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Postpartum Depression in Fathers Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Identifying Symptoms of Postpartum Depression

3 · Recognizing Triggers

4 · Personal Reflection on Emotional Changes

5 · Impact on Relationships

6 · Communicating with Your Partner

7 · Building a Support Network

8 · Connecting with Other Fathers

9 · Coping with Negative Thoughts

10 · Setting Realistic Expectations

11 · Self-Compassion

12 · Building Confidence as a Father

13 · Managing Stress and Anxiety

14 · Understanding the Baby's Needs

15 · Developing a Routine

16 · Physical Activity and Mental Health

17 · Sleep Hygiene

18 · Addressing Financial Stress

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

The following are common signs you might be struggling with paternal postpartum depression. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I feel sad and empty.”	1-2-3-4-5
2. “I have lost interest or pleasure in activities I once enjoyed.”	1-2-3-4-5
3. “I have experienced significant weight gain or loss without trying.”	1-2-3-4-5
4. “I have difficulty falling asleep, staying asleep, or I sleep too much.”	1-2-3-4-5
5. “I feel physically agitated or my movements are noticeably slower.”	1-2-3-4-5
6. “I constantly feel fatigued.”	1-2-3-4-5
7. “I feel worthless and experience excessive guilt.”	1-2-3-4-5
8. “I have difficulty concentrating or making decisions.”	1-2-3-4-5
9. “I feel disconnected or detached from my baby.”	1-2-3-4-5
10. “I am more irritable and frequently feel angry.”	1-2-3-4-5
11. “I withdraw from social interactions or avoid friends and family.”	1-2-3-4-5
12. “I lack motivation to perform daily tasks or responsibilities.”	1-2-3-4-5
13. “I have frequent crying spells or feel unable to cry even when I feel sad.”	1-2-3-4-5

Reflection checklist - do not total or interpret as a severity score. These author-created prompts are not a validated screening or diagnostic instrument. Review endorsed concerns clinically, including duration, impairment, safety, bipolar-spectrum symptoms, psychosis, substances/medications, medical contributors, sleep disruption, and caregiving capacity.

Identifying Symptoms of Postpartum Depression

1. Read through the list of symptoms provided. Reflect on your recent experiences and check any that you have experienced in the past two weeks.

Emotional Symptoms

- ☐ Persistent feelings of sadness or emptiness.
- ☐ Increased irritability or frequent anger.
- ☐ Feelings of worthlessness or excessive guilt.
- ☐ Feelings of disconnect or detachment from the baby.
- ☐ Mood swings or emotional instability.
- ☐ Heightened anxiety or panic attacks.
- ☐ _____
- ☐ _____
- ☐ _____

Cognitive Symptoms

- ☐ Loss of interest or pleasure in activities once enjoyed.
- ☐ Difficulty concentrating or making decisions.
- ☐ Doubting one's ability to be a good father.
- ☐ Negative thoughts about oneself and one's role as a father.
- ☐ _____
- ☐ _____
- ☐ _____

Physical Symptoms

- ☐ Significant weight loss or gain without trying.
- ☐ Changes in appetite, either increased or decreased.
- ☐ Difficulty falling asleep, staying asleep, or sleeping too much.
- ☐ Constant fatigue or lack of energy.
- ☐ Physical agitation or noticeably slowed movements.
- ☐ _____
- ☐ _____
- ☐ _____

Behavioral Symptoms

- ☐ Withdrawing from social interactions or avoiding friends and family.
- ☐ Lack of motivation to perform daily tasks or responsibilities.
- ☐ Frequent crying spells or inability to cry even when feeling sad.
- ☐ Trouble bonding with the baby or feeling indifferent towards them.
- ☐ Engaging in risky or self-destructive behaviors.
- ☐ _____
- ☐ _____
- ☐ _____

2. How long have you been experiencing these symptoms?

3. Track your mood and symptoms over the next week. Note the severity of each symptom on a scale from 1 (not severe) to 10 (very severe).

URGENT REVIEW: Assess suicidality, psychosis, mania, severe insomnia, impaired judgment, and ability to care for self or dependents; use emergency pathways when indicated.

