

Deadly Dads



Deadly Dads is a service for men whose partner is birthing their bub through the Birthing in Our Community service.

Our dad support worker provides one-to-one support on areas that include:

- transitioning into fatherhood
- understanding your family dynamics
- father/child relationships
- parenting skills
- emotional health and wellbeing.

Our dad support worker will walk alongside you to support you and your journey to fatherhood, in your way. He listens without judgement; your story will be respected.

Our Deadly Dads service also offers Labour, Birth and Beyond antenatal workshops for expectant first-time dads as well as regular catch-ups for all BiOC dads.

Where do I start?

If your partner is birthing through BiOC, give us a call on 1800 MY BiOC to find out more.

You can also yarn to your Family Support Practitioner for a referral.

Additional support: SMS4DeadlyDads

If you'd like to sign up for the SMS4DeadlyDads service, you can do so at sms4deadlydads.com.au.

SMS4DeadlyDads sends short texts with tips, info and links to your phone when you and bub need it. The messages help dads connect with their bub, support mum and look after themselves.

It's a free service and your information is kept safe and secure. SMS4DeadlyDads has been co-designed by the SMS4Dads First Nations team including Uncle Mick Adams, Craig Hammond, and Dave Edwards in consultation with an Advisory Group of senior First Nations men representing Aboriginal Controlled Health organisations and Assoc. Prof. Richard Fletcher of the University of Newcastle.

The service also supports dads who do not identify as Aboriginal and/or Torres Strait Islander. To sign up, go to SMS4Dads.com.au or scan the QR code below.

