

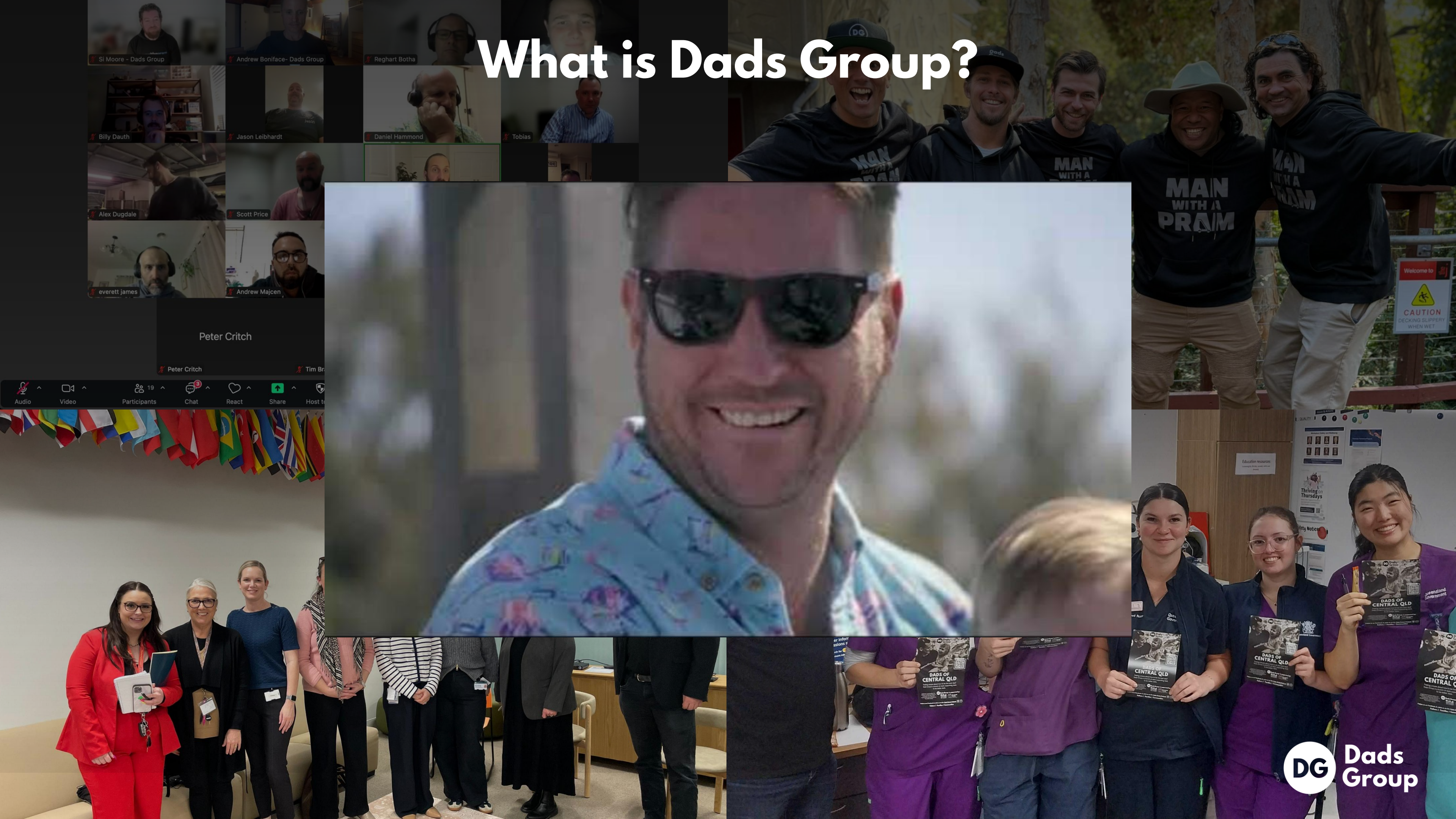


The Modern Dad: Redefining Fatherhood

Insights, Challenges, and Strategies for
Today's Fathers

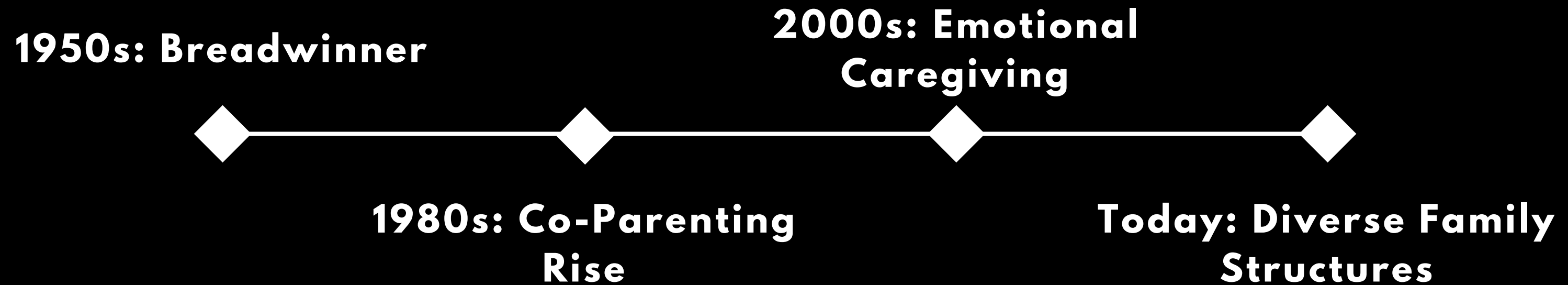


What is Dads Group?



Changing Expectations and Roles

The Evolution of Fatherhood



- Shift from traditional breadwinner to co-parent and caregiver.
- Increased involvement in emotional and physical caregiving.
- Diverse fatherhood experiences and family dynamics.

Balancing Work, Parenting, and Identity

- Challenges of managing career demands and family life
- Importance of self-care and personal identity for dads
- Strategies for achieving better balance



Dads and Mental Health: You're Not Alone

- Common emotional challenges in early parenthood.
- Breaking stigma around paternal mental health.
- Importance of seeking help and support.



Managing Stress and Overwhelm

- Practical strategies:
 - Mindfulness practices.
 - Setting realistic expectations.
 - Open communication with partner and family.



Building Connection through Groups

Man With A Pram

- How Man With A Pram and Playgroup NSW foster connection.
- Benefits of peer support and community involvement.
- Creating your parenting village.



The Power of Play

- Why play is vital for child development.
- Unique contributions of fathers in play.
- Rough-and-tumble play: Safe, fun, and essential.

Easy Ways to Be Present

- Ideas for playful bonding:
 - Outdoor adventures.
 - Creative and imaginative play.
 - Shared hobbies and interests

First-Time Fatherhood Lessons

- Honest reflections from dads.
 - Overcoming fears and uncertainty.
 - Building confidence and skills over time.
-

“When I became a dad, I was really struggling with my mental health. Going to Dads Group gave me a safe place to voice my fears and take steps toward a healthier mindset. It was life-changing for me and my family.”

— Joel, Dad of Brisbane



Tips from the Trenches

- Practical tips for new dads:
 - Ask for help and accept support.
 - Learn parenting skills together with your partner.
 - Prioritize rest and mental health.