Day	Mood (1-10)	Symptoms

Recognizing Triggers

1. Read through the list of common triggers and check any that you have experienced.

- ☐ Lack of sleep or sleep deprivation.
- ☐ Increased stress from new responsibilities.
- ☐ Financial pressures and concerns.
- ☐ Feeling unprepared for fatherhood.
- ☐ Changes in relationship dynamics with partner.
- ☐ Physical exhaustion from caregiving tasks.
- ☐ Lack of support from family and friends.
- ☐ Work-life balance challenges.
- ☐ Increased household responsibilities.
- ☐ Feeling excluded from the mother-baby bond.
- ☐ Loss of personal freedom and time.
- ☐ Pressure to be a perfect parent.
- ☐ Previous history of depression or anxiety.
- ☐ Unresolved issues from one's own childhood.
- ☐ Changes in routine and lifestyle.
- ☐ Conflict or lack of communication with partner.
- ☐ Unexpected complications during the partner's pregnancy or childbirth.
- ☐ Health issues in the baby or partner.
- ☐ Substance abuse or misuse.
- ☐ Feeling inadequate or ineffective as a parent.
- ☐ Feeling overwhelmed by the baby's needs and demands.
- ☐ Inability to soothe or comfort the baby.
- ☐ _____
- ☐ _____

2. Describe specific situations or events that have triggered strong emotions recently.

Example: I felt overwhelmed and anxious when my baby was crying inconsolably for hours.

3. Identify the emotions you experienced during these situations. Rate the intensity of these emotions on a scale from 1 (mild) to 10 (very intense).

Example: Frustration: 7 - I felt helpless and frustrated when I couldn't calm my baby.

3. Reflect on why these situations trigger strong emotions. What thoughts or beliefs contribute to your emotional response?

Example: I worry that I'm not a good father if I can't soothe my baby, which makes me feel inadequate and anxious.

Personal Reflection on Emotional Changes

Becoming a father can bring a wide range of emotions, from joy and excitement to anxiety and sadness. Reflecting on your emotional changes can help you understand your feelings and identify any areas where you might need support.

1. List three emotions you have experienced frequently since becoming a father.

2. For each emotion, describe a specific situation that triggered it. Rate the intensity of each emotion on a scale from 1 (mild) to 10 (very intense).

Example: Anxiety (7): I felt anxious when my baby wouldn't stop crying, and I didn't know how to soothe them.

3. Do you notice any patterns in your emotional changes? For example, are certain emotions more frequent at specific times of the day or in particular situations?

Example: I notice that my anxiety peaks in the evenings when I'm tired and trying to put the baby to sleep.

4. How have these emotional changes affected your daily life and routine?

Example: My anxiety has made it difficult for me to relax and enjoy time with my baby and partner. It also affects my ability to concentrate at work.

5. Have these emotions impacted your relationships with your partner, baby, or others? If so, how?

Example: My frustration has led to more arguments with my partner, and I sometimes feel distant from my baby when I'm overwhelmed.

6. What strategies have you used to cope with these emotional changes?

Example: I try to take deep breaths and count to ten when I feel frustrated. I've also started talking to a friend who is a new father as well.

7. Which strategies have been most effective?

Example: Talking to my friend has been very helpful because it reminds me that I'm not alone in this experience.

Impact on Relationships

1. How has your relationship with your partner changed since the birth of your baby?

Example: We've been arguing more frequently and spending less quality time together.

2. What specific challenges have you faced in your relationship?

Example: Lack of sleep and increased responsibilities have made us both more irritable.

3. Identify positive aspects that have emerged in your relationship.

Example: We've become more supportive of each other and are learning to communicate better about our needs.

4. How do you and your partner currently communicate about your feelings and needs?

Example: We talk about our feelings when we're calm, but sometimes we avoid difficult topics.

5. What changes could improve your communication and support for each other?

Example: Setting aside regular time each week to discuss our feelings and needs without distractions.

6. Set a short-term goal for improving your relationship with your partner.

Example: This week, I will initiate a conversation with my partner about how we can better support each other.

7. Set a long-term goal for strengthening your relationship.

Example: Over the next three months, we will establish a weekly date night to spend quality time together.

8. How do you feel about your bond with your baby?

Example: I feel a strong bond with my baby, but sometimes I feel overwhelmed by the responsibilities.

9. Describe any challenges you face in connecting with your baby.

Example: I struggle to soothe my baby when they are crying, which makes me feel inadequate.

10. Identify moments when you feel most connected to your baby.

Example: I feel most connected when I'm holding my baby and they are calm.

11. What activities or routines help you bond with your baby?

Example: Bath time, reading to the baby, and going for walks.

12. What new activities could you try to strengthen your bond with your baby?

Example: Baby massage, singing to the baby, or doing tummy time together.

13. How have your relationships with family and friends changed since becoming a father?

Example: I've been spending less time with friends and family due to my new responsibilities.

14. Describe any specific challenges you have faced in these relationships.

Example: Some friends don't understand why I can't hang out as often, leading to tension.

15. Identify any support you have received from family and friends.

Example: My parents have been very helpful in providing practical support like babysitting.

16. How can you communicate your new needs and priorities to family and friends?

Example: I can explain to my friends how my responsibilities have changed and suggest new ways to stay connected.

