Distress on returning to work: First-time fathers' experiences

Dr Suzy Hodgson - Manukau Institute of Technology- Te Pükenga, Auckland, New Zealand





There is increasing research interest in the experiences of new fathers taking paternity leave, but less insight into men's experiences of returning to work after the birth of their first balow.



This poster focuses on fathers' experiences of negotiating the workplace as part of an overall theoretical framework related to broader transitions to fatherhood and sheds light on the distress, guilt and psychological challenges that participants experienced when they initially returned to work.



Studies have shown that parental leave policy alone does not enable all fathers to co-parent their children, with deeper socio-cultural and structural barriers also apparent (s.). These include traditional views on masculinity (s) and gendened norms regarding whose job it is to care for children (s. v).

A constructivist grounded theory methodology (CCTM) as for under printed by symbols, interactionism (in 12) was adopted to generate theory for the data gentlement (in).

Approval for this study was granted by the university's research estrics assemble: (HES, 2015/117 and AMA/W/DMS-3-111). Audio-recorded, face to-face, semistructured interviews (n) interviews generally began by asking the perticipants to fell their story of becoming a father for the first time. Follow up questions sought to

Follow-up questions sought to understand their propertions for teconomy, a futher, experiments in the amengines, and any other topics perforpant highlighted.

are thering important.

Deserve name fathers shapeed their experiments in this stands, six agent 25-bit and six in agent 25-bit and six 15-64. Eleven identified as "White British' and one or White Disher" All Swed with their partners, ris manned and in co-habitory. Eleven fachers had a baby under one year and one had a child under two year and

Theoretical tampling and constant tomportunity operations professors 121, line by line tomportunity 121, line by line coding, focused coding and theoretical coding bed to the threatest between the threatest of the theoretical calculagement and final core tamping in CGTM typically seek transfer their professors the threatest of the transfer their partner than transfer taking partner threatest of the transfer threatest operations the transfer transfer to the t

First hours, days, and paternity leave



"It was scare, possibly the most scare experience that I've over been through especially looking back now, it was so close to losing both of them." Mark

"So, I'll go home then at four o'clock in the morning, and I think all that happened to quick and then you're almost last on your own to deal with it really. and then to see the sights that you've seen and the emotions that flood through."

Alex



"Everything got on top of me, I had to go back to work and leave a baby crying...I cam't just not go to work, as much as I'd lives to step here and help you. I cam't, because I'm enty allowed had necessarily allowed had necessarily all you're allowed...I felt like I was standoning my duties...and you feel so guilty but what cam you do?".



Faithers in this study both explicitly and galaxity checking districts on their setums award and all indicates a change in their order bleed all indicates a change in their order bleeding which for some participants at to uncontainty in the recrepture. Men interesting to exect a title form in their pretenting to exect a title form in the perfect and period are witherable to perfect their set of the perfect of their set of the perfect of their executions of perfect of their executions.

Return to work

"Fit not really thought about coming back to work and kind of knowing that I will miss a big chunk of his life because I am at work, I'm out of the house most of the day. In this what it will be tike for me, not forever, but for the long-term facture. I'm out of his life for more time than I'm actually in it."

"It remnerables"... cryling on the box on the First day, I remnerables falling asleep on the box in those first few weeks back at work, a marribes of times. So a operabination of just been given deprined and really not wanting to be these when I was at work, I fell pretty rotten, definitely for the first few weeks back at work." I fell pretty rotten.

"I diamno, lessing a little but of that identity about you know I'm kind of kind of known at work as the film buff and someone to talk to about those things and that is kind of slowly going and people are saying, oh have you seen this tilm (name) and i'm like, what's that?"

"Don't know if that's just me with anxiety, or whether that's more normal, what everyone goes through, it's hand to tell. Jos., a list of bolous keep their feelings to themselves. It's very sare that you get the truth about what blokes are feeling, on they like to put up a wall, as protection for themselves."



Recommendations for policy and practice

1. Actively promoting access to flexible working
for boots between and mostlers.

 Education and assumes varying to promote percental wellbring in the workplace and expending as environment which is supportive and inclusion.

