

PREPARE FOUNDATION RESOURCES FOR EXPECTANT FATHERS

Currently Online

Free @ <https://prepare.org.au/resources>

- The wheel of continuous support poster.(Tabled)
- So, You're going to be a dad? Flier In 5 languages. Developed with the Sutherland St George Family Interagency. (Tabled)
- Fathering Across Cultures. 6 videos for Culturally and Linguistically Diverse Fathers
- First time Fatherhood – Charlies Story. 8 videos
- The Birthing Dads Podcast

Planned free resources

- Student midwives program
- Tiny Footprints Brotherhood. An online support group for bereaved fathers in collaboration with UK based charity 4Loius.
- Dad Stress initiative: An online support group for men following birth trauma. We have unsuccessfully applied for 4 grants to pilot this program.

Paid (\$139) @ <https://birthingdads.com.au>

- The Birthing Dads Program.
 - A 4hr, 9 episode video course featuring 13 of Australia's top perinatal experts and three new fathers.
 - DadPad
 - Towards Parenthood
 - Acupressure for labour

Planned Paid Resources

- Birthing Dads Coaching Sessions: Online guidance for groups of expectant dads.