17. What steps can you take to maintain and strengthen these relationships?

Example: Scheduling regular phone calls or video chats with friends, inviting family over for visits.

18. Reflect on whether professional support could help improve your relationships.

Example: I think counseling could help us improve our communication as a couple.

19. Identify specific types of professional support that might be helpful (e.g., individual therapy, couples counseling, parenting classes).

Example: Couples counseling and a parenting class.

20. Research and list potential resources for professional support.

Example: Local therapists who specialize in postpartum depression, couples counselors, online parenting classes.

Communicating with Your Partner

1. Describe how you and your partner currently communicate about your feelings and needs.

Example: We usually talk about our feelings at the end of the day, but sometimes we avoid difficult topics.

2. Identify any barriers to effective communication between you and your partner.

Example: We both tend to shut down when we're stressed, leading to misunderstandings.

3. How has your communication style affected your relationship?

Example: Poor communication has led to increased tension and arguments.

4. What positive changes have you noticed when communication is effective?

Example: When we communicate openly, we feel more connected and supported.

5. Reflect on your current listening habits. Do you listen actively or do you find yourself distracted or interrupting?

Example: I often find myself thinking about my response instead of fully listening.

6. List specific ways you can improve your active listening skills.

Example: Maintain eye contact, avoid interrupting, and summarize what my partner says to ensure understanding.

7. Describe a recent situation where you struggled to express your feelings or needs. What made it difficult?

Example: I found it hard to tell my partner I was feeling overwhelmed because I didn't want to seem weak.

8. Write down how you could have expressed your feelings and needs more effectively.

Example: "I've been feeling really overwhelmed lately and could use some help with the baby so I can rest."

9. Practice converting statements to "I" statements.

Example: Instead of saying, "You never help with the baby," say, "I feel overwhelmed when I don't have help with the baby."

10. Discuss and write down shared goals you and your partner have for your relationship and family.

Example: We both want to create a supportive and loving environment for our baby.

11. How can improved communication help you achieve these goals?

Example: Better communication will help us work together more effectively and reduce misunderstandings.

12. Reflect on how you can support your partner's emotional needs.

Example: I can offer to take over baby duties when my partner needs a break and listen to her concerns without judgment.

13. Write down specific ways your partner can support your emotional needs.

Example: I need my partner to acknowledge my efforts and provide reassurance when I feel insecure about my parenting.

14. Create a plan for regular communication and support.

Example: We will have a 30-minute check-in every Sunday evening to discuss how we're feeling and what support we need.

Building a Support Network

1. List the people in your life who currently provide you with emotional or practical support. For each person, describe the type of support they offer (emotional, practical, informational, etc.).

Person	Type of Support
<i>e.g., My partner</i>	<i>Emotional and practical support, helps with baby care.</i>

2. Reflect on areas where you feel you need more support.

Example: I need more emotional support and advice from other fathers who have been through this.

3. Identify any specific types of support you are lacking (e.g., professional help, peer support, childcare assistance).

Example: I need peer support from other fathers and professional counseling.

4. List potential new sources of support (people, groups, organizations).
For each source, describe how they could help meet your needs.

Person	Type of Support
<i>e.g., Parenting support groups</i>	<i>Provide peer support and shared experiences.</i>

5. Identify steps you can take to connect with these new sources of support.

Example: Research local parenting support groups and attend a meeting, join an online forum, schedule an appointment with a therapist.

6. Reflect on how you currently communicate your needs to your support network.

Example: I sometimes struggle to express my feelings and needs clearly.

7. Identify any barriers to effective communication.

Example: Fear of being judged, not wanting to burden others.

8. Write down specific ways you can improve how you communicate your needs.

Example: Practice being more open about my feelings, use "I" statements to express my needs without blaming others.

9. Role-play a conversation where you communicate a specific need to someone in your support network.

Example:

- Scenario: Asking my partner for help with nighttime baby care.

- Script: "I've been feeling really exhausted and overwhelmed at night. Can we work out a schedule where we share the nighttime duties so we can both get some rest?"

10. Identify specific situations where you could ask for help from your support network.

Example: When I need a break from baby care, when I feel overwhelmed and need to talk, when I need advice on parenting.

11. Write down how you will ask for help in these situations.

Example: "I've been feeling really overwhelmed today. Can you take care of the baby for an hour so I can rest?"

12. Reflect on how you can also offer support to others in your network.

Example: Listen to my partner's concerns, offer to help a friend with their own challenges.

13. Write down ways you can be supportive while also taking care of your own needs.

Example: Set aside time each week to check in with my partner, make sure to balance giving support with self-care.

