

HOW IS  
DAD  
GOING?

papi **pāpā**  
*otosan* **بابا** **ဖခင်** **ਪਤਾ**  
**vati** **أب** **Cha**  
*pappie* *abba* *Otec* **Tad** *vader*  
*padre* **babbo** *아빠*  
**tata** *otosan*  
**tevas** **dad** *Aabaha* **爸**  
*otac* **मी** **योग** *tatay* **ဘာဘာ** **父さん**  
**opa** **baba** **tad**  
*Papa* *tevas* **isa** *μπαμπάς*  
*maman-mamun*

PANDA National Helpline

1300 726 306

[howisdadgoing.org.au](http://howisdadgoing.org.au)



**PANDA**

Perinatal Anxiety &  
Depression Australia

# Dad

**The transition to parenthood  
brings many unexpected  
challenges**

**Dads need our support too**

**1 IN 10**  
**DADS**  
**EXPERIENCE**  
**POSTNATAL**  
**DEPRESSION**

.....  
**IT'S NOT ALL**  
**BLACK AND**  
**WHITE**

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*"I started worrying the day I found out I was going to be a Dad. Did we have enough money? Was the house ready? Would I be the same sort of Dad as my own father? Worry became stress and stress turned to distress. I felt ashamed, after all, it wasn't meant to be about me."*