

1,000 Aboriginal and Torres Strait Islander fathers have signed up to get SMS4DeadlyDads messages.

The impact of the messages

88% Less isolated

87% Better support for their partner

86% Better connect to their baby

From Dads

"I think the ones I really, really enjoy is actually the interaction ones. Like at this stage he'll be looking at doing these kind of things or do these things to him. Sing to him. Play with him."

"I'll get an SMS right, and then it'll pull the conversation. I'll come home to my wife and talk to her about it. She's like "Where did you get that from?" It's from SMS4DADS."

"I know it's helped me. It's like I said it's made me smile. It's actually made me cry sometimes. I look at it and go "Oh!"

"Them mood checkers, especially you know about you and your partner. Mum's at home struggling. I'm at work struggling. I come home and like argh. Little things to check-in, check-in on the kind of stuff. Some handy pointers."

From Practitioners

SMS4DeadlyDads is non-invasive and that's really important. Sometimes men don't want to engage if they feel a bit forced or a bit of pressure coming – these messages don't do that. They leave it open to the men to engage with the message when they are ready. And the links that are provided for more info. They can do that when they are ready as well

-Staff member Wuchopperen Health Service



FOR MORE INFO

Scan the QR code for the page for Deadly Dads

OR VISIT OUR WEBSITE

sms4dads.com.au