

[www.bristoldads.co.uk](http://www.bristoldads.co.uk)

Join the team: 07414 665382

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## THE DADLY ARTS

As part of Bedminster skills week Satur-DADS has submitted a bid to host a dad's skill swap event Saturday 9<sup>th</sup> May. It will be a chance to have a bit of fun and invite friends, partners, new and expectant dads to join our group.

### What to expect:

The group will run as normal with people free to mingle, chat and chase kids around. We are looking for volunteers to run mini skills stations in small teams. The teams will help facilitate simple activities. Instructions will be printed out at each station and the volunteers would simply be there to offer guidance.

### Teams:

1. Nappy change races - 2 to 4 dads will be blind folded and given toy babies to change. The races will be timed and the winner goes on the leader board (think Top Gear with infants). Best overall time is crowned "Nappy Ninja".
2. Cardboard box project - build a cardboard city, cars, boats, rockets and dens/castles.
3. DIY dads - Free handy man advice for around the house. Hand outs of different dad projects; changing table, shelves, toddler proof your house, stair gate fitting, tree house, bird box, upcycled toys.
4. Sling and baby carrier- help fitting slings and carriers. Refer to guidelines for age and weight in regards to carrying position, i.e. T.I.C.K.S. guidelines.
5. Baby sleep service – learn about normal baby sleep, safe sleep principles. Volunteers could offer their own experience of broken nights, what helps and hinders, where to go for help and sound information (all this will be provided and a sleep researcher will be present).

### We are looking for volunteers to help:

- Set up stations
- Come up with dad skills ideas (can be anything you like)
- Lend slings and baby carriers for the event
- Help to promote online and put up flyers
- Men that work in anything to do with anti and/or post natal baby stuff
- Approach businesses to ask for donations of DIY materials or gift vouchers to use as prizes.

### Dates:

Saturday 9<sup>th</sup> May 10-12pm

£1 donation. (FREE for volunteers and Dads-to-be)

### Location:

Compass Point Children's Centre, BS3 3AU, Bedminster

Want to volunteer contact Josh: [07414 665382](tel:07414665382)