

Signposting support for dads



MENTAL HEALTH



BABY CRYING



BABY SAFETY



INFANT FEEDING



BABY SLEEPING



PATERNITY LEAVE

"Embrace every moment with your little one—your strength, love, and support shape a brighter future for your family and yourself. You've got this, Dad!"

Want to know more about the support for dads in Gloucestershire?



POWERED BY
**HOME
START**
Gloucestershire

Dad Matters Gloucestershire, part of Home-Start Gloucestershire, supports fathers and dads-to-be through the first 1001 days of parenting with informal events, Stay and Play sessions, one-to-one support from "Dad Champions," and resources for mental health and bonding, fostering strong family connections in a judgment-free space.



Getting to know your baby for dads

This information is for:

If you need more information my contact details are:

Dear Dad

Enjoy this reading just for you to inspire confidence, connection, and balance, empowering you to strengthen your family— and if you need more support, remember Dad Matters Gloucestershire, your midwife, and health visitor are here to help.



During pregnancy

Spend time together

Feel your baby move and kick, listen to your partner describe how it feels, and learn when baby is awake, active, or asleep. Talk and sing to the bump to build that bond. These moments with your partner and baby create lasting connections.

Plan the Birth

Chat with your partner about the birth—share expectations, hopes, dreams, and worries. These honest conversations will help you both prepare a special place for your baby in your minds and build a stronger connection for the future.

Keep a record

Jot down your experiences—whether in a diary, video, audio, or photos. This unique time is worth capturing to reflect on later and share with your kids when they're older. Make it as detailed as you like!

When Baby Arrives

Sensory Bonding

You're baby's ultimate playmate! Skip the toys and dive into skin-to-skin cuddles—let them explore your facial hair, chest hair, or gentle touches for amazing texture, smell, and tactile stimulation that sparks connection and joy.

Watch, Wait, and Wonder

Observe your baby's cues, wait to respond thoughtfully, and wonder about their feelings to strengthen your bond. Give your baby space to respond after questions, watching for subtle cues like hand twitches or smiles as they communicate non-verbally.

Talk and Sing

Chat with your baby from 18–24 weeks' gestation, sharing stories, family details, or your day—your voice will feel familiar and build connection.

Skin-to-Skin Contact

Hold your baby skin-to-skin and offer responsive touches to help them feel safe, regulate emotions, and support positive brain development.

It's Okay to Struggle

Parenting isn't perfect—reach out to us, your partner, midwife, health visitor, GP, or a friend if you're feeling worried, anxious, or overwhelmed.

