

# Being a Dad during the coronavirus pandemic

## Becoming a dad will change your life

It can be one of the most rewarding and difficult journeys you will ever go on. As well as tuning in to how your partner is coping, particularly during the coronavirus outbreak, you may also feel worried about how you will deal with becoming a parent. It is important that you listen and respond to these thoughts and feelings, and to look after yourself as well as your family.

No-one understands your situation like you but here are some...

## Helpful tips

### 1 Spend time with your baby

Even before your baby is born, you can sing and talk to the bump. When they arrive, stay close to them while they figure out their world. Cuddle, massage, sing and talk to your baby, it will reassure them.

### 2 Talk about what's going on

Even under normal circumstances, things like lack of sleep, downtime and changes to your routine are likely to put a strain on your wellbeing and create tension between you and your partner: this is perfectly normal. It isn't always easy, but it is important to find the time to talk about how you're both feeling.

### 3 Don't be afraid to ask for help

We all need a bit of support sometimes or just someone to listen to us, but you may worry about burdening others or about what they may think. Even before your baby arrives don't be afraid to reach out to family, trusted friends, people you work with, professionals and community support groups.

### 4 Reduce your stress levels

By exercising, cutting down on alcohol and eating healthy food, you will be looking after yourself and your family. It is also important to make time for the things you enjoy, even if it's just a walk in the great outdoors.

### 5 Trust your health workers

They want the best for your partner, baby and you. If you are worried, don't be afraid to speak up - they will listen to you!

### 6 Enjoy the journey

Don't forget to simply enjoy spending time with your new baby. It is also ok to savor the quiet moments too, when you can just be yourself.

### 7 Be open and honest

Share your feelings with your partner, family, friends and health professionals. Tell them if you cannot sleep or relax; if you feel down or anxious; if your relationships are strained; if you feel that you cannot enjoy anything. Feeling like this is not unusual but it is important to get the help you need.



# Useful links

#BeingMeBeingADad

Every parent's journey is different, but there are always bumps along the way. So here are some links to organisations who can help when you might need it.

At Fathers Network Scotland we provide information, support and signposting to help mums and dads get the help they need.



search our dad-friendly directory for services near you and access more info on becoming a dad on our website [www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk)



get free support and advice by texting **DADS to 078600 65202**



find us on facebook [www.facebook.com/FathersNetworkScotland](http://www.facebook.com/FathersNetworkScotland)



join our WhatsApp Dads' Group  
Using the QR code below



**DadAF** - connect with other new and expectant dads on this handy app  
[www.dadaf.co.uk](http://www.dadaf.co.uk)

**Parent Club** - hints and tips for parents and parents to be  
[www.parentclub.scot](http://www.parentclub.scot)

**Cry-sis** - for parents with crying or sleepless babies  
**08451 228 669**

**Relationships Scotland** - supporting individuals, couples and families experiencing relationship difficulties  
[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)  
**0345 119 2020**

**Breathing Space** - if you're feeling low, anxious or depressed  
**0800 328 9655**

**PANDAS Foundation** - support for parents with perinatal mental illness  
**0808 1961 776**

**MindtheMen** - a suicide prevention peer support group  
[www.mindthemen.co.uk](http://www.mindthemen.co.uk)

**Andy's Man Club Scotland** - peer support groups to help you through life  
[www.facebook.com/andysmanclubscotland](http://www.facebook.com/andysmanclubscotland)

**Samaritans** - Whatever you're going through, a Samaritan will face it with you.  
**116 123**

Coronavirus  
#StayAtHomeSaveLives

## Help stop coronavirus spreading

Protect your family and community by leaving home only to exercise and when necessary.

Stay two metres apart from anyone outside your household.

Wash your hands for 20 seconds with soap and water often.

Don't touch your eyes, nose or mouth if your hands are not clean.

Clean and disinfect frequently touched surfaces and objects around the house like door handles and taps.

## Information and advice for pregnant women and their families

NHS Inform  
[www.nhsinform.scot](http://www.nhsinform.scot)

The Royal College of Obstetricians and Gynaecologists  
[www.rcog.org.uk/coronavirus-pregnancy](http://www.rcog.org.uk/coronavirus-pregnancy)

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