

# Engineer The Emotionally Intelligent Father

- You Can Wear It!

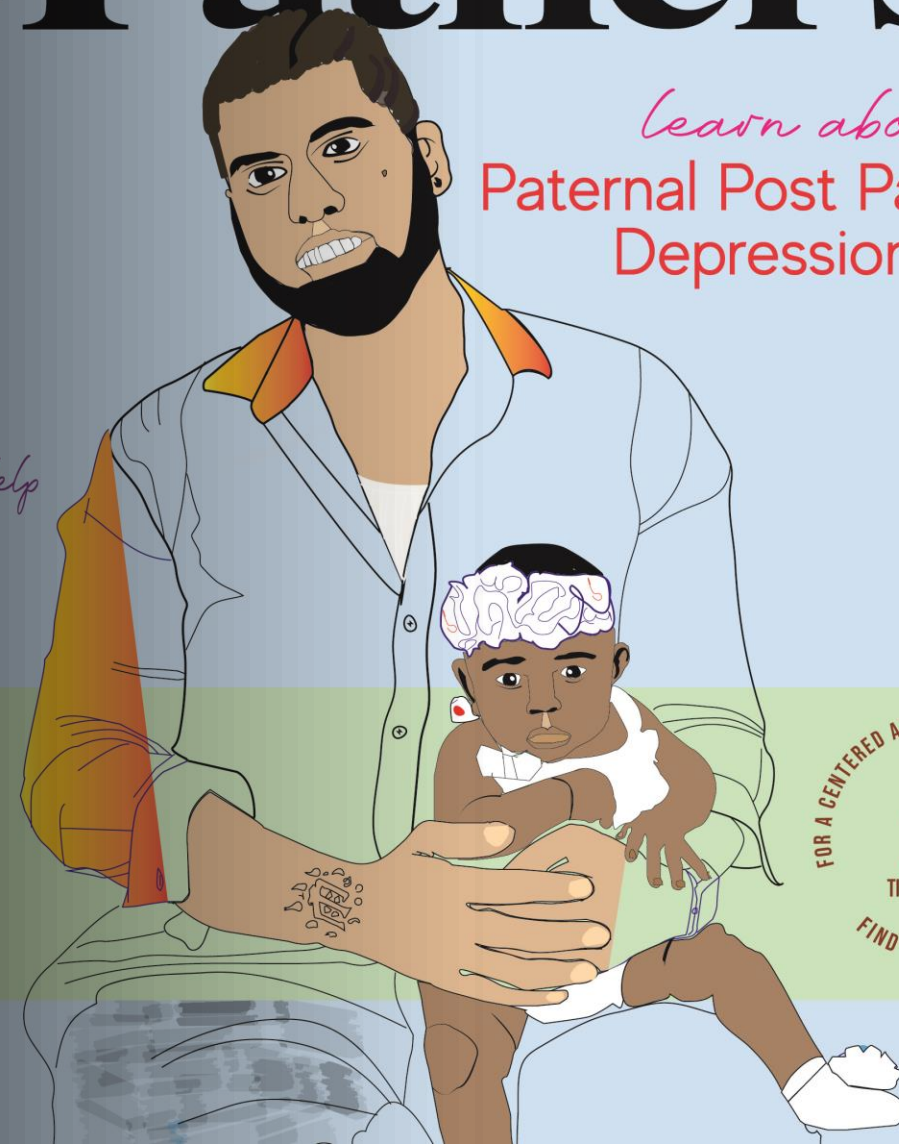


# 4 Fathers

Learn about  
Paternal Post Partum  
Depression

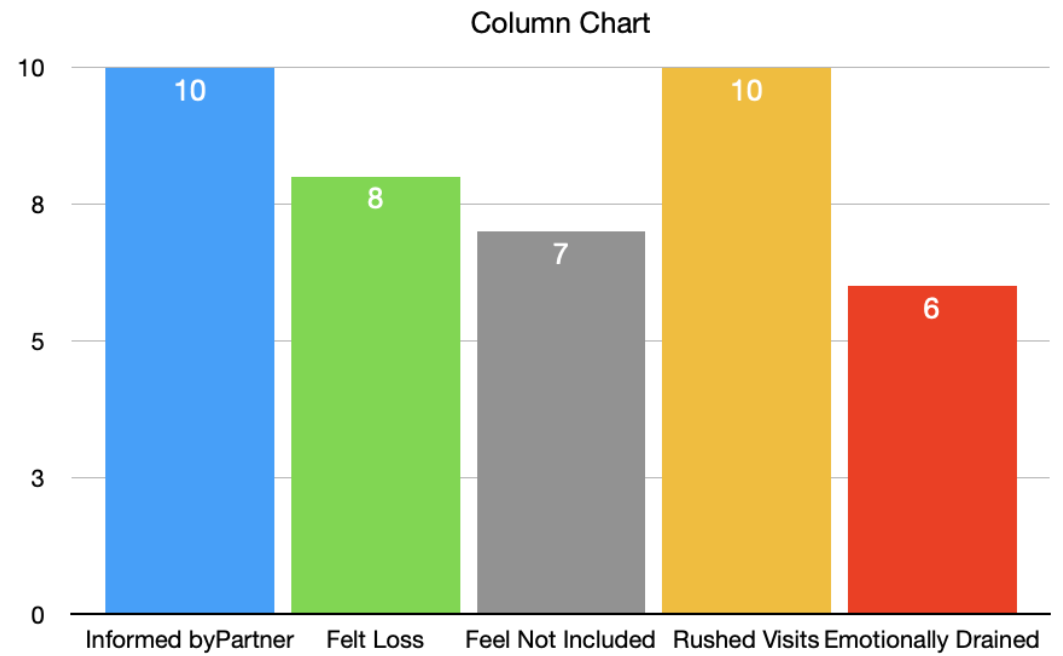


*Ask for Help*

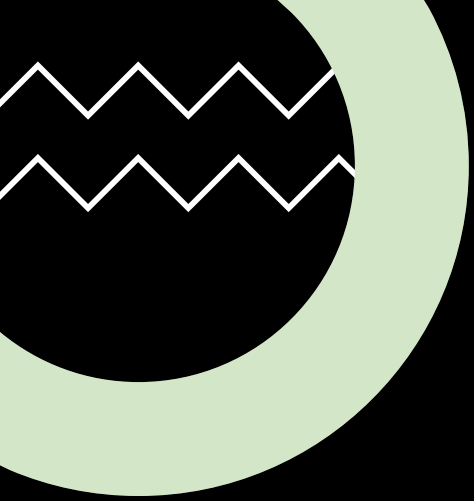


FOR A CENTERED AND HEALTHY  
**5**  
TIPS TO FIGHT  
FIND YOUR VOICE

# Survey



<b>Informed byPartner</b>	10
<b>Felt Loss</b>	8
<b>Feel Not Included</b>	7
<b>Rushed Visits</b>	10
<b>Emotionally Drained</b>	6



# Not the Driver, But the Birthing Partner

- 12 Visits to the OB/GYN
- You Got this! I am busy
- 2 Prenatal Visits
- 01 Lamaze Class
- Grand Ma Presence
- Witness for 72 hours
- Included with C-section plan





Not the  
witness, But  
the  
Negotiator

Caddy Wompus

We'll cross that bridge when we get there



# Not The Bag Preparer, But The Protector

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## Iseré's Story

I Was Dilated 9 cm, No Serious  
Complications, But The C-Section...



# It's Not About Fathers, But Something Bigger Than Them

We are not the drivers,

We are not the bag preparer,

We are definitely not the witness

- No matter what hat you wear, you are a father, you are the expert
- You too are pregnant, She is delivering
- Navigating the maternal health system ?? No! Understanding it

We Are Fathers, The Incomplete Birthing Partners



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# Food For Thoughts

By engaging fathers as birth support advocates, Can we help strengthening the health outcomes of moms and babies?

