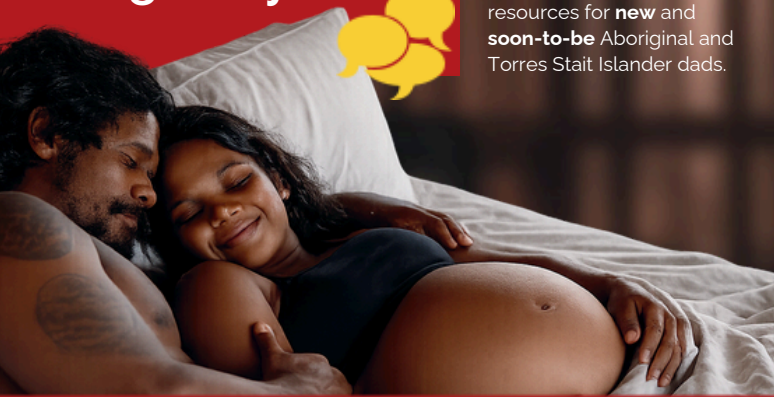




Info, support, and resources for **new** and **soon-to-be** Aboriginal and Torres Strait Islander dads.

Bed Rest During Pregnancy



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.

Here is how you can help...

- Get her comfy - bring her snacks, drinks, or whatever she needs.
- Pick up more jobs around the house like cooking, cleaning, and taking care of the kids.
- Just hangout with her! Have a yarn, watch telly, or read to her.
- Check in on her mental health.
- Yarn with her about how she's coping.

Your support matters

- Let her know she's not in it **alone**. Show her you're there for her.
- Listen **up**. Give her plenty of **encouragement**.
- Look after **you**, too. If you need help, reach out to your **mob**.



SMS4dads

Free mental health yarns, deadly tips, and support created for Aboriginal and Torres Strait Islander dads.

SMS4DeadlyDads.com





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

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



SMS4DeadlyDads DL Flyer



Want to be a Deadly Dad? Poster



SMS4DeadlyDads Poster



Info for Mums about New Dads

SMS4DeadlyDads 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 **SMS4DeadlyDads**

