Helping your child to shine

A new practical guide for Victorian dads celebrates the important role they have in their child’s development.

Celebrating dads

The guide, *Fathers Matter*, also quashes the myth that fathers play only a secondary role in child-rearing. The guide, produced by the Parenting Research Centre, was funded by the Victorian Government. It recognises the vital role that fathers play in shaping their child’s future. Being a father is one of the most rewarding life experiences and the role fathers play in their child’s social and emotional development cannot be underestimated.

Practical tips

*Fathers Matter* is a practical, easy-to-read booklet packed with tips on how fathers can get more involved in their child’s life. It provides advice on how dads can care for, feed and bond with their baby so they can build their skills and confidence. It contains tips for balancing work and family, communicating with children, play activities, helping a partner who may be experiencing depression and staying involved after separation. The booklet also includes links to further information and services for fathers.

Copies of the new booklet can be obtained from the website below.