

# Letters

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## Society must give new dads a safety net

The new research on men experiencing prenatal and postpartum depression sheds light on the reality that both men and women undergo upheaval in their emotional lives as new parents. Dads can feel overwhelmed after the birth of a child due to the pressure of being a breadwinner, the loss of intimacy with his partner and the sense of being a third wheel. For those of us who care about the well-being of children in our community, it's critical that we're aware of what dads are facing and provide support. Without it, dads are at risk of pulling away from their families and jeopardizing the well-being of their children.

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