

Inland Empire Breastfeeding Coalition presents:

FREE Virtual General Education Session

The Forgotten Parent: Paternal Perinatal Mental Health & Why It Matters for the Whole Family



Objectives:

1. Describe key psychosocial factors that influence fathers' and non-birthing parents' mental health during pregnancy and the postpartum period.
2. Explain how paternal mental health and father involvement impact infant development, maternal well-being, and overall family functioning.
3. Identify and apply evidence-based strategies to engage fathers and non-birthing parents in perinatal mental health support and family-centered care.

June 23rd 2026

12:30-2:00pm PT

Register for Zoom Link

\$30- 1.5 L CERPs/CEUs/1.0 BRN offered IBCLE CERP areas:
Psychology, Sociology, and Anthropology



Jena King

Ph.D.

Center for Men's Excellence

Fathers and non-birthing parents experience significant mental health changes during pregnancy and the postpartum period—yet their needs are often overlooked. This presentation explores paternal perinatal mental health, including depression, anxiety, and stress, how these challenges show up differently in men and why supporting fathers is critical for infant and family outcomes. Participants will gain practical tools for engaging dads, screening effectively, and adopting a whole-family approach to perinatal care.

Dr. King is a clinical psychologist who works closely with men and fathers navigating trauma, relationships, and parenthood. She is passionate about helping dads build emotional resilience and stronger connections with their children and partners.

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