**DadPad – social media toolkit**

We have developed the following social media posts which you may wish to share on your platforms to alert new and expectant fathers to a new app providing on-the-go advice to help them enjoy their babies, feel more confident and support their family’s mental and emotional wellbeing. The app is free to use for those living in County Durham, Darlington, Teesside and most of North Yorkshire.

|  |  |  |
| --- | --- | --- |
| **Facebook** | **Twitter** | **Image** |
| @TEWV.FT are offering new and expectant fathers in the area free access to an app providing on-the-go advice to help them enjoy their babies, feel more confident and support their mental and emotional wellbeing.  You can download the app by visiting [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters | @TEWV are offering new and expectant fathers in the area free access to an app providing on-the-go advice to help them enjoy their babies, feel more confident & support their wellbeing. [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters |  |
| @TEWV.FT are working with @dadpaduk to provide new and expectant fathers in the area with free, on-the-go advice to help them adjust to their new roles, look after their wellbeing and support their family.  You can download the app by visiting [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters | @TEWV are offering new and expectant fathers in the area free access to @dadpaduk, an app providing on-the-go advice to help them adjust to their new roles, look after their wellbeing and support their family.  [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters |  |
| An app aimed at new and expectant fathers is helping improve outcomes for children and their families. @dadpaduk procured by @TEWV.FT offers local dads on-the-go access to practical tips on caring for a new baby as well as wellbeing advice. Download it for free today. [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters | An app aimed at new/expectant dads is helping improve outcomes for children & their families. @dadpaduk procured by @TEWV.FT offers local fathers free on-the-go access to parenting tips and wellbeing advice. [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters |  |
| @TEWV.FT are offering local dads free access to an app aimed at supporting them in the run-up-to and following the birth of a new baby. @dadpaduk provides on-the-go advice and information to help new and expectant fathers adjust to becoming a parent, take care of their wellbeing and support their family.  You can download the app by visiting [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters | @TEWV are offering local dads free access to @dadpaduk to support their wellbeing in the run-up-to/following the birth of a new baby. [www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app).  #dadlife #newparent #mentalhealthmatters |  |