



Having a baby is a life changing experience.

Being a new dad can bring excitement and happiness, but at times also stress. Taking steps to look after your mental health can help you deal with the challenges you come up against and improve your overall wellbeing. This will help you feel happy and enjoy the experience of being a new dad, which in turn will have a positive impact on your baby and your family.

It is not always easy adapting to life as a dad, but make sure you have time for yourself too. Take time out once in a while and do something you enjoy to relax.

There are lots of great resources that offer fathering tips and ideas.

For example, your local library might run a dad's story time, including songs and rhymes, in the evening (or during the day).

Go to these websites to check out some ideas:

The Fathering Project
thefatheringproject.org

Mens Line
mensline.org.au

Nature Play WA
natureplaywa.org.au

Parenting WA Course Guide
Google 'Parenting WA Course Guide'

Ngala Dads WA
Google 'Dads WA'

Meerilinga
Google 'Meerilinga Dads'



KEEPING MENTALLY HEALTHY

A Guide For New Dads

actbelongcommit.org.au

Keeping mentally healthy is just as important as staying physically healthy, and it's as easy as A-B-C...

act

Keep active physically, mentally, spiritually and socially. Being active boosts your mood, helps you cope with problems and stress. You can **keep active by getting involved in your baby's everyday life.**

Take the pram out for a run, play with your baby regularly or get involved in baby swimming classes. Working dads can stay involved in baby's everyday routine at bath time or by reading a bedtime story. Going to the park on weekends with your bub is a great way to grab some fresh air and keep bub occupied and having fun. And you'll probably meet new dads there as well.



belong

Belonging helps build friendships, creates opportunities and simply feels good!

Keeping in touch with friends, family and members of the community helps us stay connected and involved in everyday life. Spending time with other new dads can provide the chance to learn new strategies and have a laugh. Stay in contact with friends who have kids or join a dad's playgroup. If you are not able to find any dads in your area, jump online and join a forum where you can swap stories of triumph and frustration.

commit

Commitment gives us a sense of meaning and purpose in life which increases life satisfaction and resilience.

Becoming a dad is a life-long commitment and is one of life's biggest challenges. Set yourself goals to help you be the best dad you can be. You could register for a parenting course, or look for information on how kids' mental and social skills develop with age, or work on building a limitless collection of dad jokes! If you have a partner, make an effort to keep the romance in the relationship.

