

Fathers Consultation

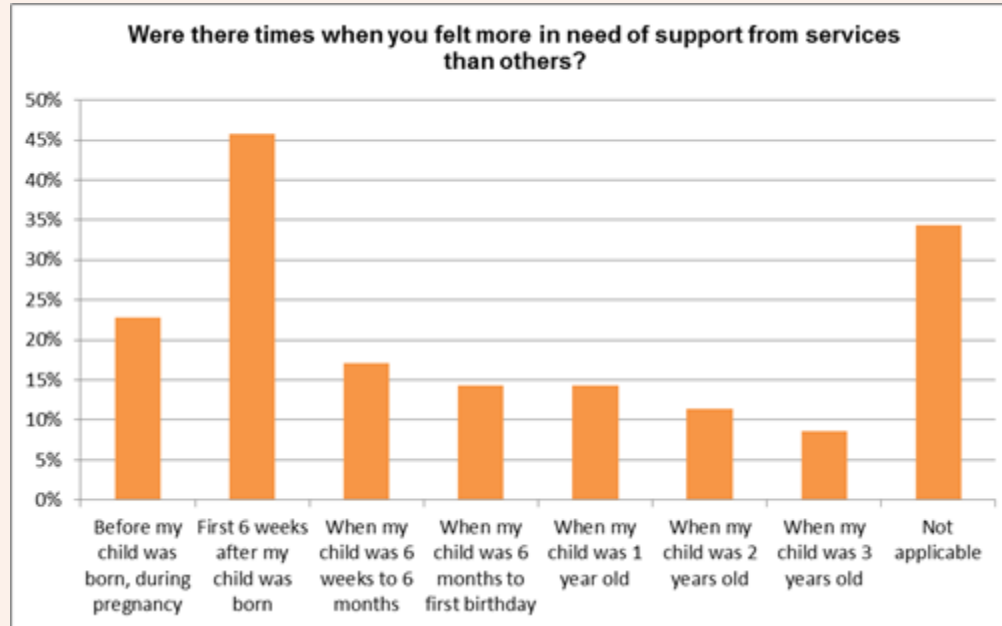
What we did

- Telephone interviews with 40 fathers
- Online survey with 49 fathers
- Focus groups with 9 fathers

Overview

- Father's needs and preferences
- Fathers' experience of services
- Mental health
- Communication and information
- Areas for action

