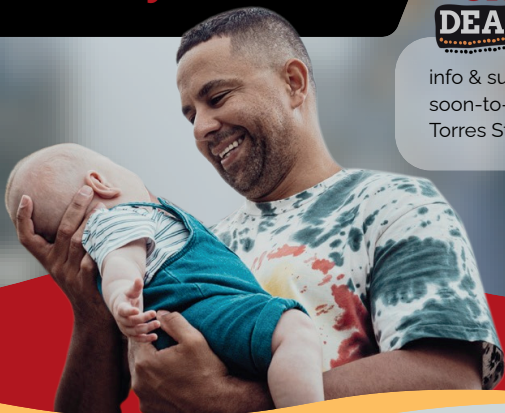


# C-section Tips for Deadly Dads







info & support for new and soon-to-be Aboriginal and Torres Strait Islander dads



## It's okay if you feel **unsure...**

It's normal for Dads to feel a range of emotions during their bubs birth. C-sections can feel:

-  **Deadly**
-  **Fast-moving**
-  **Overwhelming**
-  **Scary**

Whether it's a planned C-section or an emergency C-section.

## This is how you can **help...**



**JOIN  
UP!**

[SMS4dads.com](https://SMS4dads.com)

Australian Government  
Department of Health








### During the C-section

Stay with her and hold her hand. Be a familiar face in a busy room.  
Yarn softly and calm her. She might feel scared and overwhelmed  
Focus on your partner emotionally. The doctors are taking care of her health.

### After the Birth

Stay with bub. It's important for health checks.  
Keep holding bub. It'll make you both feel deadly!  
Keep an eye on Mum and support her when she needs it.

# Your support matters.

-  Be calm and encouraging.
-  It's normal to feel worried.
-  You might be the first person to hold bub!



Sign up to **SMS4DeadlyDads**



A free SMS service designed to support new and soon-to-be Aboriginal and Torres Strait Islander dads across Australia.

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