



Safer Seven

On: DadPad



Dudley Safeguarding
People Partnership

1. Introduction

DadPad is the essential guide for new dads, developed with the NHS.

It has been commissioned in the Dudley Borough for 4 years and is available in app form to those with a Dudley postcode.

Hard copies of the DadPad are available through the Health Visiting service for those meeting a set criterion. These are available in an essential guide, easy read, co-parent, and neo-natal versions.

2. Why is this useful?

New dads will feel excited, but may also feel left out, unsure or overwhelmed. The DadPad can help by giving knowledge and practical skills needed.

Dads need more support to understand their powerfully important role. Engaging them with a DadPad will help Health Services reach out at the 'golden opportunity moment', when men are most motivated and receptive to support.

The resource gives support to parents to provide baby with the best possible start in life.

3. Benefits

Dads can:

- Reduce their own anxiety by getting involved and gaining in confidence
- Learn how to create a strong bond and healthy attachment with your baby
- Build stronger family relationships by sharing the load and learning how to parent together
- Recognise the signs of postnatal depression in both them and their partner, and learn how to get help early

4. DadPad supports on the following topics:

- Feeding
- Holding
- Crying
- Sleeping
- Changing
- Cleaning
- Getting to know your baby
- First Aid
- Supporting each other
- Legal information
- Parenting advice and support
- And more!

5. The app includes information on local services such as:

- Family Hubs
- Mental Health
- Emergency / crisis telephone numbers
- NHS hospitals and services
- Local services, support groups and charities

It also contains a space for parents to save questions about caring for their baby to ask health professionals the next time they are seen.

6. Download DadPad here:



or visit <https://thedadpad.co.uk/app/>

7. Further information:

Find out more on the [DadPad website](#)

Watch [this short video](#) on DadPad in the Dudley Borough

Visit our Learning Zone to see our selection of briefings and more [HERE](#)

DadPad®