

# Welcome to the Dad Club!

Bienvenue au club des papas!



Parenting is one of the most rewarding and challenging roles anyone can ever embark on. It is a daily adventure filled with the highest of highs and heart wrenching lows. Sometimes, in all of the excitement of welcoming a new baby, we can often forget the new dad. Like new mothers, fathers also experience feelings of being overworked, irritable due to lack of sleep, and worried about finances and the future. With the arrival of Covid-19 many dads found themselves staying at home with their new baby and their spouse/partner or suddenly on their own for the first time. With the quick reactions that many employers, and our province, had to take to address the pandemic situation many new dads had little to no time to prepare for their induction into “The Dad Club”. If your plan was to continue working while your spouse/partner took maternity leave, the adjustment to working from home, combined with being a new dad, may have been overwhelming.

As a new dad you may even find yourself feeling a little jealous of how much attention the new baby is receiving as well as feeling lonely, as your spouse/partner is now spending more time with your newest family member, and social restrictions may have kept you from your usual social activities or hobbies. It may be difficult for the new dad to want to reach out and ask for help; but, that is exactly what you should do. Your GMFRC is here to support you and all members of your family who may be struggling with adjusting to the arrival of a new baby. It is perfectly ok for dads to reach out and tell someone that they are finding the adjustment of having a new baby in the home a little difficult. We understand that. And, while our building may still be closed, we can still offer you resources and support through phone, email, or face to face using Zoom.

A few tips that may help you, as a new dad, feel a little better are:

- Let your spouse/partner know how you are feeling.
- Like the new Mom, you also need to get as much rest as possible.
- Grabbing that extra large coffee might seem like a good idea at the time; however, in the long haul increasing your caffeine intake won't help you feel as rested and as well as you should.
- Talk with other new dads, or friends who have had children, and ask them about their experiences. A simple text, or a 6 feet distancing conversation over the backyard fence with your buddy who has gone through the no sleep phase, might give you comfort as you find out that what you are experiencing is pretty common.
- Make time to spend with your spouse/partner. Date nights might look a little different in the beginning with a new baby, but a carpet picnic, or a movie night together on the

couch while the little one is sleeping, still helps build that feeling of connection between you and your tag team partner.

- Contact your GMFRC Child and Youth Services Coordinator for parenting support, resources, or to simply check in and talk about what life is like with your new bundle of joy.

If you would like more information on parenting or activities that you can do with your child please contact the GMFRC Child and Youth Services Coordinator at [GMFRCchildyouth@gmail.com](mailto:GMFRCchildyouth@gmail.com)