

# First time Dad?

Not sure what to expect?

Learner Dad workshops are for first time Dads with practical information to help you make a smooth transition to parenthood.



## Maternity Services

### Why go to a Workshop?

Having a baby is one of the most stressful events in a relationship and most new Dads are unprepared. Dads don't read parenting books!

### Bottom line...

Learner Dad workshops help new Dads understand what parenthood is really like so they can enjoy a fulfilling relationship with their partner and child.

### But I'm already going to antenatal classes!

Learner Dad workshops complement antenatal classes by focusing on the key issues in the first 6 months from a father's perspective.

Learner Dad is a comprehensive research based workshop providing practical insight and support for first time Dads.

### So what's covered?

#### Session One: Key issues in the transition to parenthood

- The reality of being a new Dad
- Roles and expectations
- Dad's guide to babies
- Sources of stress

#### Session Two: Managing the transition

- Change and transition
- Aspects of change
- Navigating relationship transition
- Balancing time
- Parenting styles

### **When are the Workshops held?**

- 2 x 2.5 hour workshops held from 7:00-9:30pm weeknights.
- Call NSPH on (02) 8425 3280 for further details.

### **When is the best time to go to a Workshop?**

- We recommend that you come to a Learner Dad Workshop after you complete your antenatal class and before your baby is due.

### **Where are the Workshops held?**

- Workshops are held in NSPH facilities. Call for details.

### **What should you expect?**

- Open discussions of key issues for new Dads.
- Relaxed, friendly and informal.
- Facilitated by a Dad for new Dads.

### **What should you bring?**

- A sense of humour.
- A willingness to share your experience with other first time Dads.
- Pen and paper if you like to take notes.

### **About the facilitator – Peter Denman**

- Father to toddler James.
- Qualified counsellor.
- Career Transition Consultant – experienced in helping clients navigate life transitions.
- Engaging presenter with clear understanding of the issues facing new Dads.

### **Payment**

- \$140 per person for the 5 hour workshop.



### **North Shore Private Hospital**

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