Fathers' needs and preferences



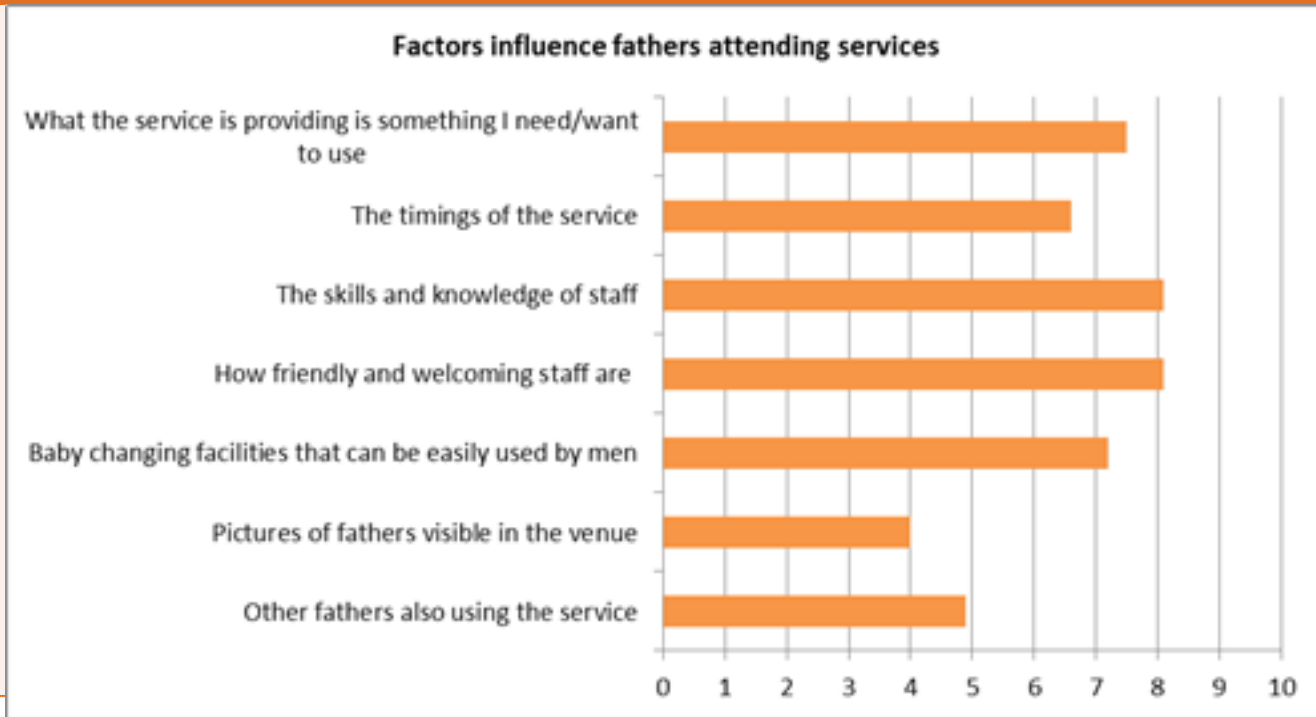
Fathers' needs and preferences

Support network

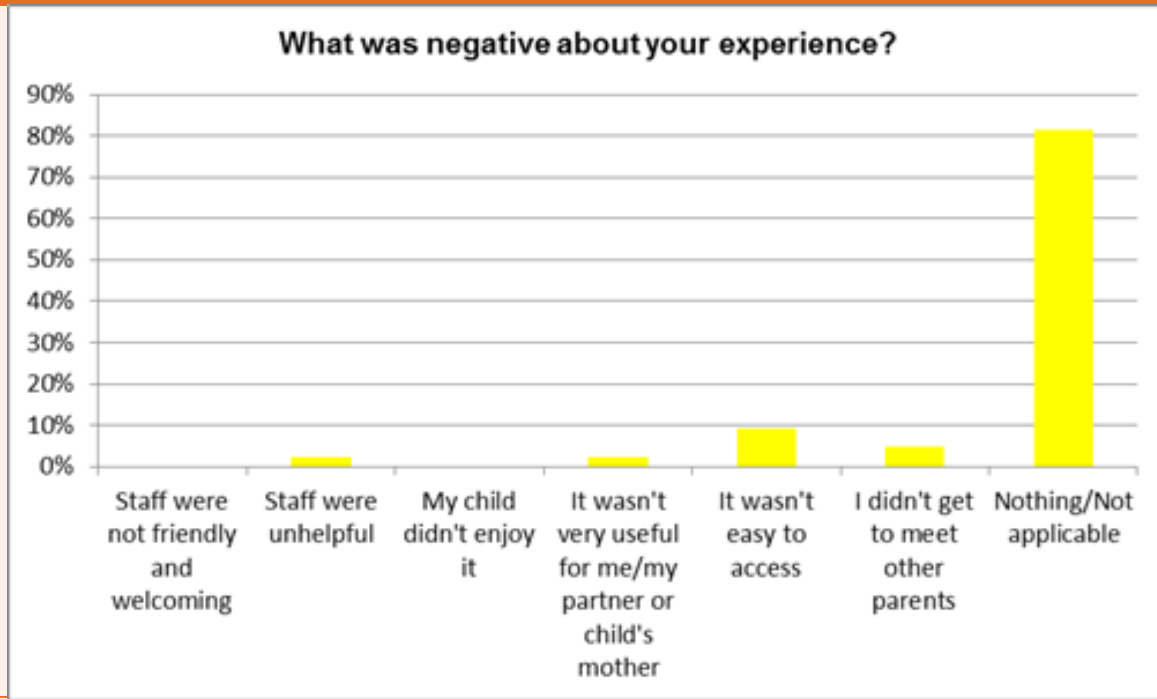
“The girls in my NCT class made a real effort to keep in touch, there’s a sense of bravado amongst dads so they don’t tend to meet up afterwards”

“My partner was part of a group with other parents, she had support that I didn’t have”

Fathers' needs and preferences



Fathers' experience of services



Fathers' experience of services

"The few things I went to I would've gone with my wife and the greeting was directed at her. Felt like I was tagging along rather than being an active participant."

"You can feel bad that your partners not there if there are a lot of women, but it shouldn't be like that"

"The women all sit around in a clique and I'm sat on a chair on my own"

"I find it alienating going to suburban services as they're not very diverse"

Mental health

- 10% asked or offered support with their mental health since becoming a father
- 91% said it would have been useful to receive information about their own health or mental health.

“We know men are less inclined to talk, but I don’t think it helps when mothers are proactively asked and fathers are ignored”

“Other men who are willing to share their experiences and open up can give space to those who say ‘oh yeah, I relate to that’...it’s always hard to be the first person to open up”

Information and communication

“I would download an app if it was useful, but there would have to be a good hook, I think you would have your work cut out for you”

“I just want a one stop shop for information...spending time looking for information means you're not with your kids”

“It would be great if staff said to you “Oh you're going to be a new dad, consent to this and we'll send you loads of emails”

“There is a wealth of information out there but there's also a risk of things being misleading. We need actually verified accounts giving out information that is trustworthy”

Areas for action

- Focus on period before and after birth
- Asks of professionals:
 - Greetings on arrival
 - Regular eye contact
 - Questions particularly for fathers
 - Active engagement in conversation
- Role models
- Mental health
- Timings
- Information

Thank you!



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