

Gestational Hypertension

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



If your partner has been diagnosed with **gestational hypertension...**



Gestational Hypertension

means mums blood pressure is very high during pregnancy.

Your support matters, dad.

- Stay **calm** and keep **reassuring** her.
- **Help** her follow your doctors **advice**.
- **Stand up** for her if she needs **help**.

Here is how you can help...

- Support her to follow her plan and keep up with her meds.
- 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.



JOIN UP

IT'S FREE

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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