Connecting with Other Fathers

1. List any existing connections you have with other fathers.

Example: My brother who is a father, a coworker who recently had a baby.

2. Describe how these connections have been helpful or supportive.

Example: My brother has shared practical advice and emotional support.

3. Identify local or online resources or groups for fathers that you could join.

Example: Online forums for new dads, local parenting support groups, community centers, church groups, parenting blogs..

4. List any events or activities where you might meet other fathers.

Example: Baby classes, playgrounds, community events.

5. What do you hope to gain from connecting with other fathers?

Example: I hope to gain practical parenting tips and emotional support.

6. How can you contribute to these connections?

Example: I can share my own experiences and offer support to others.

7. Identify specific steps to connect with new fathers (both local and online).

Example: I will attend a local parenting group meeting next week, and I will join an online dad's forum today.

8. What activities or discussions could help strengthen your connections with other fathers?

Example: Regular meetups, sharing parenting challenges and successes, organizing playdates.

9. Identify potential challenges in connecting with other fathers and how you can address them.

Example: If I feel shy or anxious about meeting new people, I will remind myself of the benefits and take small steps to build confidence.

9. Set a plan for dealing with any setbacks or difficulties.

Example: If a group or connection doesn't work out, I will try another resource or group and not give up on finding support.

Coping with Negative Thoughts

1. List any negative thoughts you have had recently.

Example: "I'm not a good father." "I can't handle this stress." "I'm failing my family."

2. Reflect on when these negative thoughts tend to occur.

Example: These thoughts often come up when I'm feeling overwhelmed or when the baby is crying and I can't soothe them.

3. Reflect on how these negative thoughts affect your behavior and interactions with others.

Example: When I have these thoughts, I tend to withdraw from my partner and feel less motivated to engage with my baby.

4. Write down evidence that supports and contradicts your negative thoughts.

Thought: _____

Evidence for	Evidence against
<i>e.g., I sometimes struggle to soothe my baby, and I often feel overwhelmed.</i>	<i>I care deeply about my baby and always try my best. There are times when I successfully soothe my baby and manage stress.</i>

5. Think of a friend who is going through a similar situation. What advice would you give them?

Example: I would tell my friend that it's normal to feel overwhelmed and that they are doing a great job by caring for their baby and seeking help.

6. Reflect on how you can apply this advice to yourself.

Example: I need to remind myself that it's okay to struggle and that seeking help is a sign of strength, not failure.

7. Rewrite your negative thoughts as positive affirmations. Repeat these positive affirmations daily, especially when you notice negative thoughts creeping in.

Negative thought	Positive affirmation
<i>e.g., "I'm not a good father."</i>	<i>"I am doing my best as a father, and my efforts make a difference."</i>

8. List three things you are grateful for each day.

Example:

- *I'm grateful for my supportive partner.*
- *I'm grateful for my healthy baby.*
- *I'm grateful for the moments of joy I experience with my family.*

Setting Realistic Expectations

1. List the expectations you have for yourself as a father.

Example: I should always know how to soothe my baby, I should be able to balance work and family perfectly, I should never feel overwhelmed.

2. List the expectations you have for your partner.

Example: My partner should handle most of the baby's needs, my partner should always understand how I feel, my partner should never get frustrated.

3. List the expectations you have for your baby.

Example: My baby should sleep through the night, my baby should rarely cry, my baby should reach milestones on time.

4. Reflect on whether these expectations are realistic. Why or why not?

Example: It's unrealistic to expect myself to always know how to soothe my baby because every baby is different and it's a learning process.

5. Identify any expectations that may be causing you stress or anxiety.

Example: Expecting my baby to sleep through the night is causing me stress because it's not happening and I feel like I'm failing.

6. Rewrite your expectations to be more realistic.

Example: I will learn different ways to soothe my baby and understand that it's okay not to have all the answers. I will accept that balancing work and family will be challenging and it's okay to ask for help.

7. Reflect on how these adjusted expectations make you feel.

Example: Adjusting my expectations makes me feel more relieved and less pressured to be perfect.

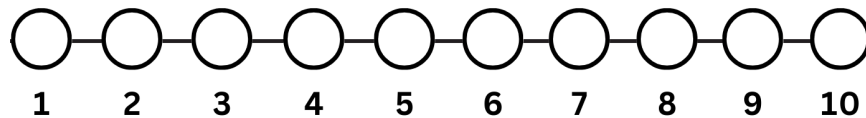
8. Discuss your expectations with your partner and work together to set realistic goals. Write down any agreements or shared goals you come up with.

Example: We will take turns getting up at night with the baby, and we will have a weekly check-in to discuss how we're feeling and what support we need.

Self-Compassion

Self-compassion means being kind to yourself and accepting my imperfections.