 Triuming for all broads of management and human resistance departments in how to positively support new fathers in the early weeks of personner. experimendations for policy and practice ordinard.

A. Declinated and protected puternity leave to replace observed parental leave.

The improvement worship to receive a proportion to a more full proportion from the control of the property of the control of the

L. SHOPEPING DANCE COMPANIES NO YOUR ENGINEER.

The Fathers Shared Experiences

L Darling-Hammond

The Fathers Shared Experiences:

A Shared Experience Laura Mccall, Donald Yacovone, 1998-08 Only by focusing on the similarities as well as the differences in the lives of men and women can we achieve a fully representative portrait However shared experiences and complementary lives of men and women have rarely been considered in historical inquiry. This important new anthology reflecting recent trends in the history of men and women calls for the reintegration of the study of gender Experience Of Illness Susan H. Mcdaniel, Jeri Hepworth, William J. Doherty, H. Mcdaniel, 2009-08-05. In the narrative of every human life and family illness is a prominent character Even if we have avoided serious illness ourselves we cannot escape its reach into our circle of family and friends Illness brings us closer to one another through caregiving and separates us through disability and death yet little attention has been paid to personal and family illness in psychotherapy Rather therapists tend to focus on the psychosocial realm leaving the biological realm to other physicians and nurses Susan H McDaniel Jeri Hepworth and William J Doherty invited therapists who work with individuals and families experiencing chronic illness and disability to describe clinical cases that illustrate their approach to medical family therapy Contributors then were asked to share a personal story about their experiences with illness and to explain how those experiences affect the way they work with their clients Vivid case studies dealing with a range of illnesses including cancer infertility schizophrenia AIDS heart disease diabetes asthma and multiple sclerosis show how the therapists own experiences of illness are relevant to their care of others and how these experiences can be used to form a healing bond in therapy Poignant honest and illuminating The Shared Experience of Illness allows us to understand more fully the relationship between the personal and the professional The Fathers' Book Carol Kort, Ronnie Friedland, 1986 The Father's Heart Pasquale De Marco, 2025-07-14 Pasquale De Marco s newest book The Father's Heart is a poignant and heartwarming exploration of the profound bond between fathers and their children With captivating anecdotes and insightful reflections Pasquale De Marco delves into the various facets of a father's love wisdom strength and guidance highlighting the profound impact these qualities have on a child's development This book is a celebration of the extraordinary love and unwavering commitment that fathers bring to their families It explores the diverse ways in which fathers nurture protect and inspire their children shaping them into resilient compassionate and capable individuals Pasquale De Marco invites readers to embark on a journey of self discovery and appreciation recognizing the immense value of fathers in their own lives and the lives of those around them Whether you are a father seeking to deepen your connection with your child a child yearning to understand the significance of your father's role or simply someone who cherishes the father figures in their life this book offers a wealth of wisdom and inspiration With its heartfelt prose and thought provoking insights it is a testament to the enduring power of the father child bond In a world that often overlooks the importance of fathers this book stands as a powerful reminder of their irreplaceable role in society It is a call to celebrate the fathers in our lives and to nurture the bonds that unite us recognizing that fathers

