

About Being a dad

for dads, by dads

Easy read version 2019



Being a dad



It's great being a dad.
You really love your kids.
Being a dad makes
you feel proud.

It is great being called 'Daddy'.



One dad said:

“When I saw my child walk for
the 1st time and come to me,
I was in tears!”





When you are a dad your kids come first. They are the most important thing. You are always there for them.



Being involved with professionals



When you have a baby, you get involved with professionals who make sure your baby is okay. Sometimes they might be worried about the baby and if you are able to look after it properly. Here are some things dads have felt when involved with professionals like health visitors and children's social workers.



Health visitors and midwives are there for the baby and the mum. Dads can get left out.





Information is not always easy to read.



Assessments are scary. An assessment is when professionals check to see if you can look after your child.



Dads say it feels like they have more to prove than mums.

They worry that they will mess up.



You are watched with your kid.

One dad said "It felt like we were in a goldfish bowl".

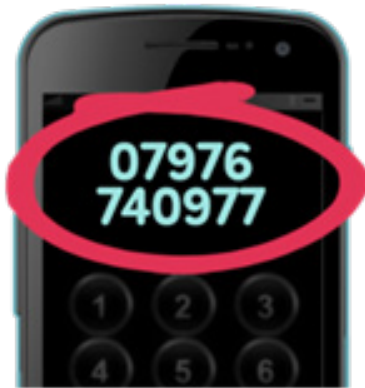
It can be lonely for dads.

It can help to talk to other dads.



Advice when working with professionals

Give them your contact details as well as the mum's.



Remember you will need to learn as well as the mum.



Talk to other dads.



Get your voice heard. Take an advocate with you to meetings.



An advocate is someone who helps you speak up.

Tell the professionals about the people who can support you, like family and friends. Tell them about “the people who are super-glued in your corner”.



Listen to the professionals.





Do your best. Don't doubt yourself.



Our final bit of advice



Enjoy being a dad!



Where to get help and information



Contact your local advocacy organisation for more information and advice

Written for dads, by dads

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