1. On a scale from 1 to 10, how would you rate your current level of self-compassion?



1 2 3 4 5 6 7 8 9 10

2. Describe specific situations where you have been hard on yourself.

Example: When I couldn't calm my baby, I felt like a failure as a father.

3. List five qualities or strengths that you appreciate about yourself.

Example:

- *I am patient.*
- *I am a good listener.*
- *I am committed to my family.*

4. How do these qualities help you as a father?

Example: My patience helps me stay calm during difficult moments with my baby.

5. Write down three recent accomplishments, no matter how small.

Example: I completed a project at work despite feeling tired.

6. Reflect on how these accomplishments made you feel.

Example: These accomplishments made me feel proud and capable.

7. Write a kind and supportive message to yourself as if you were speaking to a friend in your situation.

Example: "You're doing a great job as a father. It's okay to feel overwhelmed sometimes. Remember to take it one day at a time and be gentle with yourself."

8. List self-care activities that you enjoy and commit to doing one this week.

Example: Taking a walk in nature, reading a book for pleasure.

9. Create a daily routine that includes at least one act of self-kindness.

Example: Each morning, I will take five minutes to practice deep breathing and set a positive intention for the day.

Building Confidence as a Father

1. List situations or tasks related to fatherhood where you feel less confident.

Example: Changing diapers, soothing a crying baby, managing time between work and family, knowing how to play with the baby.

2. Reflect on why these situations or tasks make you feel insecure.

Example: I feel unsure about changing diapers because I lack practice and worry about doing it wrong.

3. Describe how these insecurities affect your behavior and interactions with your child and partner.

Example: I tend to avoid changing diapers, which puts more pressure on my partner and makes me feel less involved.

4. Identify skills you need to build confidence in the areas you listed.

Example: Learning how to change diapers properly, understanding baby cues, time management strategies.

5. Develop a plan to learn and practice these skills.

Example:

- *Watch tutorial videos on changing diapers and practice with a doll.*
- *Observe and ask my partner for tips on soothing the baby.*
- *Create a time management plan to balance work and family.*

6. List resources where you can find information and support to build your skills.

Example: Parenting books, online articles and videos, parenting classes, advice from experienced parents.

Managing Stress and Anxiety

1. List the main sources of stress in your life.

Example: Lack of sleep, financial concerns, balancing work and family responsibilities.

2. Describe how each stressor affects you emotionally and physically.

Example: Financial concerns: Causes worry and tension, makes it hard to relax.

3. Write down situations or thoughts that frequently trigger your anxiety.

Example: Worrying about my baby's health, feeling unprepared for fatherhood, work deadlines.

4. Describe the physical and emotional symptoms you experience when you feel anxious.

Example: Rapid heartbeat, sweaty palms, difficulty concentrating, feelings of dread.

5. Do you notice any patterns or common themes among your stressors and anxiety triggers?

Example: Many of my stressors and anxiety triggers are related to feeling overwhelmed and not having enough time.

6. How do these stressors and triggers impact your daily life and relationships?

Example: They make it hard for me to focus at work and cause tension in my relationship with my partner.

7. Try a few different relaxation techniques and note how they make you feel.

Deep Breathing

1. Find a comfortable sitting or lying position.
2. Close your eyes and take a slow, deep breath in through your nose for a count of four.
3. Hold your breath for a count of four.
4. Exhale slowly through your mouth for a count of four.
5. Repeat this cycle for 5-10 minutes, focusing on your breath.

How do you feel after practicing deep breathing, and what changes do you notice in your body and mind?

Progressive Muscle Relaxation

1. Sit or lie down in a comfortable position.
2. Close your eyes and take a few deep breaths.
3. Start with your toes, tensing the muscles for a count of five, then relaxing them.
4. Gradually move up your body, tensing and relaxing each muscle group (feet, legs, abdomen, chest, arms, hands, neck, and face).
5. Finish with a few deep breaths, noticing the relaxation in your body.

Which muscle groups felt the most tense, and how did the relaxation process affect your overall sense of calm?

Visualization

1. Find a quiet place and sit or lie down comfortably.
2. Close your eyes and take a few deep breaths.
3. Imagine yourself in a peaceful, calming place (e.g., a beach, forest, or mountain).
4. Use all your senses to fully immerse yourself in the scene (what you see, hear, smell, feel).
5. Spend 5-10 minutes in your visualization, then slowly bring your awareness back to the present.

How did the visualization affect your mood and stress levels?

5-4-3-2-1 Technique

1. Sit comfortably and take a few deep breaths.
2. Identify and name:
 - 5 things you can see around you.

- 4 things you can touch.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste (or imagine a taste).

