

Boot Camp for New Dads®

Congratulations, you're having your first baby!

The initial reaction has subsided and now you're wondering how this new little person is going to change your life.

*"Sitting here talking to these guys was far
and away the best insights I got through
all of the classes that we did."*

Join veteran dads (with their babies), who will tell you how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important and how to blow off issues you thought were. In this men-only environment, no question is stupid and no topic off limits.

Dads and dads-to-be will discuss issues including:

- Changes in new mom
- Handling a newborn
- Finding work/home balance
- Introducing pets to baby
- Safety issues
- Working and being a dad
- Your relationship with mom
- Feeding and changing
- How to calm a crying baby
- Dealing with friends
- Handling parents and in-laws
- Breastfeeding

And anything else on your mind!



Boot Camp for New Dads is an internationally acclaimed program in 45 states, U.S. Military bases and the U.K. and Australia.

