

Focus on New Fathers

Register for
free to receive
tips, tools and
links directly
to your phone.

The Focus on New Fathers program provides a free text message based service called SMS4dads.

It's free to sign up and once you do, you'll receive tools, tips and helpful links directly to your phone - up until your baby is 12 months old.

You're eligible:

- if you are 18 years or older
- if your partner is at least 16 weeks (four months) pregnant; or
- from your baby's birth until they are 6 months old

Register at:

[www.health.nsw.gov.au/
focus-on-new-fathers](http://www.health.nsw.gov.au/focus-on-new-fathers)



For more information

visit [www.health.nsw.gov.au/
focus-on-new-fathers](http://www.health.nsw.gov.au/focus-on-new-fathers)