How did this exercise affect your awareness of your surroundings and your sense of calm?

Grounding Object

1. Choose a small, comforting object (e.g., a smooth stone, a piece of fabric).
2. Hold the object in your hand and focus on its texture, weight, and temperature.
3. Move your fingers over the object, paying close attention to its details.
4. Spend a few minutes exploring the object with your senses.

How did focusing on the object help shift your attention away from stress or anxiety?

8. Choose one relaxation technique to practice daily for the next week.

Example: I will practice deep breathing exercises for five minutes every morning.

9. Identify areas where you can better manage your time to reduce stress.

Example: Prioritizing tasks at work, scheduling regular breaks, setting a consistent bedtime.

10. Write down specific actions you will take to manage your time and set boundaries.

Example: I will create a daily to-do list, limit checking work emails after 6 PM, and establish a bedtime routine to improve sleep.

Understanding the Baby's Needs

1. List the basic needs of a baby.

2. Reflect on how you currently meet these basic needs for your baby.

Example: I take turns with my partner for feeding and diaper changes, and I always hold and comfort my baby when they cry.

3. Describe the signs that indicate your baby is hungry.

Example: Rooting, sucking on hands, fussiness, crying.

4. Reflect on your feeding routine. Are there any challenges you face during feeding times?

Example: Sometimes I struggle to determine if my baby is full or just comfort nursing.

5. List the signs that indicate your baby is tired and needs sleep.

Example: Rubbing eyes, yawning, fussiness, decreased activity.

6. Reflect on your current sleep routine for your baby. What works well, and what challenges do you face?

Example: Rocking my baby to sleep works well, but they often wake up during the night, which makes it hard for me to get enough rest.

7. Create a sleep routine for your baby that includes calming activities before bedtime.

Example:

- 6:30 PM: Bath time.
- 7:00 PM: Gentle massage and change into pajamas.
- 7:15 PM: Read a bedtime story.
- 7:30 PM: Feeding.
- 8:00 PM: Rocking and lullabies.
- 8:30 PM: Put baby down to sleep.

8. List the techniques you use to soothe your baby when they are fussy or crying.

Example: Rocking, swaddling, using a pacifier, singing, white noise.

9. Reflect on which soothing techniques work best for your baby.

Example: My baby responds well to rocking and white noise but doesn't seem to like swaddling.

10. Research and list new soothing techniques you can try.

Example: Babywearing, gentle bouncing, taking a walk outside, infant massage.

11. Plan how and when you will try these new techniques.

Example: I will try babywearing during our evening walk tomorrow and experiment with infant massage after bath time this week.

12. List ways you can provide emotional support and security for your baby.

Example: Responding promptly to cries, maintaining eye contact, speaking in a soothing voice, providing physical affection.

13. List resources you can use to learn more about your baby's needs and development.

Example: Parenting books, pediatrician, parenting classes, online forums, experienced family members.

Developing a Routine

1. List your current daily activities, including work, childcare, household tasks, and personal time.

Example:

- 6:00 AM: Wake up and get ready for work.
- 7:00 AM: Breakfast with family.
- 8:00 AM: Commute to work.
- 9:00 AM - 5:00 PM: Work.
- 6:00 PM: Dinner and family time.
- 8:00 PM: Baby's bedtime routine.
- 9:00 PM: Personal time or chores.
- 11:00 PM: Bedtime.

2. Reflect on how your current routine makes you feel. Are there any times of day when you feel particularly stressed or relaxed?

Example: I feel stressed in the mornings when getting ready for work and relaxed during dinner and family time.

3. Identify any areas where you feel your current routine is lacking or needs improvement.

Example: I don't have enough time for self-care or exercise, and I often feel rushed in the mornings.

4. Reflect on how these gaps impact your mental health and well-being.

Example: Lack of self-care time makes me feel burned out, and rushing in the morning sets a stressful tone for the day.

5. List your top priorities for your daily routine, including personal, family, and work-related activities.

Example:

- *Spending quality time with my family.*
- *Ensuring my baby's needs are met.*
- *Maintaining my mental and physical health.*
- *Meeting work responsibilities.*

6. Reflect on how these priorities align with your current routine.

Example: My current routine meets my work responsibilities and family time but neglects my mental and physical health.

7. Identify how much time you would ideally like to allocate to each priority daily.

Example:

- *Family time: 2 hours.*
- *Baby care: 3 hours.*
- *Work: 8 hours.*
- *Self-care and exercise: 1 hour.*
- *Sleep: 7-8 hours.*

8. Reflect on any adjustments needed to align your routine with these priorities.

Example: I need to adjust my routine to include an hour of self-care and exercise and ensure I get enough sleep.