are not just providers or disciplinarians but also mentors confidants and lifelong companions Pasquale De Marco masterfully weaves together personal experiences expert perspectives and research findings to present a comprehensive understanding of the fatherhood experience The result is a book that is both deeply personal and universally relatable offering valuable insights and practical advice for fathers children and families of all kinds If you like this book write a review TV: A Shared Experience Pablo Cesar, Konstantinos Chorianopoulos, Jens F. Jensen, 2007-06-26 This book constitutes the refereed proceedings of the 5th European Conference on Interactive Television EuroITV 2007 held in Amsterdam The Netherlands May 2007 The volume covers a wide range of areas such as media studies audiovisual design multimedia HCI and management The papers are organized in topical sections on social TV systems user studies the future of TV social TV evaluation personalization and mobile TV The Parental Experience in Midlife Carol D. Ryff, Marsha Mailick Seltzer, 1996 Most adults experience parenthood But the longest period of the parental experience when children grow into adolescence and young adulthood and parents themselves are not yet elderly is the least understood In this groundbreaking volume distinguished scholars from anthropology demography economics psychology social work and sociology explore the uncharted years of midlife parenthood. The authors employ a rich array of theory and methods to address how the parental experience affects the health well being and development of individuals Collectively they look at the time when parents watch offspring grow into adulthood and begin to establish adult to adult relationships with their children With a strong emphasis on the diversity of midlife parenting including sociodemographic variations and specific parent or child characteristics such as single parenting or raising a child with a disability this volume presents for the first time the complex factors that influence the quality of the midlife parenting experience A Parent's Love: A Collection of Timeless Wisdom and Inspiration for Sons Pasquale De Marco, 2025-07-26 A Parent's Love A Collection of Timeless Wisdom and Inspiration for Sons is a heartfelt tribute to the extraordinary bond between fathers mothers and their sons Within these pages you will find a wealth of insights reflections and guidance to nurture and strengthen the bond between you and your son As you journey through each chapter you will discover the importance of setting an example fostering your son s confidence and providing him with the unwavering love he needs to thrive You will learn how to navigate the challenges of adolescence support his passions and inspire him to become a man of character and integrity The words of renowned authors philosophers and thought leaders will resonate with you as you explore the pillars of a son's character the power of positive relationships and the unique challenges and opportunities of raising a son in the digital age Whether you are a father seeking to guide your son s path or a mother yearning to nurture his emotional growth this book offers a wealth of practical advice and heartfelt reflections to support you on this extraordinary journey May the wisdom and inspiration found within these pages enrich your relationship with your son creating memories that will last a lifetime and a legacy that will endure for generations to come This book is a perfect gift for Fathers and mothers of sons Grandparents and other family members Educators and

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Young Children's Play and Creativity Gill Goodliff, Natalie Canning, John Parry, Linda Miller, 2017-07-14 This draws on the voices of practitioners academics and researchers to examine young children's play creativity and learning With a range of international perspectives it focuses on the level of engagement and exploration involved in children's play and how it can be facilitated in different contexts and cultures Sharing Christ in Joy and Sorrow Chris Bruno, 2025-05-20 An Introduction to the Theology and Themes of Philippians To live is Christ and to die is gain Philippians 1 21 This bold and countercultural statement captures the central message of Philippians In this New Testament letter Paul offers practical advice for godly living and encourages believers to stay connected to the gospel amid hardship Because the church shares in the sufferings of Christ believers can experience joy even in suffering as they wait for the Lord to make all things new In this volume of the New Testament Theology series author Chris Bruno explores the theology and themes of Philippians and highlights how this letter fits into broader biblical theology Through clear and engaging examinations Bruno expounds on predominant themes the church's union with Christ the church as ambassadors of the kingdom the gospel proclaimed and opposed the hope of life with Christ and suffering with joy For Those Interested in Biblical Theology Ideal for college and seminary students pastors and professors Helpful Bible Study Resource A great companion to commentaries on Philippians Part of the New Testament Theology Series Other volumes include Ministry in the New Realm United to Christ Walking in the Spirit and more Activities Bucket List Cupido A.I. Saage, 2025-05-30 Embark on an incredible journey of fatherhood with the Dad Activities Bucket List your comprehensive companion for creating meaningful connections with your child from infancy through the school years This practical guide helps new and experienced fathers discover the joy of intentional parenting through carefully curated activities that strengthen the father child bond Rather than presenting parenting as a series of responsibilities this book transforms everyday moments into adventures that both dad and child will treasure Inside you ll find age appropriate activities organized into easy to navigate sections First Months Discover how to actively participate in your baby s earliest development through sensory play carrying adventures and bedtime rituals that establish deep connections from day one Daily Adventures Transform routine tasks into opportunities for learning and bonding From turning cleanup into a game to creating special morning rituals learn how ordinary moments become extraordinary memories Outdoor Explorations Plan forest expeditions stargazing nights and water adventures that introduce your child to the natural world while creating unforgettable shared experiences for your dad activities bucket list Dad Fitness Incorporate movement into your parenting journey with age appropriate sports playful strength exercises and family workouts that benefit both father and child Emotional Guidance Develop communication skills that help you navigate your child s feelings during play

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