

# YOU'RE A DAD

## 7 storylines about being a Dad

Published by the Secretariat of National Aboriginal and Islander Child Care Inc. (SNAICC)

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**Warning:** Aboriginal and Torres Strait Islander people should be aware that this publication may contain images of people who may have since passed away.



# Share your stories

The best thing for Dads who want some support or advice is to talk to other Aboriginal and Torres Strait Islander men.

There are many Aboriginal and Torres Strait Islander men's groups meeting Australia-wide who are talking together about how to look after themselves and their kids and renew their pride and strength.

Ring your local Aboriginal and Torres Strait Islander child, family and health services to find out what supports and men's groups are in your area.

## Online information

SNAICC [www.snaicc.asn.au](http://www.snaicc.asn.au)

The Family Action Centre [www.newcastle.edu.au/centre/fac](http://www.newcastle.edu.au/centre/fac)

Raising Children Network  
[http://raisingchildren.net.au/for\\_fathers/for\\_fathers.html](http://raisingchildren.net.au/for_fathers/for_fathers.html)

[www.menslineaus.org.au](http://www.menslineaus.org.au)

## Phone helplines (free for the cost of a local call)

Men's Line 1300 7899 78

## Parent helplines

QLD & NT	1300 30 1300	WA	1800 654 432
VIC	13 22 89	ACT	(02) 6287 3833
SA	1300 364 100	TAS	1300 808 178
NSW	13 20 55		



# YOU'RE A DAD

## 7 storylines about being a Dad

### **Be there**

Make time to be with your kids, do things together, love, hold, provide for and support them, have fun, show them your feelings – you're children love you for who you are, so just love them for who they are, no matter what they do

### **Connect**

Be involved from the start and all the way through – mistakes may happen but keep in touch with the kids, family and community and let your kids know you are there for them

### **Be proud**

Respect and be proud of yourself, your culture, your kids, and let your kids be proud of you

### **Talk**

Talk with and listen to your kids – talk up for your kids and talk with other Dads about being a Dad

### **Feel good**

There may be hard times to get through but enjoy your kids and enjoy being a Dad

### **Protect**

Make good decisions for and with your kids, think about how you talk, guide and protect your children to keep them happy, safe and proud

### **The journey**

Think about what you have learn in your own life journey and teach your own kids and grandchildren

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