

AT A GLANCE

Call to action for a new strategy to promote paternal engagement and co-parenting during the perinatal period

WHAT

A change of approach in the support and services offered to Quebec parents during the perinatal period, that, from a perspective of **prevention** and by reinforcing **psychosocial** support, places **co-parenting and paternal engagement** at the core of its objectives.

WHY

More harmonious co-parenting practices and increased paternal engagement contribute to greater **gender equality**, to the sharing of the **mental workload** between mothers and fathers and to improved **development** in toddlers.

Taking action during the perinatal period (from conception until the child reaches the age of two) is strategic in many ways: it makes it possible to **better prepare** parents for their role, to **change trajectories** from the outset as well as, in a sustainable way, to more quickly **detect** situations causing vulnerability, and to **intervene before** difficulties occur.

HOW

A social innovation approach that relies on the convergent action of the main **societal drivers** making it possible to directly act on practices.

Service trajectory

Public policies

Research

Training

Societal promotion

WHEN

Starting now! The Ministère de la Santé et des Services sociaux is working on a **perinatal and early childhood action plan** that represents a real opportunity to improve the support offered to mothers, fathers, and co-parents. This action plan is expected to be tabled in the fall of 2023.

WHO

By whom: The proposals contained in this platform are the result of the work of a group of stakeholders interested in the situation of Quebec parents and toddlers; they were brought together on the **Comité de travail national sur les pères et la périnatalité**.

With whom: Their call to action is aimed at all stakeholders that have the leverage to intervene in the practices and social norms involved: **government policy makers, the scientific community, perinatal professionals and practitioners, managers, the media, and the community of influencers.**

OVERVIEW OF PROPOSALS

SERVICE TRAJECTORY

Adapt services to formally recognize the welcoming and integration of the father or co-parent as a parent in the making and not just someone supporting the mother.

- Declaration of pregnancy • Pregnancy follow-up
- Prenatal meetings and classes • Delivery
- Postnatal follow-up • Other services

PUBLIC POLICIES, PROGRAMS, AND MEASURES

Formally integrate support for paternal engagement and co-parenting into public policies, programs, and government actions that influence the perinatal experience of parents, and guide the services available to them.

Reporting to the MSSS:

Perinatal Policy • Integrated Perinatal and Early Childhood Services (SIPPE) • Olo follow-up care • From Tiny Tot to Toddler • Québec Public Health Program • The Quebec government's policy of prevention in health (PGPS)

- Ministerial action plan on men's health and well-being (PAMSBEH) • Agir tôt program • Youth Protection

Reporting to other ministries:

Québec Parental Insurance Plan (QPIP)

- Government Strategy for Gender Equality
- Measures under the Ministère de la Famille

RESEARCH

Support the advancement of research that informs training and practice on fathers' and co-parents' paths.

Basic research program • Structure of information compiled through all the services available • Measurement of implementation of measures supporting co-parenting and paternal engagement

TRAINING

Integrate content related to paternal and co-parental realities into the basic training as well as into the ongoing training of the workers, so that they can develop a "fathering reflex" from the start..

In college:

Nursing • Social Work • Special Education

- Dietetics and Nutrition

In university:

Nursing • Medicine • Midwifery • Social Work

- Psycho-Education • Psychology • Sexology
- Nutrition Science

SOCIETAL PROMOTION

Normalize paternal engagement and co-parenting throughout society.

Quebec government campaign promoting paternal engagement and co-parenting • Increased funding to community organizations to promote and publicize their services • Raising awareness among media, creators, artists, and influencers of the importance of making positive and engaged paternal role models visible