

Useful links

DadAF - connect with other new and expectant dads on this handy app
www.dadaf.co.uk

Parent Club - hints and tips for parents and parents to be
www.parentclub.scot

Cry-sis - for parents with crying or sleepless babies
08451 228 669

Relationships Scotland - supporting those experiencing relationship difficulties
www.relationships-scotland.org.uk
0345 119 2020

Breathing Space - if you're feeling low, anxious or depressed
0800 328 9655

PANDAS Foundation - support for parents with perinatal mental illness
0808 1961 776

Inspiring Scotland - find support near you on the perinatal mental health directory
www.inspiringscotland.org.uk/perinatal-mental-health-services/

Andy's Man Club Scotland - peer support groups to help you through life
www.facebook.com/andysmanclubscotland

Samaritans - Whatever you're going through, a Samaritan will face it with you.
116 123

At Fathers Network Scotland we provide information, support and signposting to help mums and dads get the help they need.

#BeingMeBeingADad



search our dad-friendly directory for services near you and access more info on becoming a dad on our website
www.fathersnetwork.org.uk



get free support and advice by texting **DADS to 078600 65202**



find us on facebook
www.facebook.com/FathersNetworkScotland



join our WhatsApp Dads' Group
Using the QR code below



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Being a Dad during the COVID-19 pandemic

Helpful Tips & Links

Helpful tips

Becoming a dad will change your life

It can be one of the most rewarding and difficult journeys you will ever go on. As well as tuning in to how your partner is coping, particularly during the coronavirus outbreak, you may also feel worried about how you will deal with becoming a parent. It is important that you listen and respond to these thoughts and feelings, and to look after yourself as well as your family.

No-one understands your situation like you but here are some **Helpful Tips**:

1 Spend time with your baby

Even before your baby is born, you can sing and talk to the bump. When they arrive, stay close to them while they figure out their world. Cuddle, massage, sing and talk to your baby, it will reassure them.

2 Talk about what's going on

Even under normal circumstances, things like lack of sleep, downtime and changes to your routine are likely to put a strain on your wellbeing and create tension between you and your partner: this is perfectly normal. It isn't always easy, but it is important to find the time to talk about how you're both feeling.

3 Don't be afraid to ask for help

We all need a bit of support sometimes or just someone to listen to us, but you may worry about burdening others or about what they may think. Even before your baby arrives don't be afraid to reach out to family, trusted friends, people you work with, professionals and community support groups.

4 Reduce your stress levels

By exercising, cutting down on alcohol and eating healthy food, you will be looking after yourself and your family. It is also important to make time for the things you enjoy, even if it's just a walk in the great outdoors.

5 Trust your health workers

They want the best for your partner, baby and you. If you are worried, don't be afraid to speak up - they will listen to you!

6 Be open and honest

Share your feelings with your partner, family, friends and health professionals. Tell them if you cannot sleep or relax; if you feel down or anxious; if your relationships are strained; if you feel that you cannot enjoy anything. Feeling like this is not unusual but it is important to get the help you need.

7 Enjoy the journey

Don't forget to simply enjoy spending time with your new baby. It is also ok to savour the quiet moments too, when you can just be yourself.

Coronavirus

Help stop coronavirus spreading

- wear a face covering
- avoid crowded places
- clean hands and surfaces regularly
- follow social distancing guidance
- self-isolate and book a test if you have COVID-19 symptoms

Information and advice for pregnant women and their families

NHS Inform
www.nhsinform.scot/ready-steady-baby

The Royal College of Obstetricians and Gynaecologists
www.rcog.org.uk/coronavirus-pregnancy