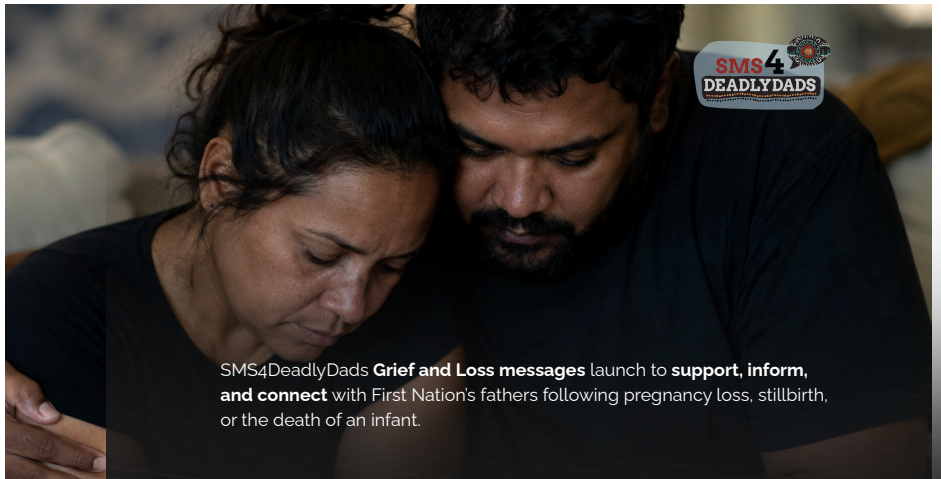




Welcome to the SMS4DeadlyDads **NAIDOC** Newsletter

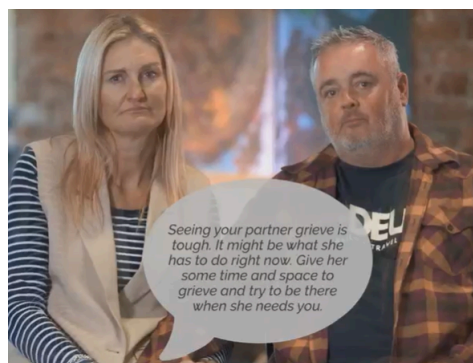
This **NAIDOC week**, SMS4DeadlyDads has released a **new message set** to **support First Nations fathers** through pregnancy, stillbirth, and neo-natal death.

First Nations Grief and Loss Messages

The new Grief and Loss messages have been developed in consultation with Red Nose, as part of the '**Healing Through Community**' project, and with **Aboriginal and Torres Strait Islander communities in Cairns, Mareeba, Thursday Island, Port Augusta, Moree, Newcastle & Adelaide.**

Drawing from the consultations, a set of core messages were created to support, inform, and connect with First Nations fathers following pregnancy or infant loss.

Additionally, SMS4DeadlyDads developed a 'Men Feel it Too' poster resource as well as a 'Healing Through Community' video that shares the stories of First Nations parents, Natalie and Ben, following the loss of their twin daughters.



"Having that text message come through might just be the right message you need, the right words, at the right time," says Natalie, "If dads can receive a message that starts them on a journey of meeting other bereaved dads, it's pretty amazing."

[Click here to access the new grief and loss messages and resources](#)

About the Messages

The SMS4DeadlyDads Grief and Loss messages offer **emotional support, address common challenges after a loss, and connect dads with practical support** when they need it.

Introductions and Acknowledgement of Loss – designed to be sent early in the sequence, acknowledge dads' experience directly, and express sympathy.

"Hey brother, sorry to hear about your loss. We know it's hard when you lose a loved one, especially when it is a bub. We hope these messages give some comfort and support in this sorry time. Some messages have links to more info if this is something you want."

Addressing Difficult Emotions – aims to directly acknowledge feelings of shame and guilt fathers may feel after they experience a loss.

"It's important to know you or baby's mother did nothing wrong. If you feel shame, connect with supports in your area."

Providing Practical Info and Resources – provides actionable information and links to help fathers navigate the challenges following a loss.

"There are leave options following the loss of a baby. You can see what some workplaces offer here."

"Healing Through Community" Video

Pregnancy or infant loss affects parents, families, and communities.

The 'Healing Through Community' video, featuring Ian Eggins, Co-Founder of Connecting Culture and Wandiyali, and member of SMS4DeadlyDads advisory group, explains **the necessity of culturally appropriate supports for First Nations dads**. Indigenous bereaved parents, Ben and Natalie, also share their experience losing their twin daughters, Patience Blue and Sydney Rose, soon after their birth.

[Click here to watch the video](#)

How do Dads Enrol?

If you're **supporting** a First Nations father following pregnancy or infant loss, **you can refer him to the SMS4DeadlyDads – Grief and Loss Message Set**. Dads can enrol by visiting the SMS4Dads website and clicking 'Deadly Dads – Grief and Loss.'



Refer an Indigenous Dad Today

SMS4DeadlyDads

Since its launch, SMS4DeadlyDads has supported, informed, and encouraged over 1,000 First Nations fathers.

Dads who have signed up to SMS4DeadlyDads consistently report that the messages ***help them bond with their bub, support their partner, and care for their own wellbeing.***



"It's been heaps helpful. I remember getting a message about how the little one's like it when you talk about the pictures in books. So, when I was reading to her, I started pointing at the pictures and explaining them. Her favourite book is Ten Little Fingers, Ten Little Toes. Now when I ask, 'Where are the fingers?' she points to the fingers. When I say, 'Where are the toes?' she points to the toes and even puts her foot on the page. It's helped heaps because you can see she's listening now and understanding what we're saying."

- **Deadly Dad**

[Click here to learn more about SMS4DeadlyDads](#)

National Aboriginal and Torres Strait Islander Advisory Group SMS4DeadlyDads 2026

Mick Adams, University of Newcastle (Chair) | Mark Wenitong, Cairns and Torres Strait Health | Roderick Thompson, Mulungu Aboriginal Corporation Primary Health Care Service | Eugene Warrior, SA Health (Port Augusta) | Dylan McKenzie, Marnbi Aboriginal Corporation | Clinton Bennell, Nunga Mi:Minar | Marsat Ketchell, QLD Health (Thursday Island) | Jason Smith, Awabakal Aboriginal Medical Service | Ian Eggins, Wandiyali | Richard Fletcher, University of Newcastle (ex officio)

[Click here to receive our regular newsletter](#)

This program is supported by the Department of Health and Aged Care.

