



Dad Matters Cymru

About Dad Matters Cymru

Dad Matters Cymru is here to support dads have positive parenting experiences with their children during pregnancy and up to two years of age, supporting them with anxiety, stress and mental health issues.

We want to ensure that dads know how important they are, how to access support when they need it and why it can be essential for their baby's development.

We aim to:

- Support expecting dads and dads with children up to age of two
- Support dads with their wellbeing and mental health in building healthy relationships with their new babies/children
- Encourage dad's participation in services that have traditionally been targeted for mums
- Provide peer support for dads from dads

Our support provides dads with a forum to share their experiences, experiences and concerns and receive guidance and support on how to navigate this crucial period of their life, as well as signposting to organisations and services that can best support them.

The support is led by a Dad Matters Coordinator and volunteers known as "Dad Champions". We are part of Dad Matters UK and belong to a large network that successfully supports dads within other local Home-Starts across the UK.

What we do best



Promote attachment and bonding.



Provide Dads with non-judgemental support and advice



Signposting Dads to appropriate services.



Promoting positive engagement for Dads with Maternity Services

What we are not



A crisis service



Clinical Experts



Relationship Experts



A mental health specialist

If you need support, a dad chat or would like to become part of Dad Matters Cymru it would be great to hear from you.



dadmatterscymru@homestartcymru.org.uk



07470 563 829



Yr hyn rydyn ni'n ei wneud orau



Hyrwyddo cwlwm agosrwydd ac ymlyniad



Rhoi cymorth a chynghor i Dadau heb farnu



Cyfeirio Tadau at wasanaethau priodol



hyrwyddo ymgysylltiad cadarnhaol ar gyfer Tadau gyda Gwasanaethau Mamolaeth

Yr hyn nad ydym ni



Gwasanaeth argyfwng



Arbenigwyr clinigol



Arbenigwyr perthynas



Arbenigwr iechyd meddwl

Os ydych angen cefnogaeth, sgwrs dad neu os hoffech ddod yn rhan o Dad Matters Cymru byddai'n wych clywed gennych.

✉ dadmatterscymru@homestartcymru.org.uk

☎ 07470 563 829

**HOME
START**
Cymru

Ymghylch Dad Matters Cymru

Mae Dad Matters Cymru yma i helpu tadau i gael profiadau cadarnhaol fel rhieni yn ystod beichiogrwydd, y blynyddoedd cynnar a hyd at ddwy oed. Caiff y tadau hefyd gefnogaeth gydag unrhyw gorbryder, straen a phroblemau iechyd meddwl.

Rydym ni eisiau sicrhau bod tadau yn gwybod pa mor bwysig ydyn nhw, sut i gael cymorth pan fydd ei angen arnyn nhw a pham y gall fod yn hanfodol i ddatblygiad eu babi.

Rydym yn anelu at:

- Cefnogi'r rheiny sydd ar fin fod yn dadau, a thadau gyda phlant hyd at ddwy oed.
- Cefnogi tadau gyda'u lles a'u hiechyd meddwl i ddatblygu perthnasau iach gyda'u babanod newydd/plant.
- Annog tadau i gymryd rhan mewn gwasanaethau sydd wedi'u targedu'n draddodiadol ar gyfer mamau.
- Darparu cymorth cymheiriaid i dadau gan dadau.

Mae ein cymorth yn rhoi fforwm i dadau rannu eu profiadau, eu profiadau a'u pryderon a chael arweiniad a chymorth ar sut i lywio'r cyfnod hollbwysig hwn o'u bywyd, yn ogystal â chyfeirio at sefydliadau a gwasanaethau a all eu cefnogi orau.

Arweinir y gefnogaeth gan Gydlynnydd Dad Matters a gwirfoddolwyr o'r enw "Hyrwyddwyr Dad". Rydym yn rhan o Dad Matters UK ac yn perthyn i rwydwaith mawr sy'n cefnogi tadau'n llwyddiannus o fewn Home-Starts lleol eraill ledled y DU.



Dad Matters Cymru