



New Dads



How Are You?

Father & Child Trust is a community organisation run by dads to help and support each other. Anybody can become a member, or subscribe to our magazine, but neither is required to visit or phone us. With Auckland and Christchurch bases, check out our web site. fatherandchild.org.nz

When to call...?

Call us or drop in from 10am to 2pm weekdays, even just to show off your baby, have coffee, socialise or talk to us. Call and make an appointment outside these hours, especially in these cases:

PREGNANCY: 1. If you feel uncomfortable about your partner's pregnancy or parenting. 2. If you or your partner have children from other relationships and you're worried about how it'll come together; 3. If you feel overly anxious about becoming a dad.

AFTER CHILDBIRTH: 1. If the birth was Caesarian or complicated and difficult. *This may catch up with you if you don't talk about it!* 2. If your partner has postnatal depression. 3. Any of the reasons under 'Pregnancy'.

WITHIN THE FIRST YEAR: 1. If your child has developmental problems that worry you. 2. If you feel sidelined and have problems asserting yourself. 3. If you feel down regularly. 4. If you are the primary or sole caregiver of your baby.

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