



**DADS &
PREGNANCY**

SMS4dads





SUPPORTING YOUR PARTNER AND PREPARING YOURSELF FOR A NEW BUB

A health worker has shown you this because they know how important this time is for you and how important you are for Mum and bub's physical and emotional health.

4 THINGS YOU CAN DO



SAY IT OUT LOUD

Tell her how well she is doing, how proud you are of her, how pleased you are to be making a family with her and what a great mum she is going to be

ENCOURAGEMENT & PRAISE



COMPANIONSHIP



GET ON BOARD

Show her you're invested by going to appointments & classes (or talking with her about them if you can't go)

SPEND TIME TOGETHER

walking, cooking, talking about your future

MAKE TIME

especially for her

4 THINGS

GET PRACTICAL

Do things she doesn't want to or can't do for herself

- Get the house ready
- Find out info
- Do the shopping or cooking
- Get help when it is needed

FUNCTIONAL SUPPORT



JOIN SMS4DADS



JOIN SMS4DADS

This is an easy way to show her that you're in the game

RECEIVE TEXTS WITH

- Info timed to fit what's going on
- Good conversation starters
- Info about your baby

SMS4dads is FREE! It's designed especially for dads

WHAT DADS SAY



Over 10,000 dads have joined up to SMS4dads. Here's what they say...

The midwife almost insisted I join up – I'm so glad that she did

The texts told me what I needed to know at just the right time

SMS4dads almost senses what you need to know

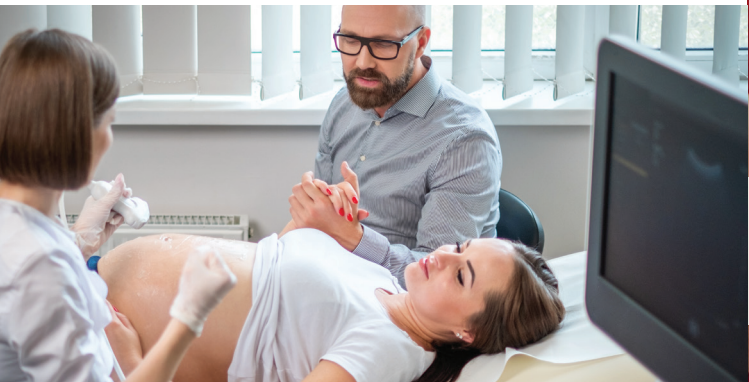
My partner felt more at ease; knowing that I was getting the messages

The messages were reassuring. They made me more confident

It was like a mate tapping me on the shoulder

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SMS4dads.com



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SIGN UP HERE

