opportunities to share experiences which can be reassuring as stated by one of the dads:

''It's very refreshing to know that I'm normal.''

''Male only support groups [would be beneficial for dads], more openly spoken about the troubles and worries a father may have as a parent, having a place that nobody would judge and they could open talk about and through any problems they may or may not be having etc.''

''… I feel this would help lighten the load and spread the burden of parenting as it would naturally bring the father in to a more active role and empowering them to feel as though they have a say.''

''[Dads' support groups/classes] Would offer fathers more confidence. Single fathers might find it beneficial to access support for everyday things that they might get from the mother, for example, clothes sizes, doing hair, organising appointments etc.''

A brief evaluation of an existing dads' support program *For Dads by Dads* run by Torfaen Sports Development was also conducted as part of this research project (see Appendix 1 for more information).

• However some believed that **dads support groups/classes would not work** due to previous negative experiences of support groups, other commitments, mental health issues and inability to talk openly:

''I just don't think it sits right with most males.''

• Equally, some dads didn't think that support groups would helpful when it comes to being taken seriously as a dad and suggested **changes are needed regarding the wider 'system'** including legal proceedings support (including mediation support and advice), support with relationship disputes, changes around paternity leave, greater equality and acknowledgement of dads' roles in children's lives (e.g. greater media coverage).

I think in nearly four years of being a dad, this is the first time someone outside my social/familial/work circle has asked how I am experiencing the most significant changes of my entire life, to date!

SUMMARY

About **one fifth of dads** felt as though their **voices are not being heard**, especially by professionals in the medical and education sectors. Suggestions have been made to help tackle this issue, including (i) dads' classes and information share/access, (ii) training for public sector workers on 'parental equality', and (iii) cultural and societal shifts towards 'normalising' dads' involvement in children's day to day life.

Almost **three quarters of dads** felt that they **took part in decisions made by others that affect their children.** Involvement in decisions made at the community level were rated as least satisfactory, whereas involvement in family related decisions were perceived as most satisfactory. More than half of dads thought that greater support is needed to help them get involved in the decision making process in matters affecting their children. Having an equal say to mothers, in addition to greater consideration, consultation and involvement of dads by partners and professionals as well as challenging societal stereotypes were suggested as ways towards a positive change in dads' participation.

Just over **half of dads were knowledgeable** of **children's rights** and about half of dads have never heard of the UNCRC. Education workshops, adjusted school curriculum, greater involvement of dads in discussions by public sector professionals and wider publicity were suggested as ways to enhance dads' knowledge of children's rights.

Over a third of dads received no support in their roles as fathers. Most support has been provided by family and friends, where possible. Dads expressed a need for resources on 'how to be a good dad'. Just under half of dads thought that dad-oriented support groups/classes may be beneficial. However, some dads may not access the help available as it may make them admit to their vulnerabilities and also due to stigma and judgement. Changes within the wider societal system and the levels of support were suggested to ensure future dads (and their children and families) can thrive.

RECOMMENDATIONS

RECOMMENDATION 1:

The society's mindset towards dads needs shifting

Shifts are needed regarding the **mindset towards dads within the wider societal 'system',** to ensure dads' say is **equal** to the mothers. This includes challenging **stereotypes** associated with the roles of fathers and moving away from 'the dark ages' and **stigma** to allow dads be vulnerable without having to face judgement so they can access the support they may need to become best dads for their children.

RECOMMENDATION 2:

The importance of dads' involvement in children's lives needs to be recognised

Recognising the importance of dads' roles in children's lives as well as **greater consideration, consultation and involvement of dads** in matters related to their children from birth, by **public sector professionals**, especially in the education and healthcare settings may help promote wellbeing not only of dads, but also children and strengthen family units.

RECOMMENDATION 3:

Dads need to be provided with the resources they need to become best dads for their children

It is important to put in place **strategies** to ensure that **dads are supported from the moment their fatherhood journeys begin**, so they feel equipped to deal with the 'most significant change' in their lives. This includes (i) **paternity leave adjustments**, allowing dads more time to settle in, bond with their children and support their partners; (ii) **access to dad oriented support groups**, (iii) **resources on 'how to be a good dad'**, and (iv) **support for family units**. The following suggestions were made to help support families: free family counselling, relationship dispute provisions, and legal proceedings assistance (including mediation support and advice). Supporting dads in their wellbeing, coping, and communication may empower dads, children and families.

