

Bed Rest During Pregnancy

SMS4dads
Info, support, and
resources for **20,000+** new
and soon-to-be dads in
Australia



If your partner has been prescribed **bed rest** during pregnancy...



Bed Rest

means she needs to limit her activity to protect her health and your bub.

Your support matters, dad.

Here is how you can help...

- Help her get comfortable and bring her drinks, snacks, or whatever she needs.
- Take over household duties like cooking, cleaning, and taking care of the kids.
- Keep her company! Watch shows, read together, or just chat!
- Check in on her mental health - she might feel worried, overwhelmed, or down.

- Let her know she's not in it **alone**, and you are a **team**.
- Listen to **her**. Offer her **encouragement**.
- Look after **you**, too. If you need help, **reach out**.



SMS4dads

Simple support, resources, and
mental health check-ins when dads
need it most.



SMS4Dads.com



There are **more** ways we **support** dads...

You **may** find our **other** **resources** helpful...



Dads and Pregnancy



Speaking for the Baby



Info for Mums about Dads



Info for Dads with a bub in the NICU

SMS4Dads creates **resources** that **help** dad through **pregnancy, birth,** and the challenges of **early parenthood.**

Supported dads create more **resilient bubs** and **healthier families.**



Scan the QR Code to **access** our full range of **resources** or sign up to **SMS4Dads**

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