



# Quick Facts

## WHAT IS BOOT CAMP FOR NEW DADS®?

- A man-to-man workshop that gives guys the tools and confidence to become great fathers, started in Irvine, California on Father's Day 1990.
- More than 350,000 "graduates" and 200+ programs in 36 states and U.S. Army, Navy and Air Force bases, making it the largest program for dads in the U.S.

## HOW DOES BOOT CAMP WORK?

- Men typically attend the workshop 1-2 months before their first baby arrives.
- Veteran dads (who had previously attended Boot Camp) bring their 2- to 9-month-old babies.
- Rookies ask questions and express concerns. Veterans answer those questions and share their experiences. Coaches, who are also dads, educate about parenting topics and facilitate discussion. Rookies get hands-on time holding, changing or feeding babies in an all male atmosphere.

## WHO IS INVOLVED IN BOOT CAMP?

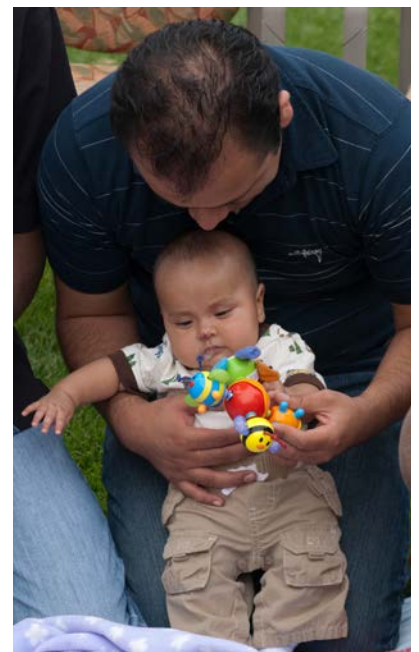
- Founder and Head Coach, Greg Bishop, an Irvine-based health care consultant, brother to 12 and a father of 4.
- 400+ coaches leading workshops around the country.
- Dads-to-be of all cultures, interests, ages and economic levels.

## WHY WAS BOOT CAMP STARTED?

- Greg felt that many men weren't enjoying their babies or fatherhood.
- Men should be more confident and comfortable as they become fathers. After watching veteran dads take care of their babies, rookies leave Boot Camp thinking, "I can do this".
- All children need a father who is there for them, no matter what. Fathers who are absent, uninvolved or even abusive are all too common. In Greg's day job, working with trauma centers across the U.S., he would often see children in the ICU who wouldn't have been there if their father had known better.

## WHERE ARE WORKSHOPS BEING HELD?

- Hospitals, community centers, health clinics.
- Churches, temples, and even a firehouse!
- Military bases, Canada, the United Kingdom and more.



## START BOOT CAMP IN YOUR COMMUNITY

Contact us with any questions you have when you're ready to start Boot Camp for New Dads in your community.

For Program questions:

Alison Bishop  
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# About Boot Camp

In 1990, several of us sat down with our babies at the local hospital to “show the ropes” to men with their first child on the way. For three hours our babies smiled, slept, cried and did what babies do, and the “rookie” fathers watched us care for them without a mother in sight. Some rookies said they had never even held a baby before, so we handed them our own.

We “veterans” talked about our experiences and offered advice, and we all got to know and trust each other. Everything said in the room stayed in the room, so nothing was left off the table. The rookies were relieved to find their many concerns and even fears were common among dads-to-be. By the end, each man came to realize, “I can do this,” and went home with a new sense of confidence. And they did do it, and months later returned as veterans with their own babies to pass on knowledge to the next group of dads-to-be.

Located next to the El Toro U.S. Marine Base in California, Boot Camp benefited from a diverse group of fathers, a strength that was very apparent when a man of one race handed his baby to a man of another. The Marines also helped by suggesting a change to a more respectful name from the original “Bootee Camp.”

## **EXPANDING ACROSS THE U.S.**

In the mid 90s, a fledging fatherhood movement, responding to absent, apathetic or abusive fathers in far too many families, took notice of Boot Camp. Characterized as a “nursery in a locker room,” with no women over two feet tall allowed, the media also discovered Boot Camp, and requests for the program from other hospitals started arriving. We successfully replicated the workshop in Grand Forks, North Dakota in 1996, and then offered it to other communities throughout the nation.



