

Gidget Virtual Village for Dads





Virtual
GidgetVillage
f Peer support group

The Gidget Foundation
Australia Facebook Group for
expectant and new dads.

Find us and connect

@facebook.com/groups/
gidgetvirtualvillage



WHAT IS GIDGET VIRTUAL VILLAGE?

The **Gidget Virtual Village** is a private, moderated peer support group for expectant and new dads (with children up to school age) based in Australia.

The Facebook group is coordinated and moderated by Gidget Foundation Australia, and is aimed at creating a safe space connecting expectant and new dads with the Foundation, and with each other.

The **Gidget Virtual Village** provides an online village for expectant and new dads all over Australia, through the sharing of lived experience, connection, kindness and compassionate peer support.

HOW DO I PARTICIPATE IN GIDGET VIRTUAL VILLAGE?

Expectant and new dads (with children up to school age) based in Australia are invited to join the private Facebook group by answering some simple questions and agreeing to the group guidelines.

The group does not provide immediate or crisis support.



[@facebook.com/groups/gidgetvirtualvillage](https://facebook.com/groups/gidgetvirtualvillage)

For more information, call Gidget Foundation Australia on 1300 851 758 or email contact@gidgetfoundation.org.au



WHAT IS PERINATAL DEPRESSION AND ANXIETY?

Depression and anxiety during pregnancy and the first year of parenting (the perinatal period) affect around 20% of mothers and 10% of fathers. Previously known as Postnatal Depression, we now refer to it as Perinatal Depression and Anxiety (PNDA) as we know that symptoms of depression and anxiety often occur together and start during pregnancy, rather than just postnatally. Research also shows that if anxiety is treated during pregnancy, the risk of developing depression postnatally is lower.

These are recognised, diagnosable and recoverable medical conditions; the result of biological, psychological and social factors. Left untreated, the impact on the mother, father, child and other family members can be significant.

Pregnancy and the first year of parenthood can be a uniquely special time. It is also a time of great adjustment and the impact is often underestimated in our society. It's very common to feel overwhelmed and stressed during your partner's pregnancy or when looking after a new baby, so it's a good idea to have a conversation with a trusted person. Dads can often find help in connecting with other dads, chatting to friends, relatives or health professionals.

Visit gidgetfoundation.org.au for more information about PNDA, contributing factors and feelings to be aware of.



DADS IN THE GROUP HAVE SAID:

"It's great having a safe forum that I can ask what may seem like trivial blokey questions with zero judgement."
– (Andrew)

"A group for dads only is a really good idea. It takes away any awkwardness and allows dads to feel like they can share more freely." – (Dave)





Gidget Foundation Australia is a not for profit organisation that provides programs to support the emotional wellbeing of expectant and new parents.

Gidget Foundation Australia was named after a vibrant and joyful mother, who suffered from unrecognised postnatal depression. Her nickname was 'Gidget'. The Foundation evokes Gidget's warmth and lively spirit. Established by her friends and sisters, the organisation has grown and is now supported by passionate individuals, community leaders, health professionals, businesses and government.

New babies bring delight along with challenges. Nearly **1 in 5 mothers** and **1 in 10 fathers** will suffer perinatal depression and anxiety; that's around 100,000 Australians each year.

Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.