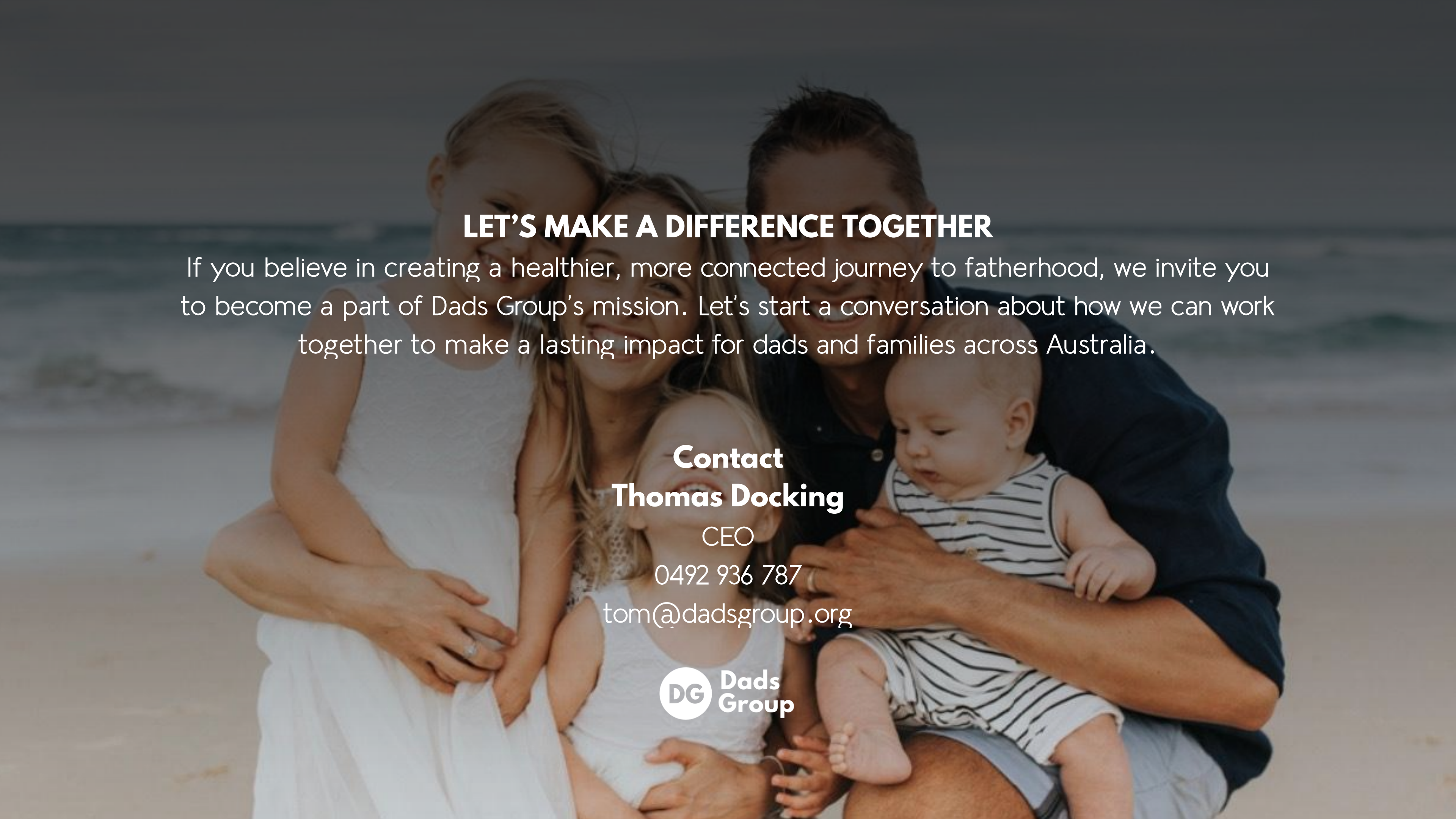




What Do We Do Next?

- Encourage dads to join local groups.
- Share resources for mental health support.
- Inspire dads to be intentional in play and presence.





LET'S MAKE A DIFFERENCE TOGETHER

If you believe in creating a healthier, more connected journey to fatherhood, we invite you to become a part of Dads Group's mission. Let's start a conversation about how we can work together to make a lasting impact for dads and families across Australia.

Contact
Thomas Docking

CEO

0492 936 787

tom@dadsgroup.org

