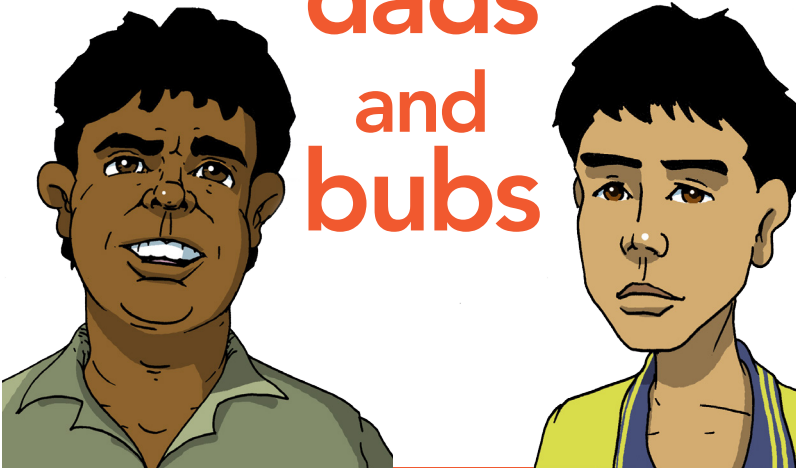


Yarning about dads and bubs



What else
can help you
decide Uncle?



There are questions you can ask yourself that might help you work it out, like:

- Am I OK to put off studying or to stop work for a while?
- Am I ready to put most of my time and energy into caring for, loving, protecting and spending time with my bub?
- Can I afford to have a bub? They need clothes, nappies, food, healthcare, a home, and an education.
- Do I need to make changes to my diet and lifestyle to be a healthy role model for my bub (like eating healthy food, drinking lots of water, exercising and avoiding drugs, too much alcohol and smoking)?
- What would it mean for my future if I have a bub now?
- Would it be better if I have a bub at another time in my life?



Uncle, how do you know when you're ready to become a dad?

Let's have a yarn about what can help you decide.

Men become dads at all different ages and times in their life. Some people plan to have a bub and some people don't. But no matter how it happens, looking after a bub can be hard work. Being a dad can mean different things for different men at different times. There are things you can do to make sure the timing is right for you, like talking to your partner about contraception.



There are heaps to think about Uncle! What about when you're about to become a dad?



Have a yarn with your dad, Uncles, cousins, grandparents, other dads, the bub's mum, and health workers about being a dad. Going to parenting or dad's groups can be a good way to do this. It gives you an idea about what's to come. Yarn to your mob; you've got to talk about how you're feeling.

A big change will happen in your life. There are things you just won't have time for - at least for a while anyway.

And it's important to ask for help and support even if you feel shame. And remember - grandparents, parents, Aunties, Uncles, sisters, cousins, our mob - we're all here and we all look after our bubs together.

What's it like being a dad, Uncle?



I reckon having a bub is life changing. You will feel really proud of your new little bub. You will feel a lot of love and happiness, but you might also feel stressed, tired, frustrated, and angry all at the same time! It can be scary when you have to do everything for your bub - feeding, bathing, changing nappies, and getting them dressed. Every dad struggles at some time but it's OK to ask for help. Sit down and have a yarn with your dad, or your Uncles, cousins, brothers and Aunties and let them know you're having a hard time. We're all in this together and we're here to help and support you and your mob. We look after our bubs together and we teach them important things about life and culture. We all bring something special to the bub's life.



There's a lot to think about Uncle. Thanks for the yarn.



There is a lot to think about, but just remember Charles, when you do have a bub, we're all here to help them grow up strong.



You can contact **Family Planning NSW Talkline 1300 658 886**, a confidential service to answer all your questions about reproductive and sexual health over the phone and by email.
www.fpnsw.org.au/talkline

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