



The text messages helped me navigate the big change in lifestyle as a new dad

- Manananan

## **INFO & SUPPORT FOR DADS ACROSS AUSTRALIA**







Rural Hea















Having those text cues on a weekly basis, you know, sometimes that's all I needed, to go 'Oh, yep, check up on mum to see how she is going.' There isn't too much stuff out there for dads. SMS4dads helped me slow down and focus on what's important.

