

Mental Health of Partners of Women Who are Expecting

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Abstract

Purpose: This study aims to identify the mental health issues first-time partners may be facing as they enter another phase in their life [1]. Much is not said about partners of expecting mothers [1].

Approach: To make known the mental health and wellbeing of partners during their transition into fatherhood is said to be an important health issue [1]. Not much is known about their mental health during and after the pregnancy process [1].

Method: Mothers and their partners can support one another by taking out their frustrations, going to family therapy to speak with a professional, and asking questions that may be beneficial to mother and father [1]. Going to doctor appointments together; partners can do their research by reading books, magazines or speaking with other fathers/partners that may be in the same situation as them [1]. To get a better understanding of how there will be [1]. Spending time with the newborn baby to create a bond that will be beneficial to the baby and father [1].

Outcome/Result: Educating partners of expecting mothers before and during pregnancy is a great way to help them cope and prevent postnatal mental health problems and support expectant fathers in their transition to parenthood, as mentioned by Science-Direct [2]. How does one mentally prepare for fatherhood? The best way, I believe, is for the partner of an expecting mother to join a support group [2]. In doing so the partner will see he or she is not alone [2]. Another great way to cope with a new addition to the family is for the father to talk it out with his partner about the transition and how he is feeling [2].

Keywords: Mothers; Partners; Mental Health

Background

As mentioned by PubMed.gov, during the perinatal stage, some father's or partners' moods change and will become depressed or develop some form of a mental illness [3]. A study was conducted in a hospital of father's whose newborn was placed in the Newborn Intensive Care Unit or NICU and their reaction such as, anxiety and depression symptoms [3] to fathers of healthy full-term infants, assessing the impact of stress caused by the NICU [3]. Many men also go through emotional changes before, during, and after the baby is born as mentioned by Pubmed. For example, moodiness or having a gloomy spirit [3]. As noted by PubMed.gov, one of the main reasons behind their emotional state is due to losing their partner's love and affection once the baby is born [3]. Father's or partners don't experience the same daily reminders that they're about to become parents as do women as suggested by, Mayo Clinic [1]. To help improve the father or partner's emotional state by getting involved. For example, interacting with the unborn baby by simply placing their hand on your partner's belly to feel the baby moving around. Singing and talking to the unborn baby can form a connection between father and baby where

he or she will become familiar with the father's voice after the birthing process [1]. Going to prenatal visits with his partner or attending support groups where the focus is about the fathers, no matter if they are first-time fathers [1]. Prenatal classes can help a father manage his emotions and learn new behaviors on how to handle or deal with a newborn [1]. Talking to a financial planner can help you determine ways to handle the cost of having a baby [1]. After the baby is born, find ways to connect with your newly expanded family, for instance, bathing the newborn, changing their diaper, or dressing them; feeding. If the mother is breastfeeding, offer to bottle-feed the baby with the mother's breast milk [1]. Asking to burp the baby or put him or her to sleep after breastfeeding sessions is a great way to connect with the mother and newborn baby [1]. For first-time fathers, if the hospital permits, support your partner and newborn by staying in the hospital until mother and baby can go home [1].

Conclusion

Have constant conversations with your partner about the life changes they are both experiencing and work on ways to improve their relationship so that both parents can raise their baby to become healthy well-rounded adults [1]. Mayo Clinic suggests, If the depression continues, seek professional help such as a counselor or other mental health providers who are better equipped at handling these kinds of situations [1]. Lastly if the father does not seek professional help, his depression can have a major effect on the family and that can cause major issues [1].

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