



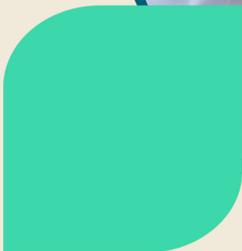
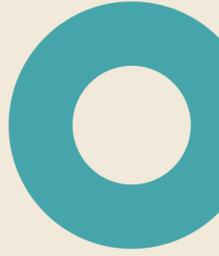
  
**Playgroup**  
nsw

# RESOURCES FOR DADS

Supporting Dads, Strengthening Families

*"While the emphasis is rightly placed on mums, the support for dads is still lacking. I didn't have that support early on, but I'm so glad I found this playgroup."*

**- Gyimaah,  
Dad & Playgroup NSW Member**



# CEO MESSAGE

At Playgroup NSW, we know fatherhood is one of life's most rewarding and challenging journeys. The earliest years of your child's life are full of learning, growth, and connection, and your role as a dad shapes everything that follows.

We create opportunities for dads to be present, confident, and supported. We believe in the power of play to strengthen bonds, build resilient kids, and create lasting memories, while helping dads feel connected and valued.

Across NSW, our network offers safe, inclusive spaces where fathers and families can share experiences, learn together, and find community. Our programs are built on trusted relationships, cultural inclusivity, and practical support — helping dads feel confident in their role.

By supporting dads, we're shaping stronger communities for the future. Whether you're a new dad or a seasoned parent, this booklet is here to walk with you through the highs, challenges, and joys of fatherhood

## **Emily Caska**

*Chief Executive Officer,  
Playgroup NSW*



# SUPPORTING DADS AT PLAYGROUPS

Fatherhood is rewarding, challenging, and full of learning. At Playgroup NSW, we create safe, welcoming spaces where dads can spend quality time with their kids, connect with other fathers, and feel supported in their parenting journey.

We know dads play a vital role in their child's development. Our programs are designed to help fathers:

- Build confidence in their parenting.
- Strengthen bonds with their children.
- Find friendship and support with other families.
- Access guidance and resources from experienced facilitators.



# WHAT WE OFFER

Playgroup NSW offers a range of programs specifically designed for dads, creating opportunities for fathers, grandfathers, and other male caregivers to connect with their children through play.

Through initiatives like Dads & Bubs Playgroups, dads can engage in fun, play-based activities that strengthen bonds and support their children's development. These sessions allow fathers to meet other dads, share experiences, and access guidance on parenting challenges.

We also offer peer support groups that ensure dads receive both practical advice and emotional support. By combining play with peer connections, Playgroup NSW helps fathers build confidence, foster community, and contribute to the well-being of their families.

[CLICK HERE TO LEARN MORE](#)

Alternatively, contact us on 1800 171 882  
or via [admin@playgroupnsw.org.au](mailto:admin@playgroupnsw.org.au).



# RESOURCES

A wide range of resources and research is available to support dads in their parenting journey. These materials offer practical guidance, evidence-based strategies, and insights into child development, helping fathers engage confidently and meaningfully with their children. These resources aim to empower fathers, strengthen family connections, and promote positive outcomes for children.

## Mental Health

- [\*When new dads struggle, their kids' health can suffer. Tackling mental distress early can help\*](#) - Delyse Hutchinson, et al.
- [\*Research highlights mental health risks for new fathers\*](#) - Constantine Gasser
- [\*Dad, it's okay if you don't know what to do\*](#) - Perinatal Anxiety and Depression Australia
- [\*Support for Dads\*](#) - Perinatal Anxiety and Depression Australia
- [\*Guiding new and expecting parents to perinatal mental health support\*](#) - For When
- [\*How I Implement the Magic 1-2-3 Method\*](#) - Rachel Everhart

## Trauma

- [\*Non-Birthing Parents Experience Birth-Related Trauma Too\*](#) - Birth Trauma
- [\*Navigating Vicarious Trauma: A Family's Guide\*](#) - Sarah Lee

# RESOURCES

## Play & Parenting

- [\*Playing With Your Kids Can Change Their Lives - The World's First Professor of Play Explains Why\*](#) - Luke Benedictus
- [\*Playtime with Dad may improve children's self-control\*](#) - University of Cambridge
- [\*Dads' rough and tumble play is great for kids\*](#) - Hugh Wilson
- [\*Fatherhood Across Cultures: A Global Exploration of Diversity and Connection\*](#) - Dad My Hero
- [\*Family Time: Quality vs Quantity\*](#) - Grow Counselling
- [\*How I Implement the Magic 1-2-3 Method\*](#) - Rachel Everhart



# MEET GYIMAAH, SARAH & ASHER

For first-time parents Sarah and Gyimaah, our Dads & Bubs Playgroup has been a lifeline of support on their journey through parenthood with their 12-month-old son, Asher.

