

dadfit

Supporting dads to enable healthy, thriving children and families



School Information Kit



Our reason why...

Too many dads are struggling

Mental health

7 in 10 feel increased stress

1 in 10 experience postnatal depression

Isolation

1 in 4 are isolated

Unhealthy lifestyle

1 in 2 increase negative health behaviours

Parenting & relationships

Two thirds of child care and domestic work is done by mothers

When dads struggle, families suffer

Struggling dads

Mental health

Isolation

Unhealthy lifestyle

Parenting & relationships



Harm to mothers & children

Child health & development

Unequal burden on mothers

Relationship strain

Risk of family violence

Our vision

Imagine a future where every dad is supported to be at their best



Healthy & connected dads

Physically active
Socially connected
Mentally resilient
Loving, attentive parent



Healthy families & communities

Healthy children
Gender equality at home & work
Safe & resilient families

The core Dadfit program

Unique team-based program for dads

Being a dad is awesome, but it also brings challenges.

As fathers take on greater care-giving roles, communities are recognising the importance of father-specific support.

Our FREE five-week program supports dads to be at their best – healthy, active, care-giving fathers.

Because when dads thrive, entire families and communities benefit.



What's included in the Dadfit program



Dad Workouts

Fun, inclusive, suitable for all fitness levels



Dad Chats

Catch up about issues facing dads, including parenting, relationships, health, wellbeing



Dad Challenges

Dads supporting dads to put new ideas into practice

Healthy dads, healthy families

When dads are healthy, connected and engaged parents, there are:

- Improved health outcomes for children, mothers and fathers
- Increased gender equality in families
- Reduced risk of family violence



Founded by Ryan Carters

(Formerly isolated) dad of three

- Former professional cricketer
- Ex McKinsey consultant
- Master in Public Policy, Harvard
- Excellent knowledge of Blueey episodes and local playgrounds

Dadfit Five-Week Community Program

Program overview

What's included?	<p>5 x two-hour weekly Dadfit sessions. Each session includes:</p> <ul style="list-style-type: none">• Workout (45 min) – fun and inclusive, full-body workouts, suitable for all fitness levels• Dad chat (60 min) - facilitated discussions about key issues for dads with young children (see topics on the right)• Dad challenge - after each session we have a fun and practical challenge for dads to put their learning into practice
Who delivers the program?	Sessions are led by trained Dadfit facilitators
Location	Sessions take place in local community venues such as community halls and primary schools
Participants	Open to all fathers, with a focus on those with children aged 0-10. Up to 20 participants per program.

Dad chat topics

Session 1: Connecting with your child(ren)

In the first session, we discuss dad role models, what it means to be 'dad fit', and tips and strategies for connecting with and caring for your child at different ages.

Session 2: Balancing work and family

In this session we discuss balancing work and family responsibilities, changing roles of fathers, establishing healthy boundaries, and daily routines to find quality time with your children.

Session 3: Supporting your partner / co-parenting

In this session we cover adjusting to changing roles in the family unit, tips and strategies for shared parenting, and ideas for how to support your partner (or other relationship).

Session 4: Looking out for your health and wellbeing

In this session, we talk about sources of stress as a father, ideas to support your own health and wellbeing (mental, physical and social), and where to get extra support when you need it.

