

10 Reasons Why Supporting New Dads At Work REALLY Matters.



- ✓ 10% of dads-to-be will become depressed during their partner's pregnancy and the number of men who become depressed in the first year after becoming a dad is double that of the general population.
- ✓ Nearly 80% of dads feel a responsibility to be "the rock" for their families after the birth of a child, and half say this is a struggle, causing them stress and anxiety.
- ✓ 'Being a present father' is the #1 aspect of modern masculinity.
- ✓ But, men fear the implications on income and progression of taking leave or seeking flexible working and being seen as 'uncommitted' at work.

Closer relationships with children improve mental health...

- ✓ The Fatherhood Institute "Lockdown Fathers" report found that 65% of dads reported a better father-child relationship and better well-being.
- ✓ Father's increased involvement in baby care can mitigate maternal postpartum-depression outcomes.

Equality at home and at work can unlock benefits for everyone...

- ✓ 75% of British women who care for dependent children are working.
- ✓ Women with equal partners at home are more successful at work
- ✓ Global McKinsey research shows that mothers' incomes rose about 7 percent for each month that a father spent at home on paternity leave.
- ✓ Businesses that embrace gender diversity in their senior teams are more competitive and more likely to experience above-average profitability.



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