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Occupational Therapy and The Transition into Fatherhood

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Background

- The transition period for becoming a new parent is stressful on males as well as females, yet the male role is not always clear for the individuals (Asenhed et al., 2014).
- While there is research done addressing new fathers, there is very little information available that addresses the occupational impact. The occupation of sleep was the only occupation found that was previously studied among new fathers. (Macdonald et al., 2021).

Purpose

What is the occupational impact that new fathers experience during their transition into parenthood and what can OT do at this time? The change in responses of males compared to females has been acknowledged, but limited information is available related to the occupational impact. Determine the occupational impact of new fathers and better understand how to ease the transition period into parenthood.

Methods

- 28 survey participants (25-41 years old, all married, all employed full time, and no reported complications with the child's birth). On average took 5-10 minutes to complete
- 3 interview participants. ~15-20 minutes to complete. Thematic analysis used with assistance from multiple researchers skilled in qualitative analysis.
- Participants were recruited from social media postings, word of mouth, and snowball sampling.

Person Environment Occupational Performance (PEOP):

Occupational performance is centered around a person's overall well-being which in turn contributes to their identity, roles, tasks, and actions (Baum et al, 2015). PEOP addresses different components that may be altered with the lifestyle change that comes with fatherhood.

Results

Themes	Quotes
Expectations around work influencing stress	<p>"Protector and provider of the family."</p> <p>"I went from working almost full-time to not working at all"</p>
Adapting schedule and occupations with wife in mind	<p>"Keep open line of communication was biggest challenge because now you have a new part of the equation so make sure you have check ins with each other and make sure everything is okay."</p> <p>"After having my daughter, I have to balance a lot more and really plan out my day and coordinate with my wife frequently."</p>
Perception of competence in fatherhood	<p>"Wouldn't say I have the dad thing down, but I do have play time down"</p> <p>"Yeah, that's like a good like solidified moment I feel like for the two for us and for just like a memorable connection with my new son"</p>
Models of Fatherhood	<p>"My own father, father figures I had growing up, and watching my sisters have their kids"</p> <p>"I have a younger brother who is four years younger get for him and I adopt it later on I have watch them be three different kinds of parents."</p>

Short Answer Survey Responses

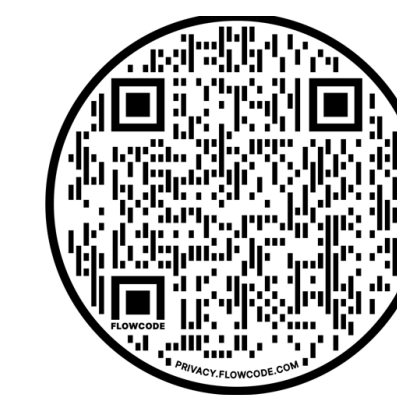
Resources used	Resources wanted	Impact
Family & Friends - 23	Family & Friends - 5	Free time & hobbies - 14
Professional services - 6	Knowledge & Advice - 4	Sleep - 7
Internet Resources - 4	Childcare & Finances - 2	Time with spouse & family - 7
Community & Church - 4	New Dad Groups - 2	Mental Health - 2
Books - 4		Work Related - 2

Likert Scale Questions	Before	After
How would you rate your participation with good quality sleep?	3.32	2.30
How would you rate your participation with leisure activities?	3.5	2.37
How would you rate your participation in religious services/activities?	1.95	2.2
How would you rate your participation with social activities?	3.07	2.33
How would you rate your satisfaction with participation in sports/physical activities?	3.11	2.52
How would you rate your satisfaction with participation in hobbies you enjoy?	3.46	2.37
How would you rate your satisfaction with participation in home management?	3.3	2.96

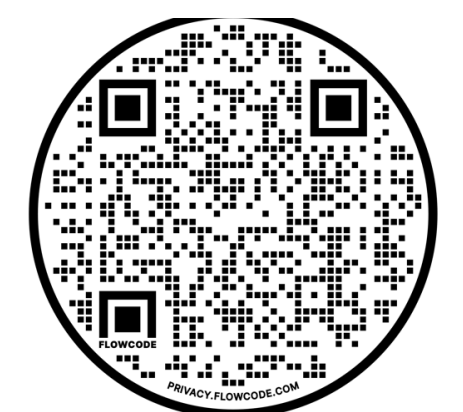
1-Never 2- Rarely 3- Often 4- Frequently

OT Implication & Conclusion

- Education on general knowledge. Fathers expressing interest in this demonstrates the need for OT to provide education.
- Time management training and the creation/adaptation of daily routines that OT could implement based off short answer responses with concerns to free time, hobbies, and time with spouse/family.
- OT needs assessment to fit individual's journey into fatherhood. The variety of wanted resources supports the need for an individualistic component.



Additional charts, graphs and thematic analysis



References