

# Finding help and support

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As a UK father, the information and support you are likely to receive from your local services varies considerably. In many areas dads are an afterthought – that's changing, but slowly.

Find out about your local services by contacting your [local authority](#), [NHS services](#) or [family information service](#).

The Fatherhood Institute works at a national level to improve the scale and quality of father-inclusive services, by:

- Providing evidence to underpin the development of father-inclusive work by statutory and other services (such as NHS maternity services, health visiting, Family Hubs, early years education and social care)
- Training practitioners in these sectors
- Advising service commissioners and providers, to help them understand the need for more father-inclusive approaches
- Pushing for national-level policy change, to support more coordinated father- inclusive provision

Our father-focused resources include:

- Our [Fatherhood Factsheets](#)
- [Becoming Dad](#) – a free guide for expectant and new fathers, which we created in collaboration with the [Mental Health Foundation](#)
- Best Beginnings' [Baby Buddy](#) app – the first to feature personalised daily information for dads and partners on their journey into parenthood, for which we wrote the content
- [FRED](#) (Fathers Reading Every Day) – a reading-for-pleasure programme for fathers, which we provide in collaboration with schools and early years settings

- A [Guide for Families](#), as part of the [PIECE](#) (Parental Involvement and its Effects on Children’s Education) study

The rest of this document contains resources and services which we hope you find useful – but we cannot take responsibility for the quality of the information or advice provided by other organisations.

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## General information for expectant and new fathers

[NHS tips for birth partners](#), sharing practical suggestions for the labour process

[NHS information for pregnant women](#), from conception through pregnancy and labour. Includes an overview of what to expect week-by-week through pregnancy, a due date calculator, and guidance on starting a family if you’re LGBT+

[Icon](#) is all about helping people who care for babies to cope with crying. The acronym stands for:

- Infant crying is normal
- Comforting methods can help
- OK to walk away
- Never, ever shake a baby

They have produced advice for parents aimed at protecting babies from shaken baby syndrome

[DadPad](#) is a practical guide to gaining the confidence and skills necessary to be the very best dad you can be

[Birthing for Blokes](#) is an online birth preparation course designed for fathers-to-be

National Childbirth Trust has information about [home births](#), including a checklist to help you prepare

[National Childbirth Trust antenatal and postnatal courses](#) to grow your knowledge, skills, and support networks

[National Childbirth Trust article](#) on how dads can bond with their baby

[Family Lives resources](#) specifically for fathers, including a pregnancy guide, advice for dads-to-be, and information on postpartum depression in fathers

[Tiny Happy People's \(BBC\) guide to mental health](#) for new dads

[Trailer](#) (Youtube link) for Netflix's 'Babies', a docuseries exploring the groundbreaking science that reveals how infants discover life during their first year. Of particular interest are episodes 1 in Part 1, and episodes 4 and 5 in Part 2

Tameside Early Attachment Service produced this Youtube [video](#) (2015) to promote sensitive and responsive early relationships and infant communication

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## Fatherhood websites

[Fatherly](#): a digital media brand for dads (based in the US) seeking to empower men to raise great kids and lead more fulfilling adult lives through reporting, parenting advice, and insights

[Dad Info](#): Europe's largest advice and support website for fathers, celebrating the changing role of dads through resources and content for every stage of their journey

[The Dads Net](#): the leading network connecting local dads worldwide, offering advice, support, and knowledge through a community of dads on practical parenting and fatherhood

[Music Football Fatherhood](#): a parenting space for fathers to share the ups and downs of parenting, including through online support sessions and 'Extra Time' events held in partnership with football clubs

[DigiDad](#): an online resource including courses, videos, podcasts and other materials developed for dads, by dads from the North East Young Dads and Lads project

[The New Fatherhood](#): a weekly newsletter on modern fatherhood, providing an open and honest conversation between a community of dads who are trying to be a little better

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## Support groups

[Leeds Dads](#): a voluntary organisation that brings together a diverse community of fathers for social interaction and support

[Dads Rock \(Scotland\)](#): in-person dad groups and activity groups in Edinburgh and Glasgow, including specifically for young dads, as well as other support throughout Scotland

[Dad Matters](#): aim to help dads have successful relationships with their families, and to support dads with their mental health. Delivered in partnership with Home Start

[Dope Black Dads](#): a digital safe space for fathers to discuss their experiences of being Black, a parent, and a man in the modern world

[Dangerous Dads](#): run regular, fun activities for fathers and male carers with children of all ages

[Dad La Soul](#): a social enterprise aimed at building a community of fathers, to reduce social isolation through real-life meet-ups and virtual connections (south of England and national)

[Dads Unlimited](#): supporting fathers' emotional safety and health, including those who are victims of domestic abuse, and are dealing with family separation (England and Wales)

[North East Young Dads and Lads](#): a group working with young fathers and expectant dads and other vulnerable young men aged under 25, who live in Gateshead, South Tyneside and Sunderland

[Future Men](#): a specialist charity based in south London, that supports boys and men along the path to becoming dynamic future men/fathers

## Help around work-life balance

[Citizens Advice](#): network of independent charities offering confidential advice online, over the phone, and in-person, for free. Cover a wide range of topics you might need help with, including family, work, benefits, debt and money, housing, amongst others

[Working Families](#): UK's national charity for working parents and carers, aiming to remove the barriers that people with caring responsibilities face in the workplace. Offer free legal advice to parents and carers on their rights at work

[Working Dads](#): a job and community site for working dads looking for flexibility and improved work-life balance

Also see our [Sharing the Earning and Caregiving](#) factsheet

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## Protecting your mental health

*If you are experiencing problems with your mental health, please reach out to trusted and supportive friends, family members, and/or your GP*

[MIND](#): charity offering mental health support through information, advice, and local services

[Samaritans](#) (helpline): charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide

[Campaign Against Living Miserably](#) (helpline): has a helpline specifically for men

Also see our [Looking After your Health](#) factsheet

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## Looking after your relationship

[Relate](#): centres across England and Wales offering counselling for relationship support (in-person, over the phone, and online). Also offer self-help resources to get you started on your journey if you're not ready to speak to someone

[Tavistock relationships](#): offer relationship counselling online and in-person at their centre in London, as well as specialist support with parenting and help for couples who are separating

\*Individuals based in London and meeting certain criteria can access [free support](#)

[Relationships Scotland](#): Scotland's largest provider of relationship counselling, family mediation, and child contact centre services

*For support as a father who doesn't live full-time with his child, see our [Co-parenting Across Households factsheet](#)*

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## Supporting your child's learning and development

[Better Health – Start for Life](#): a Department for Education website hosting NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood. Includes health, feeding / recipe ideas, activities, and learning to talk for children under 5 years old

[Words for Life](#): a National Literacy Trust website designed to provide parents, children and young people with activities and support to improve their language, literacy and communication skills from home

[EYFSHome](#): free daily programme of organised, accessible, educational and entertaining activities, linked to the national EYFS curriculum

[Home Time](#): a Book Trust initiative offering free online books and videos, games, prizes, quizzes, and more activities

Professional Association for Childcare and Early Years (PACEY) [Learning at Home resources](#): bringing together some of their best resources to help parents support their child's learning at home

[BBC Bitesize](#): free, online, study support resource designed to help with learning, revision, and homework for those aged 3-16+ across a wide range of subjects. Guides are written by teachers and subject experts and are mapped to follow the curricula of the UK.

Also see our [Supporting your Child's Education](#) factsheet

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