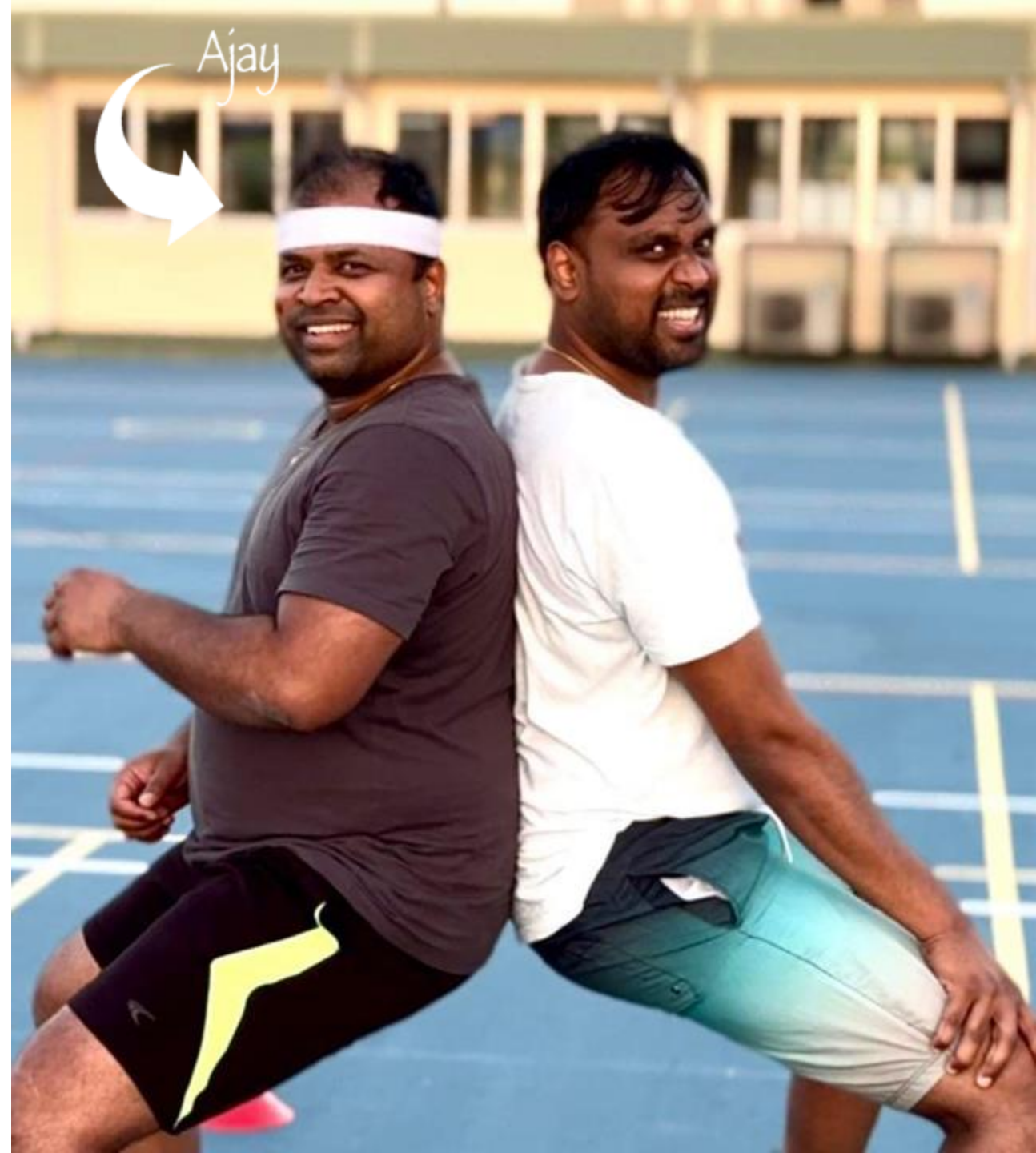
Session 5: Dads supporting each other

The final session brings the program home. We discuss what feels different since our first session together, how we want to support each other going forward, and finish with an exercise about finding and keeping perspective.

I was amazed that there were so many dads so close, and some were speaking the mother-tongue I speak. The way we talk now, it feels like we've known each other for years.

The perspective I've picked up here, how I'm dealing with myself, with my kids and my wife, I want to continue doing it and it's going to be ongoing."

Ajay, school dad of two





“Dadfit has had a big effect on my partner. He became more conscious, empathetic, and responsive towards the needs of our family as a whole.

There was a shift in our relationship, and I felt like we were on the same side, which made parenting much easier.

There’s not much out there for dads and there’s a huge need for it. I’d love to see Dadfit rolled out across Australia.”

Nikki, mum of two

dadfit

4.9 out of 5 average rating from dads

Results of program evaluation involving 239 dads
completed by Drummond Street Services

Independent Evaluation of Dadfit Program by Drummond Street Services

Drummond Street found that Dadfit led to significant improvements in dads' **mental and physical health**, **self-confidence as a parent**, and **community connection**.

- **99%** of dads report positive mental health effects
- **93%** feel more connected to dads in the local community
- **90%** report positive effects on the father-child relationship
- **91%** say Dadfit has helped them to be a better partner (or co-parent)

Full evaluation report is available on our [website](#).