



## Providing support for future fathers as actors in the birth.

We know that men engage differently than women in their parenting roles with regard to time-span, emotional reactions, awareness and commitment. The stress and apprehension associated with a future parental role, favored by the lack of information, are the main adjustment problems experienced by fathers. Besides this apprehension, men regularly report a feeling of exclusion within health care settings. This means there are no prevention plans that tackle the failure to adapt to this new role (postpartum depression, child attachment disorder, early disinvestment). Including and supporting fathers is also important when there are perinatal complications. These ideas echo the recommendations of various international organizations (WHO, UNICEF, The Royal College of Midwives).

This project is important for fathers and future fathers in French-speaking Switzerland, as isolation, lack of information and the lack of practical and reusable tools are among the main problems of adaptation.

We can summarize the objectives in four points:

1. Create information specifically for future fathers.
2. Tell future Romand fathers of the existence of videos intended for them.
3. Strengthen the community of Romand fathers through meeting them "in person".
4. Assess the impact of previous actions.

The choice of short video films stems from the proven interest of fathers for new technologies that are directly intended for them. The films will deal with specifically male needs at different stages of fatherhood. The films will feature testimonials from fathers from home and abroad, reflecting multicultural reality, as well as showing the positive impact of fathers. They will be freely available on YouTube.

The project goes beyond producing educational material and faces up, through planned meetings, to the reality of future fathers and fathers, mothers, health professionals and civic and political society. Männer.ch and its Menciaire program will focus on strengthening the skills of men and fathers, while PanMilar and Enceinte in Geneva, which specialize in intercultural dialogue around birth, will be privileged partners in making and delivering content.

### Research team

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### Duration

12 months