Being the father of a small child is sometimes stressful. It is important to take this into consideration in your everyday life and to find healthy ways to relieve stress.

**SOMETIMES WHAT’S BEST FOR YOUR FAMILY IS TAKING SOME TIME FOR YOURSELF!**

**HOW ARE YOU DOING?**

- Do you exercise regularly?
- Are you getting enough sleep?
- Do you have someone to talk to?
- Do you have energy to do fun things after work?
- What brings you joy?
- Are you comfortable with talking about your feelings with your spouse?
- Can you openly discuss the hopes and fears that you have regarding your relationship?
- Are your parenting skills sufficient?

And how does all this affect your fatherhood?

Hearing a child brings ups and downs, and it might sometimes challenge your wellbeing.

“Children sense how their parents are really doing.” (father, 34 yrs)

**HOW DO YOU ENSURE HAVING TIME FOR YOUR FAMILY, YOUR RELATIONSHIP AND YOURSELF?**

A well-functioning everyday life leaves time also for your own activities and friends. This is crucial for your wellbeing.

Relationship-wise it is smart to plan and share household work and chores together. This way there are fewer arguments, which improves the quality of the family time. Living the peaceful everyday life together strengthens the bond between a father and his child.

The best way to prepare yourself for becoming a father is to think about your expectations, hopes and fears of fatherhood. Talk about your feelings with your spouse and your friends!

**WHAT IS TRULY IMPORTANT TO YOU?**

“Spending time with your child is the best gift you can give.” (father, 27 yrs)

**WORK AND FINANCES**

If you are happy with your job, it helps with having more energy at home. The following factors often improve fathers’ contentment with their jobs: continuity, possibility to affect the job content and possibility to progress in their careers.

Being a father, you may have concerns regarding family finances. Combining family and work might sometimes feel challenging.

It is important to remember that work is only one part of your life, so don’t let it take up too much of your time and energy.
Do you have arguments more often? Do you constantly work overtime? Is your child acting up all of the time? Do you have a habit of taking a small shot or drink every day? Do you drink every weekend? Are you exhausted and bad-tempered? You don’t get excited about anything? Do you feel like giving up and dropping everything?

Alcohol can make you do things that you wish never happened, or you might not even remember them happening in the first place. On a drunken night out you might lose your:

- shoes,
- jacket,
- credit card,
- phone,
- wallet,
- car,
- driving license,
- self-worth,
- job,
- friends or family.

If this has ever happened to you, take a moment to seriously think about your drinking habits.

If you are not happy, you have every right and chance to get help. Talking really does help. Talk with a professional or with someone who has similar experiences. You can talk face-to-face, on the phone or online.

WHAT DO YOU LOSE IF YOU ARE INTOXICATED?

You might lose the trust of your child. When you are under the influence of alcohol, you may act unpredictably and strangely in your child’s eyes. You might think that you are just being social, fun and spontaneous. After an “ordinary party night”, your child might feel upset, angry and ashamed about how you behaved.

Your child worries for you and your entire family. Children have a built-in need to stay loyal to their parents, and this is why they often keep their negative feelings and experiences to themselves.

Your alcohol misuse affects the relationship between you and your child even when you are sober.