



What is Dad Matters?

Our aims are:

- To help dads have successful relationships with their families
- To support dads with mental health issues
- To engage dads in the services that have been traditionally targeted at mums
- To recruit, train and support volunteers to work with dads

Resources Near You

- Halton Baby and Infant Bonding Service (BABS) - <https://www.merseycare.nhs.uk/our-services/halton/building-bonds-attachment-service>
- Halton Specialist Perinatal Service - <https://www.merseycare.nhs.uk/our-services/professionals/halton/specialist-perinatal-service-halton-referrals>
- 'Solihull Approach' Online Antenatal and Perinatal Courses - <https://solihullapproachparenting.com/online-courses-for-parents/>
- 'Welcome to the World' Antenatal Programme - <https://halton.me/welcome-to-the-world-programme/>
- Antenatal Infant Feeding Support - <https://halton.me/antenatal-support/>
- Halton Safeguarding Children Partnership - <https://haltonsafeguardingchildrenpartnership.org.uk>
- Halton and St Helens Voluntary and Community Action - <https://www.haltonfamilyhubs.co.uk>
- NCT Parents in Mind (Halton) - <https://parentsinmind.nct.org.uk/>

www.dadmatters.org.uk

www.homestartwarringtonandcheshire.org.uk/dad-matters/

www.haltonfamilyhubs.co.uk

Supporting Dads to have the best possible relationships with their families



This Leaflet is For

Scan Me



For more information visit:
www.dadmatters.org.uk/warrington



FATHERHOOD INSTITUTE

- Fatherhood Institute - <https://www.fatherhoodinstitute.org/>

UK charity working to build a society that values, prepares, and supports men as involved fathers and caregivers.

- Lullaby Trust - <https://www.lullabytrust.org.uk/>



Provides expert advice on safer sleep for babies and support for parents around Sudden Infant Death Syndrome *(SIDS) support

- Samaritans - <https://www.samaritans.org/>

Providing emotional support to anyone in emotional distress and suicide prevention



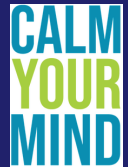
- ICON Cope - <https://iconcope.org/>



Advice and soothing techniques for a crying infant

- Calm Your Mind - <https://calmyourmind.co.uk/>

Practical tips for men to get back to a better place so you can manage your mental health & wellbeing



- Bliss - <https://www.bliss.org.uk/>



Providing information about caring for premature and full term sick babies at every stage of their hospital journey, and after they have gone home.

Contact Details

GP Number:

Clinic Number:

Health Visitor / Midwife / Professional:.....

- Directions For Men - <https://directionsformen.org.uk/>

Providing groups for men to come and talk about whatever it is that is affecting their mental health



- DadPad - <https://thedadpad.co.uk/>



DadPad gives new dads and dads-to-be the knowledge and skills needed to gain confidence and give their baby the best start in life

- Association for Infant Mental Health (AIMH) - <https://aimh.uk/>

Promoting understanding of why infant mental health is important and offering guidance to individuals and professionals



- PANDAS Foundation - <https://pandasfoundation.org.uk/>



Offering hope, empathy and support for every parent or network affected by perinatal mental illness