**Father’s Time – getting into fatherhood**

**What you’ll get from the 2-hour class:**

* How your role counts during the birth
* Baby-basics - a simple way to understand how to know what your baby needs
* Bonding with your baby
* How to nurture your baby’s developing brain during the biggest period of brain-growth.
* How to give your child the twin-benefits of an attachment system
* How to managing the Work-Life balance.
* Plus hearing from other dads.

The father’s time classes are run by Timothy O'Leary, a fathers-educator who has run classes for dads for more than 10 years. He is a father of two and has consults around fatherhood issues. He has also presented at conferences and trains midwives and maternal child health nurses on father-inclusive practice Tim has also appeared on tv and radio and in print around the topic of fatherhood..

and his work has can be found on: <http://raisingchildren.net.au/dads_guide_pregnancy/dads_guide_to_pregnancy.html> a & <http://www.howisdadgoing.org.au/>

"Very impressed - exceeded expectations."  
"Some things tonight I had never considered. Helping in later child development, looking at things from different angles."  
"The discussion on brain development - the way it was explained - it's good, I would recommend it to others."