

# ENGAGING FATHERS IN HOSPITALS FOR HOME VISITING

LOS ANGELES BEST BABIES NETWORK  
10/14/2020

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# DADS IN YOUR LIFE

- Recall a male in your childhood with whom you felt connected.
- What did he do to help you feel connected?
- How did he and these feelings contribute to your life?



# STILL FACE WITH DADS

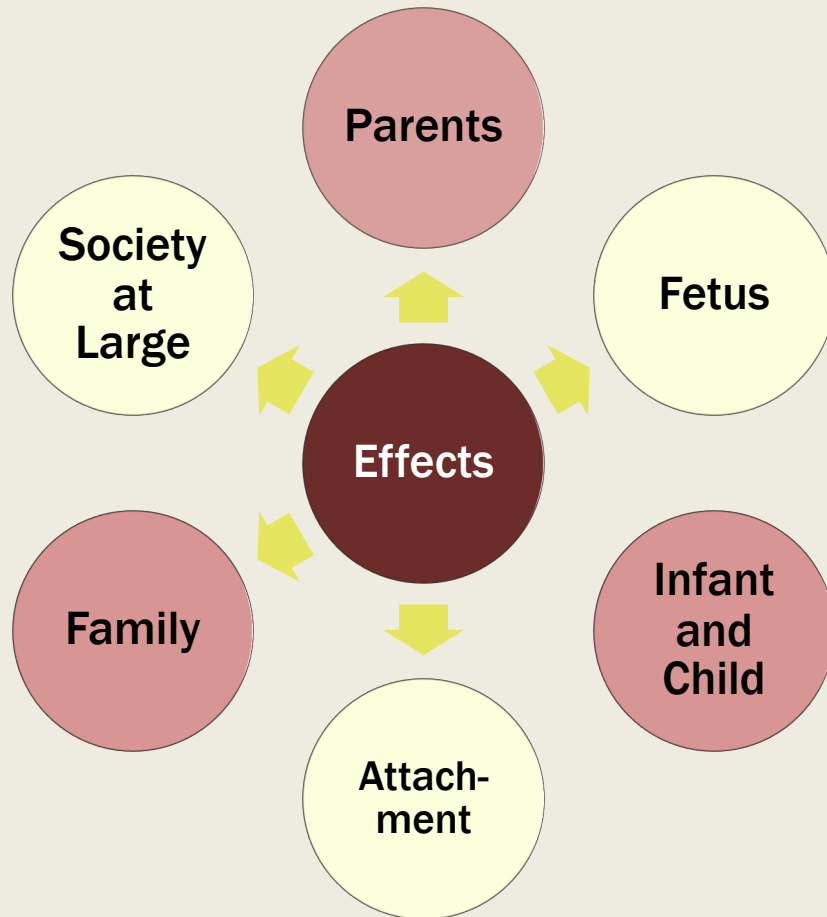


# LOVE, DAD

- Undergo hormonal changes that prepare them to:
  - Nurture their baby (Rilling & Mascaro, 2017)
  - Work together with their partner (Gordon, et al., 2010)
  - Interact differently with their baby (Feldman et al., 2010)
- Oxytocin is released for fathers during “stimulatory” (rough and tumble) play (Feldman et al, 2010).



# FATHERS PROMOTING RESILIENCE



- “Sensitive fathering” reduces risk of childhood psychopathology when moms are depressed (Vakrat et al., 2018)



# ATTITUDES AND PERCEPTIONS

**What does your culture tell you about masculinity and machismo?**

**What does your culture tell you about mental health challenges?**



# PATERNAL MENTAL HEALTH

- **5-10% dads experience perinatal mood and anxiety disorders (Paulson and Bazemore, 2010)**
- **Moderate correlation with maternal depression**
- **When fathers become depressed (3-6 months postpartum), they tend to stay depressed months later (Goodman, 2004)**



