



## Tips for Being a New Dad During Covid with Derek Ebbs

**The nature of impending fatherhood is that you are doing something that you are doing something that you're unqualified to and then you become qualified while doing it. John Green**

Being a new dad can be a joyous time, but it can also be stressful. The overwhelming experience of being a new dad can be made even more worrying because of the restrictions that COVID has added to the mix.

It's important that new dads remember that they are not alone and that there is always help available if they need it.

We have enlisted the help of Derek Ebbs, a relationship psychotherapist, to share his best advice on how dads can navigate this exciting yet anxious time in their new child's life.

Derek says when he speaks to new dads, their number one hope is often that they want to be as actively engaged in child rearing as possible. Especially while being at home, their main focus is that they want to solve problems as soon as they come up.

New dads are often also navigating where they sit in their new family dynamic, especially as they were not the child bearer and, in some cases, may not be the baby's feeder either.

This might cause them to feel edgy, fidgety, and agitated when issues that come up can't be fixed immediately and they may feel like they're on the sidelines, which leaves room for feelings of inadequacy. These emotions can add to mother and baby stresses and can create a negative dynamic amongst the family.

**Here are some tips for new dads, to ease the transition of bringing home a new bub during this crazy time:**

- **Be gentler on yourself!** Remember you don't have to get it 100% right all the time. Be gentle to yourself and your partner, give yourselves a break while you settle into your new roles.
- **Listen to your partner's needs.** Tune into what your partner needs as a new parent and try to help them settle into this new space with a new baby, listening to your partner's needs will help them feel settled and calmer.
- **Take time for yourself.** Doing simple things like getting in some exercise or catching up with a friend over the phone can really help boost your mood.

**Reach out for help if you need it.** No one expects you to have all the answers and it's okay to not feel okay. Bringing home a baby is a huge change in your relationship and in your life and there's so many emotions that come along with this change. Have a chat with your GP or reach out to a close friend and let them know how you're feeling. You can also reach out to Gidget Foundation Australia for some extra psychological support or counselling or connect with their Gidget Virtual Village of parents on Facebook.