



FIRST  
things  
FIRST®

# BOOT CAMP

for new  
DADS



# **BOOT CAMP FOR NEW DADS**

is a program in which veterans (new fathers who bring along their two month old babies) orient rookies (fathers-to-be) on the realities of fatherhood.

**THIS IS A GUY THING.  
NO WOMEN OVER TWO FEET TALL  
ALLOWED!**

## **What we talk about:**

**caring for babies, particularly  
when they are crying**

**caring for new moms, particularly  
when they are crying**

**working your regular 60 hour  
work week on no sleep**

**financing a family**

**following a constant barrage  
of conflicting advice**

**mothers-in-law**

**dropping a diaper into a trash can at 40 feet**

This is a great time to become a father. The notion that men are clumsy and ignorant about infants and that their care is best left to moms has crumbled under the weight of many examples of dads doing this job and doing it well.

We men clearly bring our own unique strengths and creativity to caring for our children. We have also learned that we do not get involved instead of mom, but rather in addition to mom, to the great benefit of our children.



**For more information  
call First Things First at  
423-267-5383 or log on to  
[www.firstthings.org](http://www.firstthings.org)**