



**INTRODUCING...**



**GET IN TOUCH...**



**Are you a new Dad or a Dad to be?**

**Want to be the best Dad or Partner you can be?**

Dad Matters are here to support Dads with attachment and bonding, supporting your mental health, and accessing appropriate services at birth, labour and beyond.

**DAD MATTERS  
NORTHWICH AND WINSFORD**

**DAD MATTERS CO-ORDINATOR  
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**CHESHIRE  
COMMUNITY  
FOUNDATION**

**HOME  
START**  
Warrington  
& Cheshire



**My name is Nathan, I am the Dad Matters Co-ordinator for Warrington, Northwich and Winsford. As a Dad myself, I understand the barriers and issues Dads may face.**

**Dad Matters Warrington and Cheshire is here to support you throughout the early stages of parenthood through one-to-one support, group support, New Dad workshops and more...**

## **Why is my mental health so important for my baby?**

**When a parent experiences poor mental health it can affect the way they respond to bonding with and caring for their child. This can impact the child's psychological, intellectual, social and emotional development.**

**Postnatal depression affects 1 in 10 Dads!**

**The peak time for Dads to develop postnatal depression is 3-6 months following the birth, but symptoms can come on anytime in the first few years of being a Dad.**