‘‘Overall being a parent is hard and life is never easy, there is always new hurdles and challenges. But it is so rewarding and I love being a dad …’’

Dr Klara Price

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2025

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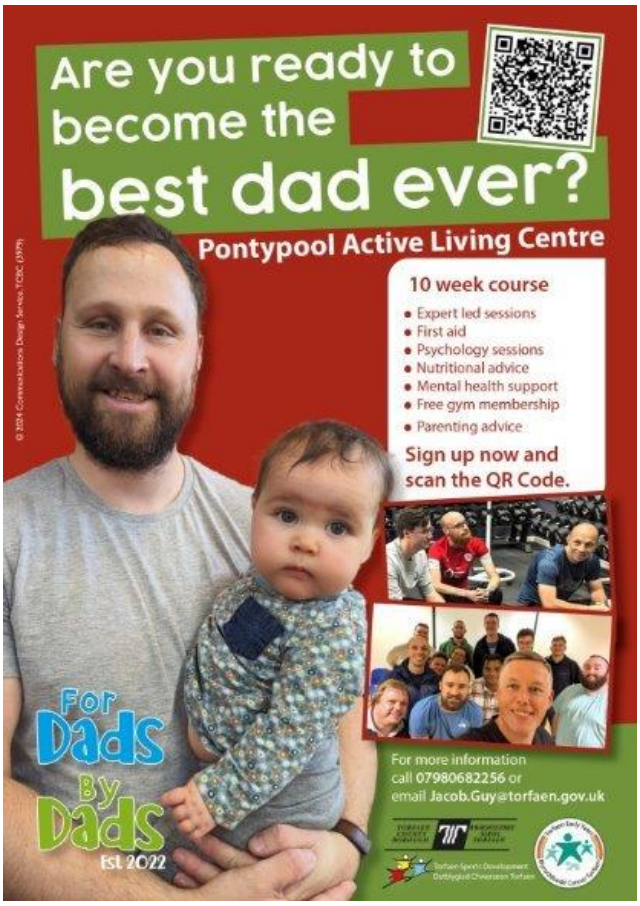
Appendices

APPENDIX 1: Evaluation of the *For Dads by Dads* (FDBD) Program

(1) What is FDBD?

FDBD **is a 10-week peer-led support program** designed specifically for fathers to promote **mental well-being**, build **coping strategies**, offer **parenting guidance**, and create a **safe, inclusive space** for dads to connect. In 2024, the program won the Heart of the Community Award (Torfaen).



Key features of the program include:

- **'Walk and Talk' sessions** to encourage open conversation in a relaxed setting
- **Guest talks** from external organisations based in the community, offering support and resources
- **Ongoing peer support via WhatsApp**, where dads share parenting milestones, seek advice, and stay connected
- **Focus on building community**, helping dads form long-lasting bonds, feel **less isolated**, **more confident**, and **better equipped** to navigate fatherhood — together.

The program is currently **linked** with the following bodies:

- BBC,
- Local health board (Aneurin Bevan),
- Health Visitors and Midwives,
- The program offers Circle of Security,
- Suicide First Aid Training and more.

Going forward, the program hopes to link with local café (Grounded/Tidy Butt) to hold a monthly coffee meet up to continue group membership for FDBD members.

(2) The Value of FDBD

As part of this research project, **two interviews** were conducted with dads who have completed the support program. The transcripts were analysed using Thematic Analysis, which revealed the following themes:

(1) 'I've got the information': Knowledge

(2) 'You can ask stupid questions': Feeling supported

(3) 'We're now a community': Social Network & Shared Experiences

(4) Ongoing connection & support beyond FDBD

(5) 'Having an effect on generations': Long-term impact of the program

The Value of FDBD: Themes Explained

The information below provides more information regarding the 5 themes listed above.

(1) 'I've got the information': Knowledge

- The program equips dads with **valuable knowledge** regarding for example, mental health, coping and parenting
- It also helps dads **feel more prepared for fatherhood** and helps to guide them when searching for information
- FDBD gives dads the tools to help them **become the best dads** to their child/ren

> *''I would be a mess now [it's one week before our baby is due; if I haven't engaged with FDBD] ... I don't know everything and you know, I've still got the fear of the unknown, right? I don't know what it feels like to be a dad yet … But it's one of those things that I feel much more prepared going into it. There's less of the unknown and that is thanks to For Dads by Dads and also the Circle of Security group, which we can't forget about because that talks about, you know, how the child grows and building your relationship with the child and how to be the best parent you can be...''* (dad1)

(2) 'You can ask stupid questions': Feeling supported

- FBDS helps dads gain new knowledge, **express their feelings** and **get advice**

- Dads can **ask** 'stupid' **questions** and also gain **access to professional support** if necessary

- The program is perceived as the **'biggest support'** that dads have **received** on their **fatherhood** journey

> *''The biggest source of support I've received has been the For Dads by Dads group, which was actually pointed to me by my [my son's] health visitor … [FDBD was] the biggest the game changer in the sense that it was a third party that allowed me to have my voice and to understand that I wasn't alone on the one hand and also that there were ways of improving things or like I could have some agency through them …''* (dad2)

(3) 'We're now a community': Social Network & Shared Experiences

- The program enables dads to bond with **like-minded people** who share the same experience of being a dad, **regardless of their social status** and job title:

> *"... you wouldn't know you'd be sat next to somebody who's a CEO of a company, sat next to somebody who's on benefits having a laugh and a joke about a common interest. It didn't matter who you were what status you had in society…… In that room, you were one thing and one thing only. A dad."(dad1)*

- This helps to establish a **sense of belonging** and **feeling connected** as well as reassured when knowing other people **share the same experiences**

- Dads are also able to **provide support to one another** and help each other out **outside of the FDBD program:**

