



## **Fatherhood – key messages for boys and men**

- Being a good dad is such an important role.
- You love your children and want the best for them.
- You have a significant impact on your children's development.
  
- Who is the dad that you want to be?
- Positive fatherhood can help you to be a better man.
- You can protect and provide for your family.
- You can be a good role model for your children, and support your partner.
- You can support your children to be happy – getting on with life with a positive purpose, not easily shaken by the world, and well respected by others.
  
- Your well-being directly affects the well-being of your children.
- Be part of a team, working together for your children with their mother.
  
- By being a good dad, you can:
  - help your children to be happier and feel good in their lives
  - improve your children's chances in life
  - have positive relationships within your family
  - improve your own happiness and well-being

*March 2025*