



Dads' Boot Camp

Most classes focus on Mom, with Dad there for support. Here's a course that's strictly male—no moms allowed. In the Boot Camp for New Dads program, veteran dads bring their babies to class to help rookie dads learn burping, changing, and swaddling techniques. Other topics include: taking care of Mom after birth, juggling work and family time, and baby bonding. There's an hour-long discussion at the end so the rookies can ask questions and the veterans can share the lessons they've learned. "The open conversation helps dads-to-be feel ready to care for their newborn," says Robert Grand, course facilitator for the Boot Camp for New Dads program at St. Joseph's Hospital in Orange, California. Find a course near you at bcnd.org.