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As we expanded, Boot Camp proved successful in a wide variety of communities and settings, since the veterans, the rookies and the Coach/facilitator represent the community itself. This includes hospitals in low-income communities with high rates of absent fathers to those in affluent communities with fathers who want to get a great start. In 2001, Boot Camp was offered in Spanish, and is still the nation's only curriculum geared to Spanish-speaking new fathers. To date, more than 300,000 men have graduated from Boot Camp for New Dads.

### **REACHING OUT TO MORE FATHERS**

Our mission is to help assure every child a father they can count on, no matter what. We reach 2% of new fathers directly in the U.S., so we have many more men to reach as they have their first child.

We get a lot of help, though. Each graduate adds a new role model to his family and community, and today's generation of young men is highly receptive to the example they set. Our programs also spawn the development of other programs for fathers, so there is an expansive impact in each community we serve. We run workshops in the United Kingdom and Canada and are fielding requests from around the world, indicating the huge potential our message has.

Given the enormous benefits resulting from men who step up to meet their responsibilities to their children and become involved, engaged fathers, we believe a community can make no better investment than to provide necessary support to their dads.

Join us in helping men become the best fathers they can imagine.



### **BOOT CAMP WORKS IN THESE COMMUNITIES:**

- Hospitals
- Family Resource Centers
- Health clinics
- Churches
- Synagogues
- Birthing Centers
- Community Centers
- Head Start programs
- First Things First
- U.S. Navy, Army, Marine Corps, and Air Force bases
- and more!



# Greg Bishop

## **BOOT CAMP FOR NEW DADS FOUNDER, FATHER, BROTHER**

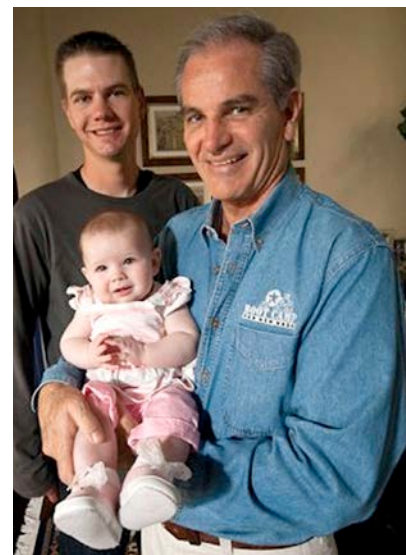
Greg Bishop, a brother of twelve and father of four, had changed lots of diapers when, in 1990, he asked some friends to help him orient men with their first baby on the way. He believed that getting a solid start as a father was essential, and advice from experienced dads would equip dads-to-be with the skills and confidence they needed. Bishop felt that this would enable them to get involved and strongly connect with their baby early on.

Bishop conducted the workshops for six years on Saturday mornings at a local hospital. After many requests to start the program in other communities, he founded the non-profit New Fathers Foundation to expand Boot Camp for New Dads® throughout the nation.

He is also President of Trauma Care of America, Inc. and founder of the non-profit National Foundation for Trauma Care, which have been instrumental in keeping the nation's trauma centers open. Bishop started as a student body President at California State University, Fullerton, completed a Coro Fellowship in Public Affairs, organized the Orange County Gray Panthers, an elderly advocacy group, with his wife, and then opened up the Orange Senior Center. He later received an MBA at Stanford, was a management consultant at Ernst & Young, and then started his career in trauma care. He also served on the Advisory Board for Duke's Center for Social Innovation.

To help support Boot Camp for New Dads and bring what has been learned to more men preparing to be fathers, Bishop formed Dads Adventure, Inc.®, and authored *Crash Course for New Dads: Tools, Checklists and Cheat Sheets* and *Hit the Ground Crawling: Lessons from 150,000 New Fathers*.

When asked about his long commitment to helping new fathers do their best, he says "I cannot think of anything with more potential to improve the world we are turning over to our children. Besides, while I have contributed a lot of time and resources, the men I have met in Boot Camp have inspired and taught me to be a better father to my own children. That's priceless, and you will hear the same from the other 400 men who coach Boot Camp workshops."



**"... the men I have met in Boot Camp have inspired and taught me to be a better father to my own children."**





# Why Boot Camp?

Boot Camp for New Dads is the U.S.'s largest program for new fathers with the mission to assure every child the opportunity for a caring and capable father beginning at birth.

We are a non-profit organization targeting a diverse group of dads representing all economic levels, cultural backgrounds and ages. The Boot Camp workshop curriculum is offered in English and Spanish, as well as a 2-hour Video-Based Orientation program in English to reach dads in all settings.

