

‘Will I be a good dad?’

is a common concern amongst
new dads and dads-to-be.

The Focus on New Fathers program provides a free text message based service called SMS4dads.

Free tips, tools and links - directly to dad’s phone

To help new dads and dads-to-be navigate the changes, before and after the birth of their baby, NSW Health and the University of Newcastle have partnered to deliver SMS4dads.

Once new dads and dads-to-be are registered, they’ll receive practical tips, tools and helpful links directly to their phone.

You’re eligible:

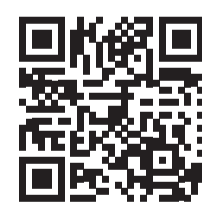
- if you are 18 years or older
- if your partner is at least 16 weeks (four months) pregnant; or
- from your baby’s birth until they are 6 months old.

For more information

visit www.health.nsw.gov.au/focus-on-new-fathers

“Just wanted to say thanks for this project. The text messages have been invaluable and I couldn’t have known just how much I needed to receive these short and helpful messages.”

**Registration
is free
and easy.**



[www.health.nsw.gov.au/
focus-on-new-fathers](http://www.health.nsw.gov.au/focus-on-new-fathers)