

SMS4dads

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

Hypertension in Pregnancy



If your partner has been diagnosed with **high blood pressure** during pregnancy...



Hypertension

during pregnancy can increase the risk of complications for your partner and your baby.

Your support matters, dad.

- Stay **calm** and keep **reassuring** her.
- Help her follow your doctors **advice**.
- Be her **advocate** if she needs **help**.

Here is how you can help...

- Encourage her to take her medications.
- Attend appointments with her when you can.
- Help her rest and avoid stress.
- Watch out for the warning signs like severe headaches, vision changes, or swelling.



SMS4dads

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

[SMS4Dads.com](https://www.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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SMS4Dads.com