

# THINK DADS NEWS

## Father Inclusive Newsletter

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### Father Friendly Service Standards

Father inclusion is everyone's business, therefore SSBC has been developing a framework for organisations to become 'Father Friendly'.

We are piloting our Father Friendly Service Standards in Family Hubs!

If you are interested in taking part or for more information contact the SSBC team.

[ncp.ss.bc@nhs.net](mailto:ncp.ss.bc@nhs.net)

### Think Dads Training

If you're interested in Father Inclusive Practice and would like to find out more, why not complete our e-learning introduction training, just follow the link to the Think Dads Module;

- [Virtual College | SSBC \(smallstepsbigchanges.org.uk\)](https://smallstepsbigchanges.org.uk)

Our Face to Face and Online Training dates are available here;

- **Face to Face:** [Think Dads Training | SSBC \(smallstepsbigchanges.org.uk\)](https://smallstepsbigchanges.org.uk)
- **Online:** [Think Dads online training Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.com)

### A Better Start Annual Event

#### 'Collective Change: Learning from A Better Start'

Doing things differently, together for babies, children and families.

SSBC will be showcasing our work along with our partner sites again. This year we will be discussing all things Dads!

Click here to register: [Collective Change: Learning from A Better Start Tickets, Mon, Jun 10, 2024 at 9:30 AM | Eventbrite](https://www.eventbrite.com)



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Children display fewer behaviour problems when their father is more engaged in their early years.

**Drive Change.**  
Think dads.



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82% of fathers are not asked about their mental health during antenatal appointments and health visits.

**Drive change.**  
Think dads.



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## Top Tips

- **Reading**

A Dad reading with their child for 10 minutes a day can improve a child's cognitive development and school achievement long term.

- **Play**

Dads playing with their children teaches them to self regulate and can improve co-ordination. Dads 'play' is important to child development and helps with bonding. So blow those raspberries, get that ball out and enjoy time together.

- **Balance**

Children benefit from having different **positive** parenting role models who have different opinions and personalities. Having adults with different strengths, weaknesses and points of view helps children grow up with a secure view of the world around them - improving their relationships and friendships with others.

- **Education**

Children do better at school when they have regular **positive** contact with dad.

- **Quality time**

Is better than Quantity of time 10 minutes positive interaction a day can make such a difference.

## Fathers Day

Here at SSBC we want to celebrate Dads this Fathers Day, information is being sent out about how you can take part this Fathers Day

Follow us on social media to see more about our Fathers Day activities this year @Join the Conversation #thinkdads

For more information about any of the above please contact

[felicity.callon@nhs.net](mailto:felicity.callon@nhs.net)

