



Merri-bek
City Council

Resources for Dads

Congratulations on Becoming a Dad!

Here are some helpful resource links that you may like to use in your parenting journey.



Supports that are available

24/7 help is available to you with a free phone call to the

- Maternal Child Health Nurse 24/7 support line: 13 22 29
- Merri-bek Maternal Child Health Service:

[Maternal and Child Health services \(merri-bek.vic.gov.au\)](http://merri-bek.vic.gov.au)

To make or change an appt with us 9240 1111 & press 2

Did you know we currently offer Saturday sessions once per month? It's a great way to come along to your baby's appointments and ask questions.

Social Groups for Dads

Dads of Merri-bek: [Dads of Merri-bek \(DG\) | Facebook](#)

SMS4dads: A new project to keep in touch with dads before and after the birth through their mobile phones with tips, information and links. [Info & Tips for New Dads - SMS4dads](#)

Online community for separated Dads: [Dads Online - A Dads Network](#)

Tweddle: [Working Out Dads - Tweddle](#)

Playgroup: You can find a playgroup in Merri-bek [on the Playgroup Victoria website](#). You can also contact email playgroups@merri-bek.vic.gov.au to speak to a Playgroup Development Officer. Your Maternal and Child Health nurse can also let you know about new parent groups or playgroups in your area. You can find out more [on our Maternal and Child Health page](#)

How to play with your baby

Play learn grow ideas in your green book!

Tummy Time: https://www.rch.org.au/kidsinfo/fact_sheets/Tummy_time_for_your_baby/

Weekly parenting tips for Dads: www.thefatheringproject.org/

Free/Low cost educational and fun activities/classes

Drummond Street: [Drummond Street Events-Drummond Street](#)

Glenroy Neighbourhood house – [Glenroy Neighbourhood Learning Centre Inc \(gnh.org.au\)](http://glenroyneighbourhoodlearningcentre.org.au)

Melbourne Playgrounds [100 Activities for Babies and Toddlers in Melbourne - Blogs - \(melbourneplaygrounds.com.au\)](#)

Baby Yoga Video

https://drive.google.com/file/d/10P8wsbhDMSgVnWvpvcQ6DMc0KwvMMYPg/view?usp=drive_web

Baby Massage [Baby massage | Pregnancy Birth and Baby \(pregnancybirthbaby.org.au\)](http://pregnancybirthbaby.org.au)

There is a video and explanation on this page 😊

When baby is upset/what to do with a crying baby

Normal Newborn Behaviour – what to expect and what to do

It can be really overwhelming but newborns do have periods of crying and can be hard to soothe. It is usually normal newborn behaviour. If you think baby is unwell, please see your GP immediately.

Raising Children:

<https://raisingchildren.net.au>

<https://raisingchildren.net.au/newborns/behaviour>

<https://raisingchildren.net.au/newborns/connecting-communicating/bonding/bonding-newborns>

<https://raisingchildren.net.au/newborns/parenting-in-pictures/soothing-a-crying-baby>

Purple Crying:

<https://dontshake.org/purple-crying>

https://www.rch.org.au/kidsinfo/fact_sheets/Crying_and_unsettled_babies/

Men's Health, Mental Health and Relationships

For When – Mental Health support for expecting and new parents [For When | Mental health support for expecting and new parents \(forwhenhelpline.org.au\)](https://forwhenhelpline.org.au)

Dad Space – Free mental health online program for Dads [Dad Booster - Dad Space](https://dadboosterspace.com.au)

Relationships Australia [on being a dad | Relationships Australia Victoria \(relationshipsaustralia.org.au\)](https://relationshipsaustralia.org.au)

Beyond Blue

Support and resources for dads and their partners coping with anxiety and depression. They offer 24 hours phone support on 1300 22 4636 & web chat if you don't feel like talking. [Parenting and mental health \(beyondblue.org.au\)](https://beyondblue.org.au)

Movember: [Movember - Men's Health](https://movember.org.au)

PANDA: [Dads | PANDA](https://panda.org.au)

Lifeline: Phone 13 11 14 www.lifeline.org.au

Mensline: Phone 1300 78 99 78 www.mensline.org.au

Family Relationships: Phone 1300 726 306 www.familyrelationships.gov.au

Tweddle Early Parenting Centre: [Dads Information Centre - Tweddle](https://tweddle.org.au)

Support for Fathers [Support For Fathers | Fatherhood and Family Relationship Support](https://supportforfathers.org.au)

Dads Groups - [Dads Group](https://dads.org.au)

Prepare Foundation: [PREPARE Foundation | First time dad](https://preparefoundation.org.au)

Phone APPS (free)

Remember your MCH app is helpful



13SICK app: download this, and make an account, you will need your Medicare card. You can get a GP to come to your house, bulk billed, after hours <https://homedoctor.com.au/>

Tweddle app: early parenting support. This app has lots of super helpful advice on adjusting to parenthood, sleep & settling, crying babies, attachment, brain development and a dad's section.

Smiling Mind: amazing meditation app, it is free

Dadapp: this is an app referred to as “Tinder for dads” because it connects Dads by letting them swipe each other's profiles, and helps to make friends in their area

Royal Children's Hospital: lots of information and fact sheets on all topics, easy to search.

St John Ambulance: First Aid App – excellent free app on how to treat burns, bites and stings and other emergencies.

Podcasts

Royal Children's Hospital: - [Kids Health Information: Podcast \(rch.org.au\)](https://www.rch.org.au/kidshealth/information/podcast/)
(Great one on unsettled babies)

Rock a bub Sleep Strategies: [For Sleep's Sake Podcast | How to help babies and toddlers with sleep –](#)

The Dad Train: [The Dad Train Podcast with Scott Davison](#)

Dads Group Podcast: [Dads Group](#)

Sleep and Settling with your baby

Fact sheets:

Typical Sleep Behaviour (newborns – 3months),
Positive Sleep Patterns (babies 0 -6 months) and
Support for parents/caregivers

[Sleep and Settling - Your Baby, Toddler and Pre-schooler - Tweddle](#)

Merri-bek Maternal and Child Health Service are running free Sleep and Settling Sessions for parents and carers of newborn babies through to toddlers. For more information about our Sleep and Settling Program visit [Parent information \(merri-bek.vic.gov.au\)](https://www.merri-bek.vic.gov.au/parent-information) or call our Maternal and Child Health Team on [9240 1111](tel:92401111).

Pregnancy Birth and Baby – home

[Your baby's growth and development – first 12 months | Pregnancy Birth and Baby \(pregnancybirthbaby.org.au\)](https://www.pregnancybirthbaby.org.au/)

[Subscribe to the What's on for northern Merri-bek family's newsletter](#) - a collaboration between Early Links (Melbourne City Mission) and Ready, Set, Prep! (Merri Health)

Car Seat E-learning tool and venues to go and get your car seat fitted:

[Child Car Restraint E-Learning Tool – Safe Seats Safe Kids](#)

<https://safeseatssafekids.com.au/>