

Father's experiences in postpartum period

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Abstract

We evaluated father's experiences in postpartum period. Fatherhood can be a milestone in a man's life that comes with excitement and challenges. It is imperative to understand father's needs and experiences to provide appropriate support for them. Postpartum period often requires the experience of new emotions, role development, work and knowledge barriers to infant involvement, and a lack of father-specific support and resources for the fathers. Fathers express that it can be beneficial to know more about infant care, their role as a father, and potential relationship changes or strains that might be expected with their partners. Many of them feel disconnect between their partner's wishes, their employer's needs, and their family's economic situation. Also, many fathers feel sleep-deprived. And because of the long working hours they can spend less time with their baby. Unfortunately, many fathers perceive and concede that their needs are unimportant, which hinder seeking out and requesting information. Indeed, many fathers report poor social support systems in the postpartum period. These absences could create emotional detachment from their family and unhappiness. Postpartum depression is a growing mental health concern in new fathers. Nurses can be the connection for fathers to primary health care and advocate for improved, father-focused postnatal programs. They should involve fathers in educational programmes and they can use real babies by inviting experienced parents to antenatal and postnatal educational programs. Different ways of providing informational support in the form of mobile health apps can be considered. Also, DVDs can be used for giving information.

Biography

Meltem Uğurlu has completed her PhD at the age of 29 years from Gulhane Military Medical Academy. Her subject of study includes Prenatal/Postnatal Care, Obstetrics and Gynecology

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