



SMS4dads

Info & support for dads with a baby in the NICU

Sometimes things don't go to plan. Dads and mums need extra support to cope with these challenges.

We've been talking with dads about what they would have found useful to know when their baby was in the NICU. This is what they said...

At times I felt helpless. I wished I'd known how to be more involved in my baby's care

Tips on how to bond with our bub in the unique circumstances she was in would have been helpful

I wish I'd known how to better support my wife

I didn't know what all the different terminology meant

I didn't know there were supports available to me outside of the staff at the hospital

It would have helped to know what I was feeling was normal

*Receive daily text messages with info & support
- for dads with a baby in NICU*

SMS4dads.com

JOIN UP - IT'S SIMPLE & FREE



SUPPORT FOR DADS

There's not a lot of parenting material that speaks directly to dads. SMS4dads is designed especially for new fathers. It includes a set of tailor-made messages for dads when things don't go to plan.



WHAT ARE THE MESSAGES LIKE?

Dads & clinicians helped to create the messages so they hit the spot for NICU dads

Companionship is a key pillar of partner support. If you can't be there, you can always let her know that she is on your mind

Focusing on things you can control will help you cope with the NICU. Such as being physically active, eating well and looking for the positives

Being involved with my care right from the start will help you cope with the stress Dad. Ask staff what you can do to get involved as soon as you can

Adjusting to parenthood is challenging. Doing so with a baby in NICU is even more so. Here are some tips

Some messages have links to credible, dad-friendly websites

"SMS4dads is one of the best things I've ever accessed for any type of support. Words can't describe how useful this has been to me."

SMS4DADS PARTICIPANT

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