

# SMS4 DEADLYDADS



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

*There isn't too much stuff out there for dads. SMS4dads helped me slow down and focus on what's important.*

*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.'*



**SIGN UP**



[SMS4DeadlyDads.com](https://SMS4DeadlyDads.com)

**IT'S FREE!**

INFO & SUPPORT FOR DADS ACROSS AUSTRALIA

  #SMS4DADS