# WHAT DOES IT LOOK LIKE WHEN MEN STRUGGLE?

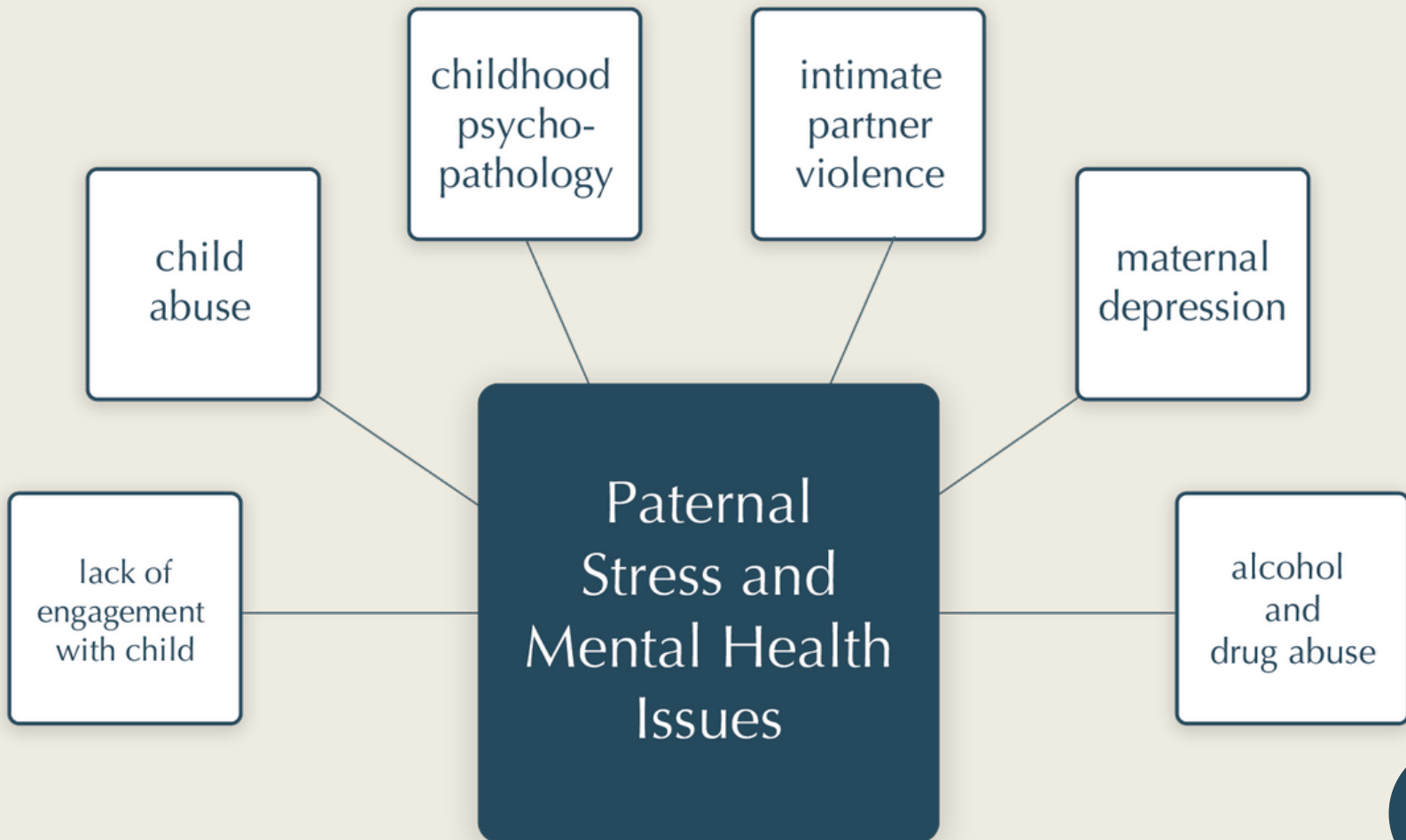
- Extreme irritability
- Socially isolated or withdrawn
- Increased alcohol or substance use
- Physical/somatic issues





# PMADS AFFECT FAMILIES

Lack of support, feeling isolated



# REFLECTIVE GROUP

- **If you think about your work, how might you include fathers? What types of tools are you using that you might change your delivery or presentation to better reach fathers? What are some barriers you recognize to engaging fathers?**

# WHAT CAN WE DO?

Start with the assumption that dad is participating

Acknowledge fathers as significant in the family and to the child and listen to them!

Encourage time for dad with the baby

Include dads in all e-mails and scheduling

If dad can't be there, can he Zoom or phone in?

Touchpoints: recognize what you bring to the interaction

Ask participants what's worked for them



# QUESTIONS/ COMMENTS



# LOVE, DAD

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Support for Fathers  
and Families