

I'm a dad:

I care



Whether you are expecting your first baby
or you are already a father
being an engaged father is important:

... for a good relationship with your child(ren)

... for a good relationship with your partner

... for yourself

Dear Dad, this is for you!



Scan the **QR code** to read about why and how you, as a father, can engage from pregnancy to birth, after-birth, and during your child's early years. Read about

the challenges you may face and how to deal with them.

Get reading tips and contacts that will be useful for you and your partner in being parents and seeing eye to eye. And find out where you can get help if things get difficult.



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