About Being a dad
for dads, by dads
Easy read version 2019
Being a dad

It’s great being a dad. You really love your kids. Being a dad makes you feel proud.

It is great being called ‘Daddy’.

One dad said:

“When I saw my child walk for the 1st time and come to me, I was in tears!”
When you are a dad your kids come first. They are the most important thing. You are always there for them.

**Being involved with professionals**

When you have a baby, you get involved with professionals who make sure your baby is okay. Sometimes they might be worried about the baby and if you are able to look after it properly. Here are some things dads have felt when involved with professionals like health visitors and children’s social workers.

Health visitors and midwives are there for the baby and the mum. Dads can get left out.
Information is not always easy to read.

Assessments are scary. An assessment is when professionals check to see if you can look after your child.

Dads say it feels like they have more to prove than mums.

They worry that they will mess up.

You are watched with your kid.

One dad said “It felt like we were in a goldfish bowl”.
It can be lonely for dads.

It can help to talk to other dads.

Advice when working with professionals

Give them your contact details as well as the mum’s.

Remember you will need to learn as well as the mum.
Talk to other dads.

Get your voice heard. Take an advocate with you to meetings.

An advocate is someone who helps you speak up.

Tell the professionals about the people who can support you, like family and friends. Tell them about “the people who are super-glued in your corner”.

Listen to the professionals.
Do your best. Don’t doubt yourself.

Our final bit of advice

Enjoy being a dad!

Where to get help and information

Contact your local advocacy organisation for more information and advice
Written for dads, by dads

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This document was funded by the National Institute for Health Research School for Social Care Research (project number CO88/CM/UBDA-P76). The views expressed are those of the authors and not necessarily those of the NIHR SSCR, NIHR or the Department of Health and Social Care.