



### Tip 33 - Getting Involved.

As part of The Fathering Projects involvement with your school, I will be including helpful tips and ideas for all fathers and father – figures. I hope these tips will help, inspire and encourage all fathers and father – figures to be the best that they can be, as all fathers and father – figures are critically important in every child’s life.

#### **More involved fathers and father – figures = better outcomes for children.**

This week, we are taking a look at opportunities to get involved with your newborn.

- If you are a new parent - at first you may not feel confident holding your baby, helping with bathing, changing nappies, feeding or settling - but the best way to learn is to have a go.
- The more time spent with your baby, the stronger the connection. Take it easy on yourself, and know that the bond will develop before long.
- Let your baby get to know your face, your smell and your voice - sing, talk and read to your child.
- Try different ways of settling your child until you find what works for you.
- If you feel overwhelmed, connect with people around you or seek support. There are many support and information services available - check out those listed on [thefatheringproject.org](https://thefatheringproject.org).



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