Gyimaah first learned about the Playgroup through Sarah, who had a friend already attending. Sarah, having the immense support of her own mother's group, encouraged Gyimaah to join in hopes of building his own village.



“Parenthood is the toughest thing you’ll ever do, and I know I wouldn’t have made it through without a village,” Sarah shared. “I could see Gyimaah didn’t have that kind of support system, so I wanted him to have a space where he could connect with other dads.” When Gyimaah took the plunge and attended his first playgroup, Sarah was thrilled. “I was excited because I knew he’d benefit in the same way I did from my mum’s group!”

Though hesitant at first, Gyimaah quickly found himself enjoying the group, bonding with Asher, and meeting other dads. Six months later, they’ve become regular attendees, celebrating every developmental milestone with the Playgroup NSW team.

“It’s such a welcoming environment,” Gyimaah said.

“Katie and Kelly (the Playgroup NSW educators) have created something really special here in Rosehill.”



Gyimaah's favorite part of the playgroup is storytime, while Asher loves being surrounded by other children. One of their favourite memories together is a Teddy Bear picnic where Asher had his first taste of fairy bread, an unforgettable milestone.

"For Asher, coming here is like a smorgasbord of fun!" said Sarah with a smile.

Both Sarah and Gyimaah have noticed Asher's growing confidence, thanks to his interactions with other kids at the playgroup. "Asher's picked up so many new things just by watching the other kids," Sarah shared. "One day we were singing 'Twinkle, Twinkle, Little Star,' and Asher started doing the diamond hand gesture on his own - he saw the other kids do it here!"

Over time, Sarah also saw Gyimaah's growth as a parent. "When I was at home full-time with Asher, I saw him every day. Gyimaah was working in an office, so it was really great for him to have dedicated time with Asher, to witness how far he had come."



As Gyimaah's confidence grew, so did his ability to meet Asher's needs with ease. "He became more confident in both Asher's abilities and in himself as a parent. He's now more relaxed and present with Asher.

"And that has made all the difference," Sarah reflected. This new balance in their parenting responsibilities has been a game-changer for Sarah. "Asher's definitely a mama's boy, but now, when he's upset, it's not just me who can calm him. Gyimaah has become just as comfortable in meeting his needs."

"Sometimes, as a mum, you need space, and it's been so helpful knowing that Gyimaah can step in with minimal fuss. It's made a huge difference," she added. In today's world, where traditional gender roles are shifting, both Sarah and Gyimaah agree on the importance of supporting dads.

"While the emphasis is rightly placed on mums, the support for dads is still lacking," Gyimaah said. "I didn't have that support early on, but I'm so glad I found this playgroup."



Sarah, too, had noticed the lack of community for dads. “As a mum, I had my group, my network. I could see Gyimaah didn’t have that same kind of access. That’s why I kept encouraging him to go (to the playgroup). I knew how much it had helped me, and I just wanted him to have the same kind of support.”

Now, with Sarah back at work full-time, the family makes attending the playgroup a weekly ritual, reinforcing their bond with Asher as a family.

“Give it a go and see where it takes you,” Gyimaah encourages other parents. His journey with the Playgroup has been nothing short of transformative – and he wouldn’t have it any other way.

[CLICK HERE TO WATCH THE VIDEO](#)



# FURTHER INFORMATION

## **Man with a Pram**

<https://manwithapram.com/>  
[info@dadsgroup.org](mailto:info@dadsgroup.org)

## **Dads Group**

<https://www.dadsgroup.org/>

## **Fatherhood Australia**

<https://fatherhood.com.au/>  
[admin@fatherhood.com.au](mailto:admin@fatherhood.com.au)



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