

DadMAIL

blackpoolbetterstart.org.uk/dads

♥ Maternity Parent Forum Events ♥

Have your say

Help shape services in Blackpool if you are pregnant or have a baby up to 12 months



SIGN UP - WE WANT TO HEAR FROM YOU! →



Maternity Forum

The Maternity Forum is now up and running in Blackpool.

Services are keen to hear from both parents on their experiences during the maternity period up to six months old. They want to celebrate what's working well, as well as understand what they can do to improve and make sure we all do it together, parents, professionals and supporters.

There are two sessions coming up:

**Tues 15th September,
5:30-6:30pm at Central Library
and**

**Fri 20th November,
12-1:30pm, Online**

The sessions will focus on your experience in the community and with Health Visiting, but there is plenty of time to be able to talk about anything else you want to feed back on.

Volunteering Opportunities

Help other Dads by volunteering in the Family Hubs and at dads activities. You could make a real difference to other dads just by being a friendly face and someone to chat with.

If interested, contact Joanne in the Family Hubs: joanne.jenkinson@blackpool.gov.uk 07425 700441, or Colin at Better Start: colin.smy@nspcc.org.uk, 07710 144989

DadPad

As a new dad you will feel excited, but you may also feel left out, overwhelmed or unsure. **DadPad** can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life. DadPad is a free app for Blackpool Dads to access, paid for by Blackpool NHS. It's a great guide for dads-to-be. For more information please visit www.thedadpad.co.uk

Family Hub Parent Carer Panels

Dads input is vital to help shape the services in your hubs and on the timetables Join us on

Mondays at North Family Hub, 11am

Thursdays at Central Family Hub, 11.30am

Fridays at South Family Hub, 11am

Free Family Activities

Activities include parenting classes, stay and play groups, and getting ready for school sessions. All activities are free and take place in the Family Hubs, in parks, libraries and other venues across the town. Come along and meet other Blackpool families.

blackpoolbetterstart.org.uk/families/

Dad Matters

Dad Matters support dads to have the most successful relationships with their families. They help dads better understand their baby, their role as a dad and how the transition to fatherhood may affect them and their family. They want to make sure dads know how important they are and how to access support when they need it. Stella and Ross are here to meet dads during pregnancy and up to 2 years old.

Contact Stella and Ross
on 01253 728615
W: homestartbfbw.org.uk
Facebook:
DMBlackpoolFW/Home-Start



Follow on Facebook for details of Walk and Talks for Dads in Stanley park and other events and activities

Baby products

the
lullaby
trust

New dads! are you wondering what you should and shouldn't be getting and doing for your baby and still in the throws of figuring it all out? Don't worry, we've all been there and even those of us with children already will still struggle to remember everything. So don't worry if you find it stressful.

The Lullaby Trust have a useful guide helping you think about all those practical things you're going to need when your new baby arrives, so take some time out to have a look through their guide and update your checklist.

www.lullabytrust.org.uk

Better Start's Community Connectors are here for you!

Supporting families from pregnancy through to starting school. We can help you to find services and support near you including:

- Healthcare and community services that support pregnancy and family life.
- Free activities for families with babies and young children.
- We can also help with registering for Healthy Start, childcare and more!

We are here to listen and help you through your parenting journey.
<https://blackpoolbetterstart.org.uk/community-connectors/>



Find us at a location near you! Scan this link to find latest drop in sessions



Baby Steps

Baby Steps is a perinatal educational programme designed to support expectant parents to manage the emotional and physical transition into parenthood. Expectant mums, dads, partners and carers living in a Blackpool postcode area are offered to join the Baby Steps programme.

There are six weekly sessions before baby is born (starting around 28 weeks) and three sessions once baby has arrived. Sessions are both face to face sessions and online at a variety of different times during the day.



Kerrie is a Dads' Champion on the Baby Steps programme. She is passionate about including dads during pregnancy and beyond.

Contact Kerrie about antenatal classes at
T: 07584 441 019 or
email: kerrie.roberts@nhs.net

Becoming Dad: The Science of Fatherhood with Anna Machin

Does a man change biologically and psychologically when he becomes a dad? How do dads form their bond with their children? Do dads contribute uniquely to child development? How and why is fatherhood different around the world? Is 'dad' only genetically defined?

Find out more on YouTube:

<https://youtu.be/teiMZW5w4dg?si=EvpyUINLtfExsYKrm>