

HOW IS  
**DAD**  
GOING?

papi **pāpā**  
*otosan* **Cha** **ਪਤਿਤਾ**  
**vati** **أب** **Cha** **ਪਤਿਤਾ**  
*pappie* *abba* *Otec* **Tad** *vader*  
*padre* **babbo** **아빠**  
**tata** **otosan**  
**tevas** **Aabaha** **爸爸**  
*otac* **मी** **ਮੁੱਠਾ** **tatay** **താതാ** **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)





# Dad

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

**Dads need our support too**

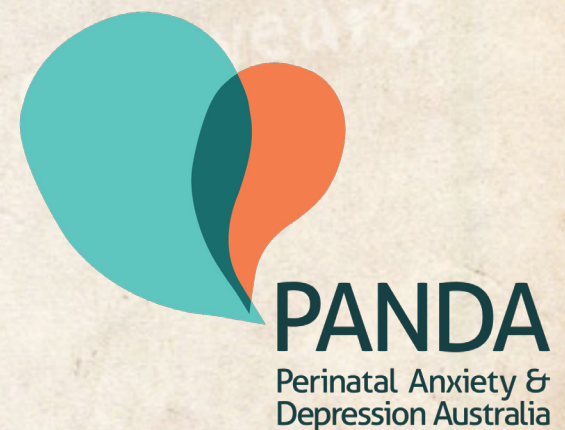
**1 IN 10**  
**DADS**  
**EXPERIENCE**  
**POSTNATAL**  
**DEPRESSION**

.....  
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."*