

DADS MATTER PROGRAMS & ACTIVITIES

Dads Matter
(it's a family thing)



WHO ARE WE?

- Established in 2007.
- Primary focus on father figures of children aged 0 - 8 years of age.
- Uniquely funded by council who recognise and support the critical role fathers and father figures play in children's lives.
- Advocate for and empower fathers in their fathering role.





WHAT DO WE DO?

Dads Matter programs aim to:

- support positive father figure-child interactions
- enhance bonding and attachment relationships
- support the male caregiving role
- increase father inclusion across services



WHY DO DADS MATTER?

Involved father figures provide strong positive benefits to children across the developmental domains:

- Lower levels of problematic internalising & externalising behaviours
- Higher self-esteem & positive social emotional outcomes
- Improved executive function

WHY DO DADS MATTER?

- Improved language, literacy & numeracy skills
- Improved levels of physical activity & fundamental movement skills
- Improved resilience and wellbeing into young adulthood



OUR PROGRAMS & ACTIVITIES

Baby Play Time

- Play
- Storytelling
- Songs
- Programs run Tuesday mornings to support father figures on parental leave





OUR PROGRAMS & ACTIVITIES

Dad's Little Builders

- Woodwork
- Taking safe risks
- Create a project together
- Programs run Monday evenings to support father figures who work





OUR PROGRAMS & ACTIVITIES

Cook it with Dad

- Cooking
- Learning about healthy food
- Savoury & sweet dishes
- Programs run Saturday mornings

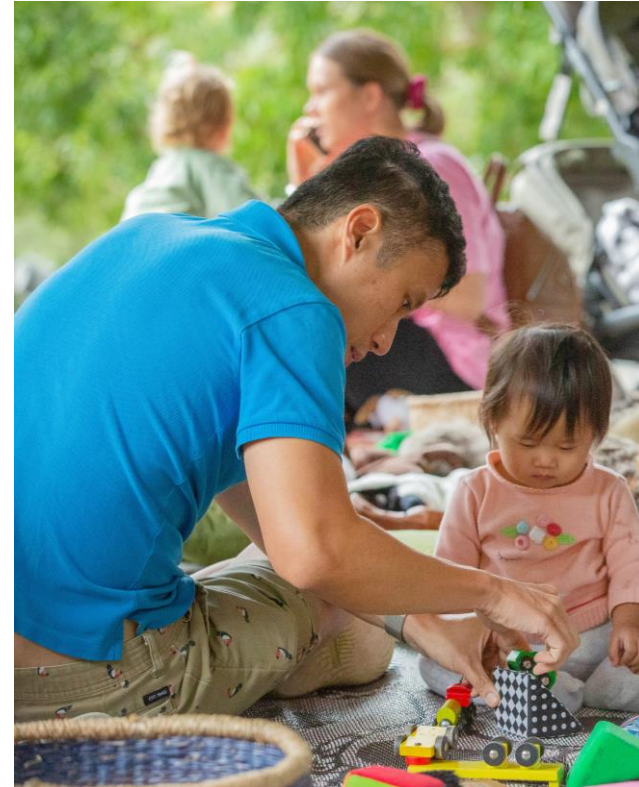




OUR PROGRAMS & ACTIVITIES

Pop up playgroup

- For all family members
- Outdoors
- Programs run Wednesday or Thursday mornings
- Move around suburbs of Casey throughout the year





POPULAR ACTIVITIES

Family Campfire Night

Tree Planting with Dad

Winter Walk

Night Stalk with Dad

All Wheels Ride

Bird Walk with Dad



TO FIND OUT MORE

- <https://www.casey.vic.gov.au/dads-matter-programs>

