



**being a  
father.com.au**

## Support for Fathers



All dads want to help their child to grow up feeling strong and secure. We provide tips on staying focused on what really matters for your child and how to find support when you need it.



With a focus on looking after yourself, your relationships and your child's wellbeing. We just cover the basics, because being a parent is busy.



Beingafather.com.au is dedicated to providing free, carefully researched, easy-to-understand resources to support parents and children from birth to 6 years of age.

## Contact us

[www.beingafather.com.au](http://www.beingafather.com.au)



**being a  
mum.com**



## **Support for Mothers**



All mum's want to help their child to grow up feeling strong and secure. We provide tips on staying focused on what really matters for your child and how to find support when you need it.



With a focus on looking after yourself, your relationships and your child's wellbeing. We just cover the basics, because being a parent is busy.



Beingamum.com is dedicated to providing free, carefully researched, easy-to-understand resources to support parents and children from birth to 6 years of age.

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