



INFO FOR MUMS ABOUT NEW DADS



SMS4dads



TEAMWORK MAKES IT WORK

A health worker has shown you this because they know the importance of parenting partnerships

4 THINGS TO KNOW



IT MIGHT NOT FEEL REAL TIL BUB IS BORN

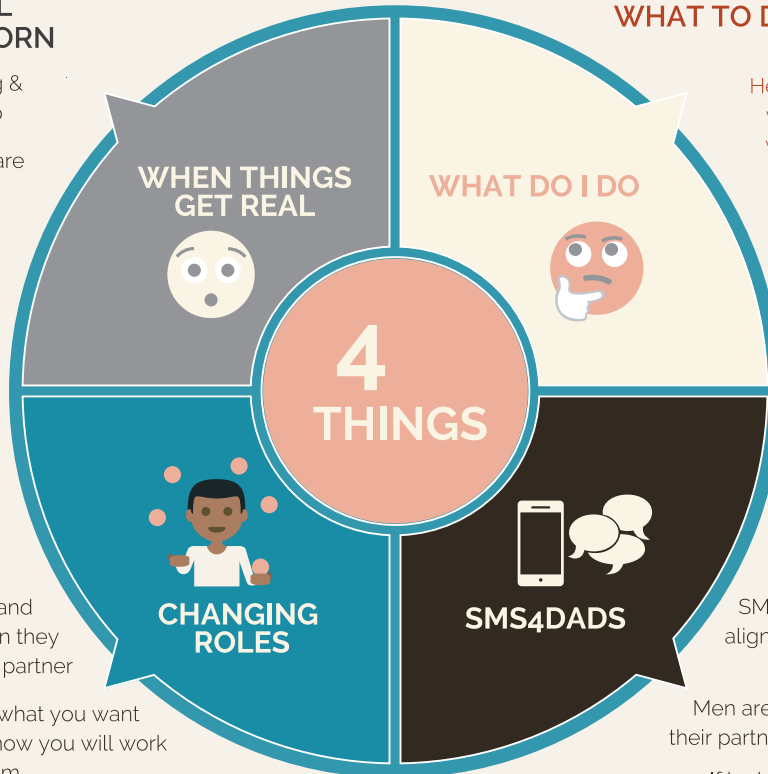
ASKING what he is thinking & looking forward to will help

PLANNING what his roles are going to be can also help

BEING A TEAM

This is a time when mums and dads think about the person they want to be as a parent and partner

This is a time to talk about what you want family life to look like and how you will work together as a parenting team



HE MAY NOT KNOW EXACTLY WHAT TO DO TO SUPPORT YOU

PARTICIPATION MATTERS

He may be able to be there with you at classes or clinics. If you want him there – let him know.

If he can't be there, then try sharing the info with him.

GET SPECIFIC Hints don't usually get the result you want or need. If there are specific things he can do to support you – let him know

JOIN SMS4DADS

SMS4dads is free. Messages often align with things that are happening when the text arrives.

Men are much more likely to join when their partner encourages them to sign up.

If he hasn't joined – give him a nudge.

SMS4dads is FREE! It's designed especially for dads

WHAT NEW MUMS SAY ABOUT SMS4DADS



The messages were really useful

Being a guy, he liked that they were short and sweet

He'd say, 'Hey did you know this?' and I'd think, 'Cool, he knows about that'

My partner found it really helpful. He hadn't had experience with babies & wasn't too confident. He told me he felt better after getting the messages, and felt supported

It was good to know he was getting info from a reliable source

WHAT DADS SAY



Maybe it was just a coincidence, but I always thought oh, that's really relevant to where we are at

It was like a mate tapping me on the shoulder – it really was

It's hard to know if you are doing a good job as a parent. I would get a message and go, 'OK, well that's something that I am doing' – that was really reassuring. Or I'd get a message and know that was something I could work on

OVER 9,000 DADS HAVE JOINED UP TO SMS4DADS – AND OVER 80% STICK WITH IT

SMS4dads.com



SMS4dads is FREE!
SIGN UP HERE

