

Dad's stay & play and baby massage



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The dad's stay and play group runs on a monthly basis and is advertised by the Children's Centres and our partner agencies as well as on Facebook.

It is a fairly relaxed session and babies as young as 6 weeks have come with their dad.

Dads are able to provide support to each other with ideas like how to manage family time, and share their own experiences, whilst also having quality time to try new play experiences with their children.

Some of the dad's met on 'Your Bump and Beyond', an antenatal course that we run in the Children's Centres for new parents.

Mothers have said that the group allows them to have some time to themselves.



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Dads get on average two weeks paternity leave and this first two weeks of a babies life is busy with midwives and health visitors along with many other visitors.

Through talking to dads at the children's centres, it was highlighted that sometimes they feel they have little time to bond with their child and/or spend time in a practical way with their child (especially if mum is breastfeeding).

However, many dads help with the evening routine (which we also encourage during antenatal classes).

Parents were consulted on whether the dad's would attend a baby massage session just for them and this was widely supported. Saturday massage workshops were put in place.

Dads said that it is good for them to be able to have time with their baby to bond and also talk with other dads to share experiences and concerns.



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