> *"It's one of those things that we check in or how's he doing, you know, do you need anything? Right? Because I'm [x], I've got money to support my child. But at 18, I wouldn't have. So we're like, do you need nappies? Do you need bottles? What do you need? We'll go shopping. What do you want? You know, we'll do that. It's no issue." (dad1)*

(4) Ongoing connection & support beyond FDBD

- The **support** offered to dads does not stop when the program finishes – it offers other **follow-up** programs (e.g. Circle of Security)

- Dads can also **join other FDBD cohorts** and sessions and still access the support the program offers

- **WhatsApp groups** set up by dads during FDBD program continue to be active once the program has finished = ongoing social support

''[I'm no longer part of the program] but we have a WhatsApp group where we still communicate events and things so that's still pretty much on an active yeah. … [WhatsApp] it's a platform where you can ask the questions that I'd imagine you wouldn't ask anywhere else. So it's good that that's still there even after the programme is ended.'' (dad2)

(5) 'Having an effect on generations': Long-term impact of the program

- It has been mentioned that FDBD is a channel towards **supporting** not only **current dads** and all of **their children** (some may have 4), but also the **children of their children**, with a lingering positive impact, spanning across generations

- The program is also perceived as **preventative** in terms of **mental health difficulties** and provides a platform for wider support going forward

''So you're not just a dad once you're a dad twice and potentially three times if you live long enough. So you know this is the type of thing that you're systemically having an effect on generations, not just the here and now. And I think [FDBD organisers] don't realise the impact they're having.'' (dad1)

''Mental health and support services is a taboo subject, right? People think they only need it when something's wrong. This [FDBD] … is preventative coaching so that you don't panic, you don't go down that rabbit hole of Sheer. "Oh my God". You go along with one of these sessions or these cohorts and you think all right, I can do this. And if I can't do it, someone will know what the answer is.'' (dad1)

FUTURE STEPS: 'I think it needs to be everywhere'

- Some dads think that the program needs to be **promoted more** because of its positive impact on dads

    - *''There's nothing more they could do, but I think they need to get better marketing out there to get more dads knowing about it. I think this needs to be promoted, but not just by them. I think this needs to be everywhere. I think it is in maternity wards and things like that, which is a great place for it to be. But I think it needs to be promoted a lot more by a lot more people.''* (dad1)

- Some think that the programme should be part of a national initiative:

''… It would be great to see them [FDBD] grow and potentially be part of a maybe even a national education programme, you know, available through all councils of the country, that would be great.'' (dad2).

CONCLUSION

- Dads can sometimes feel invisible and unimportant in the society, which has implications for children's wellbeing and future generations.
- The FDBD has dads at the heart of everything they do, and provides a unique (life changing) opportunity for dads to (1) gain knowledge, (2) feel supported, (3) establish strong social connections with other dads sharing similar experiences, (4) access ongoing support, and (5) influence the future generations
- More of this valuable work needs to be recognised and shared

MORE INFORMATION

For more information about the program, please contact the FDBD organisers:

Jacob Guy Jacob.Guy@torfaen.gov.uk
and
Gareth Wall Gareth.Wall@torfaen.gov.uk.

USEFUL RESOURCES

The following links provide wellbeing support and additional information on dads' mental health:

NHS Mental Health Services

The NHS have experts in the mental health services field, more details on how dads can access these can be found using the link below:

https://www.nhs.uk/nhs-services/mental-health-services/

Dads House

The goal of Dads House is to ensure that, following a divorce, separation, or loss, children always come first. They can be contact through their website:

https://www.dadshouse.org.uk/about#:~:text=Dads%20going%20though%20family%20breakdown,fathers%20the%20community%20they%20need.

Tidy Butt

Tidy Butt aims to educate, empower and support people, with a particular focus on men, to better understand their mental health and wellbeing to give them the confidence and tools to face life's challenges. They can be contacted through their website:

https://www.tidybutt.co.uk/

Andy's Man Club

Are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online:

https://andysmanclub.co.uk/

Pandas Foundation

It offers information, support and guidance to parents during pregnancy, childbirth, and the postpartum. They can be contacted through their website:

https://pandasfoundation.org.uk/what-is-pnd/dads-mental-health/#:~:text=Dads'%20Mental%20Health%20%E2%80%93%20PANDAS%20Foundation%20UK

It also offers an overview of dads' mental health:

https://pandasfoundation.org.uk/what-is-pnd/dads-mental-health/

Change Mental Health

Offers a guide for dads on how to support dads' mental health and wellbeing:

https://changemh.org/resources/fathers-and-mental-health/

Tommy's: The Pregnancy and Baby Charity

Offers information on how to look after dads' and partners' mental health after baby is born:

https://www.tommys.org/pregnancy-information/dads-and-partners/looking-after-your-mental-health-after-baby-born

Mental Health Foundation

Offers a guide for new and expectant dads:

https://www.mentalhealth.org.uk/explore-mental-health/publications/becoming-dad

Dadvengers

Is a community interest company that inspires and champions fathers throughout their journey of parenthood:

https://dadvengers.com/about-dadvengers/