Boot Camp was developed in 1990 because we believed dads-to-be would benefit immensely from hearing first-hand experiences and advice from men who are already dads. Getting questions answered and fears assuaged would assist these men in becoming the involved, hands-on dad their new families needed.

The workshops have proven exceptionally effective with a unique format that combines rookies (fathers-to-be), veterans (men who are fathers) and the veteran's babies. New fathers gain knowledge and skills that increase their confidence so they feel more comfortable nurturing and caring for their babies. While it is the rookies who gain a lot of helpful information, ultimately, it is the child who benefits from the active and unique approach fathers contribute to child rearing.

Research from Sara McLanahan, PhD and William S. Tod Professor of Sociology and Public Affairs at Princeton University, confirms that most new fathers want to love, care and provide for their baby, and that support early on, when they are most receptive, is essential. Expectant fathers first access Boot Camp via a three-hour workshop in which a Coach or facilitator, along with veteran dads and their infants, teach parenting skills and share personal stories and advice to rookie dads who are expecting their first babies.



**“... dads everywhere face similar challenges and reap similar rewards for giving it their all.”**

Workshop participants continue to learn about pregnancy, childbirth, parenting and fatherhood by taking home one of our companion guides, Hit the Ground Crawling or Crash Course for New Dads. Written by men, for men, these books have answers to the most important and common questions guys are asking when they are expecting their first baby. We share stories and advice collected from the more than 350,000 men who have participated in Boot Camp. The books reinforce the core curriculum provided in the Boot Camp workshop and to address additional issues and challenges facing new dads that are not incorporated in the workshop due to time limitations.



The Boot Camp program operates in over 200 communities in 36 states and the U.S. Army, Navy and Air Force. We also have programs in the United Kingdom and Canada and are making inroads in Australia, India, Malta and more. Sponsors include a wide variety of hospitals, community-based organizations, family resource centers, low-income clinics, prenatal support programs and fatherhood support programs.

The Boot Camp program is easily implemented with the minimal investment of \$1000 (Lifetime License Fee), \$450 plus travel for regional training (offered biannually) and a materials fee of \$8 per participant (which programs often recoup via class fees). Onsite training is also available as an alternative to the regional training.

The return on this investment is substantial. Research indicates children whose fathers are a consistent, positive force in their lives, do better socially, intellectually and on a broad range of other factors ranging from economic status in childhood, to peer relationships in adolescence and productivity as adults. Positive involved fathers are a major factor in turning around the deterioration of our communities, the quality of life in this nation, and the prospects for our children's future.

### **MORE INFORMATION**

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# Fee Schedule

## Basic License Agreement & Training Certification

Boot Camp Hands-On Workshop Basic License Agreement & Curriculum	You receive a license to operate Boot Camp for New Dads as well as: <ul style="list-style-type: none"> <li>• Instructions for program implementation and development</li> <li>• Resource manuals for Coordinator and two Coaches</li> <li>• Marketing and Press Kit</li> <li>• Ongoing support through conferences, newsletter and on-line consultation</li> <li>• Copy of attendee material (<i>Crash Course for Dads-To-Be</i>)</li> </ul>	\$1000 One-time, lifetime, start-up fee
Materials Fee	In addition to the workshop, your dads-to-be will take home the companion manual to Boot Camp, <i>Crash Course for Dads-To-Be</i> , which will be helpful for them to reference before and after the baby arrives. This dad-friendly manual has proven to be a powerful resource that reinforces what they learn during the workshop. New programs are required to purchase a box of books (40) to start off with.	\$8 per participant

## Training Options

Master Coach Certification Training	New programs can send one man (more are welcome) to be trained in becoming a Master Coach. Training consists of a two-day Boot Camp for New Dads immersion at the National Boot Camp Training Center in Denver, Colorado. The training is led by three National Boot Camp Trainers and includes observation of a live workshop. Once certified, your Master Coach is prepared to train other facilitators in your program.	\$450 plus travel expenses
Onsite Training Certification	Boot Camp National Training Instructor will conduct a two-day training workshop at your facility. Trainer will make a Boot Camp presentation to all personnel involved in implementation and discuss each department's role (i.e., CEO, marketing, education, etc.). Training will be provided for the men you recruit as Boot Camp coaches and Trainer will assist your coaches in leading their first Boot Camp workshop during certification. Additional presentations to media and community groups are welcome and encouraged.	\$800 plus travel expenses



## MORE INFORMATION

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