

DadMAIL

Follow on Social Media



Blackpool Park Rangers offer weekly outdoor events. Follow them on Facebook **@blackpoolparkrangers** for regular updates and timetables. Contact our Community Connectors to help get a funded place. Don't forget, parks are free to play in, but the benefits are priceless for you and your little ones!



You can access a wide range of FREE activities at the **Blackpool Family Hubs**. Regular events and updates are posted on their facebook page **@BlackpoolFamilyHubs**.



For all the latest news and events taking place across the town follow **VisitBlackpool**. Give them a follow **@loveblackpool**.



The Dad's Place - a peer support group for dads run by dads. Go for a brew, a chat, it's a safe space just for Dads. Check the Facebook page for dates and updates **@empowermentcharity**.



Henry Blackpool provides practical and emotional support, however you are feeding your baby. They offer FREE workshops and weekly Henry Bears Stay and Play groups. For all the latest updates following them at **@henryinblackpool**.



Follow **@BetterStartBlackpool** for advice, support and need to know information from pregnancy to starting school.

DadPad

As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. **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**

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 dad's know how important they are and how to access support when they need it. Eric and Ross are focused on meeting dads during pregnancy and up to 2 years old. Contact Eric on 07743 7754288 or email ericlee@homestartbfw.org.uk. Ross can be contacted at rossgreenhalgh@homestartbfw.org.uk. Follow **@DMBlackpoolFW** on Facebook.

Blackpool Family Hubs

Autumn Timetable (1 September to 31 December)



- **Ready Steady School**
Do you have a child starting school in September 2026? Join us from October for our FREE Ready Steady School sessions to get them prepped and ready for Reception. These sessions start in October, no booking required.
- **Parent Carer Panels**
Passionate about your community and want to help shape the services you receive from us? We need parents/carers in Blackpool to join our Parent Carer Panels. Come along to one of our informal meetings and refreshments and sandwiches included. No need to book, just turn up!



Scan to see the full timetable online with session descriptions

Have you heard of...?

Baby Steps is an opportunity to meet other parents-to-be, as well as professionals who can answer questions about your baby's development, pregnancy, caring for your baby and infant feeding. You'll start attending from around the 28th week of pregnancy either face-to-face or online. There are six weekly sessions before baby is born and three sessions once baby has arrived.



Meet Kerrie, Dads' Champion who works on the Baby Steps programme and with families for over 20 years. 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

The Dad's Place - Peer Support Group

The Dad's Place is a safe and welcoming space for dads and dads-to-be. The group is designed to support fathers by giving them a place to share their experiences, connect with others, and seek advice on being a dad. It aims to provide a voice for dads, help them build stronger relationships with their children, encourage social connections, and offer access to additional support if needed. Whether you're expecting your first child or navigating the early stages of fatherhood, this group offers the chance to meet others in a similar position and provide peer support.

Every Thursday

3.30-5pm at

**The Empowerment Base,
333 Bispham Road
FY2 0HH**

Contact us:

<https://empowermentcharity.org.uk/>
admin@empowermentcharity.org.uk

Safer Sleep in Colder Months

As the weather gets colder it can be challenging for families and heating homes. It's understandable to worry about keeping your baby warm. While it can be tempting to wrap your baby up to keep them warm and cosy, it's important to remember that it's possible for them to overheat. Research has shown that babies are safer when they're a little bit cooler, rather than too hot. Scan to view guidelines from The Lullaby Trust for safer sleep for your baby in colder weather.

the
lullaby
trust



Dads' Champions



Nichola

Nichola is a Blackpool Better Start Community Connector and can guide you through the registration process and support families to sign up and attend Baby Step sessions. You might also see Nichola on the maternity ward...look out for an orange t-shirt. T: 07710 146799



Siobhean

Siobhean is responsible for gathering feedback from mums, dads and family on their neonatal experiences, helping the hospital improve their services.
www.facebook.com/BFWMNVP

The Science of Becoming a Dad

Did you know that when you have a baby, dads go through biological changes too?

One notable change is a drop in testosterone and increase in oxytocin and dopamine in the body. Both happen to make dad calmer, increase his bonding with babies and the ability to play (be the fun one!). Some dads refer to 'the rush' the first time they hold their baby, that's actually the oxytocin and dopamine. For some dads it's all at once, for some it's over a few months.

Read the full story from Dr. Anna Machin on BBC's Tiny Happy People.



Email us at betterstart.cecd@nspcc.org.uk or
call Colin, Community Development Manager,
on 07710 144989



Blackpool Better Start

www.blackpoolbetterstart.org.uk