FÉDÉRATION Nourri-Source

PATERNAL POST-PARTUM DEPRESSION

REACHES 1 FATHER IN 10

Possible consequences

- Difficulty bonding with baby
- Gradual disengagement of the father from his parental role interfering with breastfeeding
- Communication challenges and tensions within the couple
- In extreme cases, although rare, there is a risk of negligence or violent behaviour

With the right care, recovery is possible.

Postpartum depression can have an impact on various aspects of his life and those of his family, including breastfeeding

Father's needs in postpartum depression:

- Recognition of strengths and parenting skills
- An attentive, unbiased ear
- Space to share emotions freely
- Access to specialized resources for support

Don't hesitate to ask for help

asmfmh.org
nourri-source.org

Amis de la santé mentale
Friends for Mental Health