

## Importance of Fathers

Dads, grandads and other male carers who are positive role models can make a great improvement to children's wellbeing, confidence and educational attainment.



Splash Sure Start recognise the importance of dads and other main men in their children's lives and aim to help & support them in this role through activities & services designed specifically for them.

## On Offer for Dads & Other Main Men

- Pregnancy & birth advice
- Baby massage workshops
- Play activities for dads & kids
  - Cooking Workshops
  - Training courses
- Trips and educational visits
- Physical activities for dads
- Family advice & support
- Parenting programmes

**We also encourage fathers to attend our main programme activities**

**Use our services such as**

- **Play Development**
- **Speech & Language**
- **Creche Support**



## Fathers & Children Spending Quality Time Together

We offer a wide range of free play activities such as arts and crafts and physical activities and games to give you and your child time to relax and have fun together.

**Splash Sure Start recognise that men also need advice or support.**

In addition to play activities, we also offer a home visiting service by our Fathers' Worker or other member of our team. This is for those men who would benefit from one to one advice, in relation to different aspects of parenting, education, health training and support.

## Growing Children Need Your Support

The old stereotype of male breadwinner and disciplinarian no longer serves us in an age of increasing diversity and gender equality at home, work and throughout society.



### Spend time with your Child

Playing, reading or doing an activity shows your child that you are interested and builds their confidence.

### You are your Child's first role model

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### Young children love to be involved

Doing small tasks together with your child or giving them small jobs will give them a sense of pride and responsibility.

### Young children are active learners

Physical activity is an important part of development. Sports, active hobbies and outdoor play are all ways that dads can help with children's growth.

## Further Information

More information on our Dads' activities can be found in our quarterly programme on our website, on our Facebook, or by contacting our Fathers' Worker Keith on

**Tel 028 3831 3360 or  
Text 07526 006147**

# Splash

**SureStart**  
Brownlow Lurgan

Splash Sure Start  
Office 1, First Floor  
Legahory Centre  
CRAIGAVON  
BT65 5BE  
Tel: 028 3831 3360



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Brownlow Lurgan

## Support for Dads & their Families

