



U.S. Department of Health and Human Services  
Administration for Children and Families  
Office of Family Assistance

National  
Responsible  
Fatherhood Clearinghouse



## NRFC Webinar Series

### *Healthy Fathers, Healthy Families (May 18, 2017)*

## Helpful Resources

#### National Responsible Fatherhood Clearinghouse

- [Healthy Fathers, Healthy Families](#), a research brief with information and links to resources to help fathers improve their own health and well-being, and the health and well-being of their children.
- [Depression among Urban Fathers with Young Children](#), a research report that provides an overview of previous research about men and depression, identifies factors associated with risk of depression for urban fathers, and offers tips on how fatherhood programs can help fathers identify and address symptoms of depression.
- *Safety Tips for Dads* – four tip sheets, drawing on data from the National Center for Injury Prevention and Control, with information about common accidents for children at different ages and suggestions about how dads can help avoid these accidents:
  - [Safety Tips for Dads to Keep Babies Safe \(Infants Under 1 Year\)](#).
  - [Safety Tips for Dads to Keep Young Kids Safe \(Ages 1 to 4 Years\)](#).
  - [Safety Tips for Dads to Keep School-Age Kids Safe \(Ages 5 to 14 Years\)](#).
  - [Safety Tips for Dads to Keep Teens Safe \(Ages 15 to 19 Years\)](#).
- [Let's Talk About Mental Health](#) – a 2015 webinar that focused on ways in which fatherhood programs can talk about mental health issues. The materials available for download include a list of additional resources.
- [Links to Mental Health Resources](#).

#### U.S. Department of Health and Human Services

- [Prevention and Wellness page](#) – provides links to resources on vaccinations and immunizations; nutrition and fitness; health screenings; mental health and substance abuse; family health history; the environment and your health; and healthy lifestyle.
- [HealthFinder.Gov](#) – links to local health services, including doctors, dentists, other care providers, community health centers, hospice, and hospitals.

#### U.S. Department of Health and Human Resources, Office of Adolescent Health

- [Think, Act, Grow® \(TAG\)](#) – a website with resources and a national call to action to improve adolescent health in the United States.

#### National Center on Addiction and Substance Abuse (CASA)

- CASA's [Family Day](#) initiative provides resources to help parents talk with their children about substance use and other issues.

#### Child Welfare Information Gateway

- Includes resources to help parents talk with children who have experienced [trauma](#) or [sexual abuse](#).

Take Time to Be a Dad Today

Toll-free: 877-4DAD411 (877-432-3411) | Fax: 703-934-3740 | [info@fatherhood.gov](mailto:info@fatherhood.gov) | [www.fatherhood.gov](http://www.fatherhood.gov)

[facebook.com/fatherhoodgov](https://facebook.com/fatherhoodgov)

[@fatherhoodgov](https://twitter.com/fatherhoodgov)

## Other Websites

- The UK's [Fatherhood Institute](#) provides resources such as [Research Summary: Fathers and Postnatal Depression](#) (online article, August 10, 2010).
- The [Partnership for Male Youth](#) provides resources to promote the health of adolescent and young adult males.
- The [Postpartum Health Alliance](#) has a [Dad's Corner](#) with information and tips for new fathers.
- [PostpartumMen](#) provides information for men with concerns about depression, anxiety or other problems with mood after the birth of a child, including a self-assessment for postpartum depression.
- [Postpartum Support International](#) – resources and information for fathers and mothers.
- The [Tuck Sleep Foundation](#) - free web-based resources and information to improve sleep hygiene, health and wellness. Resources include [Parent's Guide to Healthy Sleep](#) and [Pregnancy and Sleep](#).
- The [Men's Health Network](#) – health awareness and disease prevention tools and resources.
- [Eat Right \(Healthy Eating for Men\)](#) – tips for a healthy diet and links to other resources.

## Resources from our Webinar Presenters

- Cambridge Public Health Department. [Men's Health League Program Manual](#) – information from the Community Health Partnership for Men, Cambridge, MA to help other communities implement similar programs.
- Charles Daniels (2017). [Pre-Father Care: Prenatal Care for Fathers](#).
- Sheehan D. Fisher and Craig F. Garfield (2016). [Opportunities to Detect and Manage Perinatal Depression in Men](#). *American Family Physician*, 93(10):2.
- Craig F. Garfield, Greg Duncan, Joshua Rutsohn, Thomas W. McDade, Emma K. Adam, Rebekah Levine Coley and P. Lindsay Chase-Lansdale (2014). [A Longitudinal Study of Paternal Mental Health During Transition to Fatherhood as Young Adults](#). *Pediatrics*; originally published online April 14, 2014.
- Michael Yogman and Craig F. Garfield (2016). [Fathers' Roles in the Care and Development of Their Children: The Role of Pediatricians](#). *Pediatrics*, 138(1).

## Recent Newspaper Articles

- [Prince William: suicide callout shed light on men's mental health](#) – an April 17, 2017 article from the Guardian with information about a campaign in the UK to encourage better communication about men and mental health issues.
- [Disabled, or just desperate: Rural Americans turn to disability as jobs dry up](#) – a March 30, 2017 article from the Washington Post.

## Research Articles

- Berg, J., & Wynne-Edwards, K. (2001). Change in testosterone, cortisol, and estradiol levels in men becoming fathers. *Mayo Foundation for Medical Education and Research*, 76(6), 582-592.
- Case, A. and Deaton, A. (2017) [Mortality and Morbidity in the 21<sup>st</sup> Century](#). Paper presented at a Brookings Panel on Economic Activity, showing a significant increase in mortality rates over the last 20 years for non-Hispanic whites with a high-school diploma.
- Don, B.P. & Mickelson, K.D. (2012). Paternal postpartum depression: The role of maternal postpartum depression, spousal support, and relationship satisfaction. *Couple and Family Psychology: Research and Practice*, 10, 1-11.
- Fisher, S.D. and Garfield, C.F. (2016). *American Family Physician*, 93(10):2. [Opportunities to Detect and Manage Perinatal Depression in Men](#).
- Kitlinska, J. (2016). [Dad's Role in Baby's Health Larger Than Thought?](#) A WebMD review of new research showing that a man's age and lifestyle may have a significant effect on his children's health.
- Knoester, C. & Eggebeen, D.J. (2006). The effects of the transition to parenthood and subsequent children on men's well-being and social participation. *Journal of Family Issues*, 27(11), 1532-1560.
- Shah A., Hayes C.J., and Martin B.C. (2017). [Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015](#). *Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report*, 66:265–269.