**Fathering Across Cultures Website – Video Transcript**

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The health sector is an important touch point for young men and expectant fathers.

Health workers have a unique opportunity to provide information to young parents on where they can access support and find information on what services the health care system offers.

Engaging with young men should happen in a non-judgemental way. Making men feel included in the process is important. Negative first experiences with services can discourage men from trusting and seeking support later on.

Pregnancy visits at the hospital can be an opportunity for staff to include fathers from pregnancy, to refer men to support services and organisations and ease any worries on navigating the system. The health sector also has an important role in de-stigmatising counselling, mental health and seeking support.

Helping men understand the importance of their role as fathers begins to normalise the active role of men in raising children.

There are positive impacts of an involved father who creates a safe home, on a child’s brain development and on men’s health. Research shows that fathers who are involved from early childhood provide an environment for children to develop better educational outcomes, higher self-esteem, reduced anxiety, and better peer relations.

As a doctor I also believe that is our responsibility as men to protect our children from all forms of harm. This includes physical punishment, which is no longer okay and does more harm than good in bringing up children.