

# Fathers in the transition to parenthood



## “” NCT position statement

Becoming a father for the first time is a major life event for men. The birth of a baby changes relationships in the family, brings new responsibilities and has a major economic impact.

It can be a time of joy, celebration and pride but equally it can be a time of stress, anxiety and upheaval.

Men have their own needs as new fathers, they also need information about what their partner is going through and how they can support her.

Research shows clearly that fathers have a central role to play in family life and child development. Services should engage new dads from the start of pregnancy and involve them in care of the new baby, including comforting and soothing, skin to skin care, bathing and nappy changing. Fathers need information that is relevant to how their baby is being fed, including the key role they can play in supporting breastfeeding. They should be given contact details for local health professionals and help-lines so they have someone to turn to when they have questions or concerns.

**For further press information, please contact NCT Press Office on 020 8752 2404 or email: [press@nct.org.uk](mailto:press@nct.org.uk)**

The NCT (formerly the National Childbirth Trust) is the UK's leading charity on pregnancy, birth and early parenthood. Every year the charity supports thousands of parents through an incredible life-changing experience, offering relevant information and mutual support through our network of over 300 local branches, UK wide helplines, antenatal and early days courses, breastfeeding counselling and peer support schemes.

Operating for over 50 years, the NCT is recognised as the voice of pregnant women and new parents throughout the UK. The charity works continuously for improvements to maternity care and better services and facilities for new parents. We are viewed by many as independent experts in matters relating to pregnancy, birth and early parenthood and are an influential and trusted advisor to UK governments, royal colleges, private sector bodies and other charities.

**For more information visit [www.nct.org.uk](http://www.nct.org.uk) or call the NCT Enquiries line at 0300 33 00 770.**

**NCT**  
Alexandra House, Oldham Terrace,  
London W3 6NH

National Childbirth Trust is a registered charity (801395)

© NCT 2008

NCT Pregnancy & Birth Line

**0300 33 00 771**

NCT Breastfeeding Line

**0300 33 00 772**

Find support near you

**[www.nct.org.uk](http://www.nct.org.uk)**