

HOW IS
DAD
GOING?

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

PANDA National Helpline
1300 726 306
howisdadgoing.org.au



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."