9. Create a daily schedule that includes your top priorities and allows for a balanced routine. Ensure your schedule includes time for self-care, family, and work responsibilities. Adjust as necessary.

Example:

- 6:00 AM: Wake up and do a quick workout.
- 6:30 AM: Shower and get ready for the day.
- 7:00 AM: Breakfast with family.
- 8:00 AM: Commute to work.
- 9:00 AM - 5:00 PM: Work.
- 6:00 PM: Dinner and family time.
- 7:00 PM: Baby's bedtime routine.
- 8:00 PM: Personal time (reading, hobbies, relaxation).
- 10:00 PM: Wind down and prepare for bed.
- 11:00 PM: Bedtime.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

11. Reflect on how you will handle unexpected changes or disruptions to your routine.

Example: I will be flexible and adjust my schedule as needed, ensuring I still make time for my top priorities.

12. Plan for regular check-ins to evaluate and adjust your routine as needed.

Example: I will review my routine every month to see what's working and what needs adjustment.

3. Prepare any necessary materials or support to help you stick to your routine.

Example: Set reminders on my phone, communicate the new routine to my partner, and prepare meal plans.

Physical Activity and Mental Health

1. Reflect on how physical activity has impacted your mental health in the past.

Example: When I used to jog regularly, I felt more energetic and less stressed.

2. Write down your personal reasons for wanting to incorporate physical activity into your routine.

Example: I want to feel more energetic, manage stress better, and set a positive example for my child.

3. List different types of physical activities that interest you.

Example: Walking or jogging, strength training, swimming, biking, playing a sport (e.g., basketball, soccer).

4. Reflect on any physical activities you have enjoyed in the past.

Example: I used to enjoy biking and playing basketball with friends.

5. Consider the feasibility of each activity in your current life situation (e.g., time, resources, access).

Example:

- *Walking: Easy to fit into my day and requires no special equipment.*
- *Gym workouts: More challenging due to time constraints and gym membership costs.*

6. Identify which activities you can realistically incorporate into your routine.

Example: I can realistically include walking, home workouts, and occasional biking.

7. Set goals for incorporating physical activity into your routine.

Example: I will walk for 30 minutes three times a week for the next month.

8. Create a weekly schedule that includes your planned physical activities. Ensure your schedule is realistic and allows for flexibility.

Example:

- *Monday: Walk for 30 minutes in the evening.*
- *Wednesday: Home workout (20 minutes of strength training).*
- *Friday: Walk for 30 minutes in the morning.*
- *Saturday: Bike ride for 45 minutes.*
- *Sunday: Family walk in the park.*

9. Identify any challenges you encounter and how you address them.

Example: If I miss a scheduled workout, I will find a way to make it up the next day or adjust my schedule.

10. Identify people who can support and encourage you in your physical activity goals.

Example: My partner, a friend who enjoys exercising, a fitness coach.

Sleep Hygiene

1. Describe your current sleep habits, including bedtime, wake time, and sleep environment.

Example: I go to bed around midnight, wake up at 6 AM, and often use my phone in bed. My bedroom is cluttered and sometimes noisy.

2. Reflect on how these habits affect your sleep quality and well-being.

Example: Going to bed late and using my phone in bed makes it hard for me to fall asleep, and I often feel tired and groggy in the morning.

3. List factors that disrupt your sleep, such as stress, caffeine, or screen time.

Example:

- *Drinking coffee in the afternoon.*
- *Using my phone or watching TV before bed.*
- *Baby's nighttime awakenings.*

4. Reflect on how these factors impact your ability to fall asleep and stay asleep.

Example: Caffeine keeps me awake at night, and screen time makes it hard for me to relax before bed.

5. Describe your sleep environment, including the comfort of your bed, noise levels, and light exposure.

Example: My mattress is comfortable, but the room is often noisy due to outside traffic and too bright because of streetlights.

6. Reflect on how your sleep environment affects your sleep quality.

Example: The noise and light make it difficult for me to fall asleep and stay asleep throughout the night.

7. List activities that help you relax and unwind before bed.

Example:

- *Reading a book.*
- *Taking a warm bath.*
- *Practicing deep breathing.*
- *Listening to calming music.*

8. Create a bedtime routine that includes these relaxing activities.

Example:

- *9:30 PM: Take a warm bath.*
- *10:00 PM: Read a book or practice deep breathing.*
- *10:30 PM: Dim the lights and listen to calming music.*
- *11:00 PM: Go to bed.*

9. Identify changes you can make to your sleep environment to enhance comfort and reduce disruptions.

Example:

- *Use blackout curtains to block out light.*
- *Use a white noise machine to drown out external noise.*
- *Keep the bedroom cool and decluttered.*

10. Set a plan and timeline for implementing these changes.

Example: I will buy blackout curtains and a white noise machine this weekend and declutter the bedroom tonight.

