

Becoming Dad

Peer support sessions for new fathers



Train to deliver **Becoming Dad**, our three-hour peer group intervention for expectant and new fathers, designed to provide them with tailored information and support as they make the transition to first-time fatherhood.

The dads progress through a wide-ranging curriculum designed to build their confidence around hands-on baby care (e.g. nappy-changing, bathing and baby handling); health and safety (e.g. danger signs to look out for, safe sleeping and shaken baby syndrome); bonding and attachment; healthy relationships, supporting breastfeeding and mental health (their own and their partner's).

This updated intervention draws on our work with mental health Organisations, our *Contemporary Fathers in the UK* evidence reviews, and our evidence review about non-accidental injuries to infants by fathers and other male caregivers, for the National Child Safeguarding Practice Review Panel's *Myth of Invisible Men* report.

Becoming Dad works because it is a 'one-stop shop' where the men can get crucial and timely information and support, without signing up to a long commitment.

- **Example cost:** 2 days' training for up to 16 participants = £5,800 plus VAT.

Please contact our Head of Training, Jeszemma Howl, j.howl@fatherhoodinstitute.org with any queries or booking requests.