

# SMS4dads

SMS4dads sends support & info to dads via their mobile phones. It's FREE and is now available to ALL DADS across Australia



There's not a lot out there that speaks directly to dads. SMS4dads supports men in their role as fathers.



SMS4dads helps dads understand and connect with their baby and partner. It also checks in on their wellbeing and offers professional support if needed.


Dads from anywhere in Australia can join up via [SMS4dads.com](https://SMS4dads.com)


To enrol, dads enter their baby's due date or date of birth. If their partner is more than 12 weeks pregnant or their baby is under 6 months old they can join up. Once registered, dads receive three messages a week up until their baby's first birthday.

*If you know a new or soon-to-be dad, let them know about SMS4dads. It's FREE and it's now available to ALL DADS across Australia.*


## WHAT ARE THE MESSAGES LIKE?

Texts are linked to the baby's birth date – so they fit with what's usually going on. Messages are written by health professionals, and many are from the "VOICE" of the baby – so it feels like your bub is talking to you.

 *Hey dad. I am going to triple my weight in the first year of life. Don't let this happen to you too.*

*Although it's noisy in here, I'll be able to hear your voice from about 20 weeks. Try telling me about the things we will do together.* 

 *Most dads feel stressed if their new baby cries a lot. How have you coped this week with settling your baby?*

 *My first poo is going to be black, sticky and look like tar. I'm working on it for you now dad.*

*This has been a massive support. Every tip helped form the dad I've become in some small way.*

## WHAT DO DADS SAY?

So far over 5,000 dads have signed up. Here's what they say

*SMS4dads helped me more than I could ever try to explain. I'll miss the encouraging advice and texts.*

*SMS4dads has been amazing – thanks for helping us dads out.*



*It was like a mate tapping me on the shoulder*



JOIN UP

[SMS4dads.com](https://SMS4dads.com)