11. Develop strategies to manage factors that disrupt your sleep.

Example:

- *Limit caffeine intake to the morning.*
- *Set a "no screens" rule for an hour before bed.*
- *Practice stress management techniques like journaling or talking to a friend.*
- *Share nighttime baby duties with my partner.*

12. Write down specific actions you will take to implement these strategies.

Example: I will switch to decaf coffee after noon, put my phone away at 9 PM, and discuss a nighttime duty schedule with my partner tonight.

Addressing Financial Stress

1. List your current sources of income.

Example: Salary from full-time job, freelance work, partner's income.

2. List your current expenses.

Example: Mortgage/rent, utilities, groceries, baby supplies, medical bills, car payments, insurance, entertainment.

3. Identify specific financial stressors you are currently experiencing.

Example: High medical bills from the baby's birth, reduced income due to parental leave, unexpected home repairs.

4. Reflect on how these stressors impact your mental health and well-being.

Example: Constant worry about bills makes me feel anxious and affects my ability to enjoy time with my family.

5. Create a monthly budget. Allocate funds for necessary expenses and set limits for discretionary spending.

Income:	
Expenses:	

6. Set financial goals for savings and debt reduction.

Example: Save \$500 per month for an emergency fund, pay off \$200 per month towards credit card debt.

7. List all your debts, including the total amount owed, interest rates, and minimum monthly payments.

8. Prioritize your debts based on interest rates and balances. Consider using the snowball or avalanche method for repayment.

Example: Focus on paying off the credit card debt first (avalanche method) because it has the highest interest rate.

9. Create a debt repayment plan with specific monthly payment amounts.

Example:

- Credit card: Pay \$300 per month until paid off.
- Student loan: Pay \$150 per month (minimum payment).
- Car loan: Pay \$200 per month (minimum payment).

10. Identify potential opportunities to increase your income.

Example: Taking on freelance work, asking for a raise, finding a part-time job, selling unused items.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Depressive disorders · No father-specific postpartum diagnosis; assess a depressive disorder when criteria are met.
- ICD-11 CDDR: 6A70 / 6A71 Depressive episode / recurrent depressive disorder · No father-specific postpartum diagnosis.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Establish depressive syndrome duration and impairment; assess bipolarity, substance/medication causes, sleep deprivation, adjustment disorder, anxiety, trauma, and medical contributors.

Document-specific corrections

- Pages [1, 2, 3, 4, 5, 63] · Frame · Postpartum Depression in Fathers · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Page 4 contains an author-created, non-scored reflection checklist. No standardized paternal postpartum instrument is reproduced; do not total, apply cutoffs, diagnose, or infer severity.
- Pages [3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69] · Screen immediately for suicidality, infant safety, psychosis, mania/mixed symptoms, severe insomnia, impaired judgment, and bipolar history; a positive screen requires timely diagnostic assessment and a response pathway, not workbook-only follow-up. Apply this specifically to the workbook's Self-Assessment, Identifying Symptoms of Postpartum Depression, Recognizing Triggers, Personal Reflection on Emotional Changes sections.
- Pages [1, 3, 4, 5, 6, 8, 10, 12, 18, 35, 36, 43, 47, 48, 50, 54, 55, 62, 63, 65] · Review all medical assertions in Postpartum Depression in Fathers with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.
- Pages [1, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69] · Use validated perinatal screening only with systems for timely assessment, diagnosis, monitoring, and follow-up. Positive self-harm responses require immediate acuity assessment; suspected postpartum psychosis requires immediate medical attention. Screen for bipolar disorder before antidepressant-only treatment decisions.

Measures, scoring, and permissions

- Treat the Postpartum Depression in Fathers ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Screen immediately for suicidality, infant safety, psychosis, mania/mixed symptoms, severe insomnia, impaired judgment, and bipolar history; a positive screen requires timely diagnostic assessment and a response pathway, not workbook-only follow-up.
- Screen with validated instruments only when administration and interpretation are appropriate; assess bipolar disorder, psychosis, suicidality, medical contributors, medication issues, and risk to dependents where relevant.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Crisis and current resources

- U.S.: call or text 988; chat at <https://988lifeline.org/>. Immediate danger: local emergency services. International resources must be separately verified for the intended country and dated.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.acog.org/programs/perinatal-mental-health/patient-screening>
- <https://988lifeline.org/>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.acog.org/clinical/clinical-guidance/clinical-practice-guideline/articles/2023/06/screening-and-diagnosis-of-mental-health-conditions-during-pregnancy-and-postpartum>