

HOW IS  
**DAD**  
GOING?

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



**PANDA**  
Perinatal Anxiety &  
Depression Australia

Becoming a dad brings many  
unexpected challenges

PANDA Helpline – 1300 726 306

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