



Big Confidence Boost For Dads-To-Be

At the end of Boot Camp for New Dads workshops, we ask the dads-to-be (rookies) for an evaluation. A recent sample of more than 2,000 indicates the power of this unique workshop: 90% of attendees reported a post-workshop boost in confidence in taking care of a new baby, taking care of a new mom, and working with her to build a family. The confidence it takes to proactively embrace the most important role a man can ever have. In three hours.

The dads-to-be highly appreciated hearing from the veterans, handling actual babies, and learning what to expect. They found the class informative, helpful, and fun, and getting a dads' perspective was extremely valuable. Their comments were uniformly great:

I've taken >20 hours of classes already and this is the one where it became real.

Class was fantastic! Would recommend to any new father. Great job!

Prior to tonight I was nervous about the arrival of our child. Now I am excited.

Rookie comments also provided a **great picture of men becoming dads today and what they find most important.** Supporting mom, and caring for and protecting the baby, teamwork and communication were the focus:

Keeping the baby comfortable; signs that the baby is upset

Proactively talking to my wife and our family

Emotions of mate and stepping up to the responsibility

Gatekeeping - understanding the signs and learning to work together

They also commented on **what they had gotten out of Boot Camp for New Dads:**

Confidence. I was really nervous about having a child and now I am feeling better and looking forward to it

Dads can develop their own styles that work

Importance of the father's role in my child's development

All in one man-to-man workshop that looks like a nursery in a locker room, with no women over 2' allowed. No wonder Boot Camp for New Dads has been the most successful orientation program for dads-to-be in the world for more than two decades.

Maybe Mayor Gary Norton of East Cleveland, Ohio put it best:

"As an expecting father, Boot Camp for New Dads truly prepared me for my child's arrival. Admittedly, I was reluctant to attend, but my wife signed me up for a session. To my delight, the coach and veteran dads were outstanding. I held, fed and changed a child that day, which was something I had done only once ... 15 years prior. We asked questions, sought advice and learned from other men. Following Boot Camp, I was more informed, more inspired, more excited and less nervous about being a dad. And I was prepared."

Boot Camp for New Dads: Report on Workshop Surveys

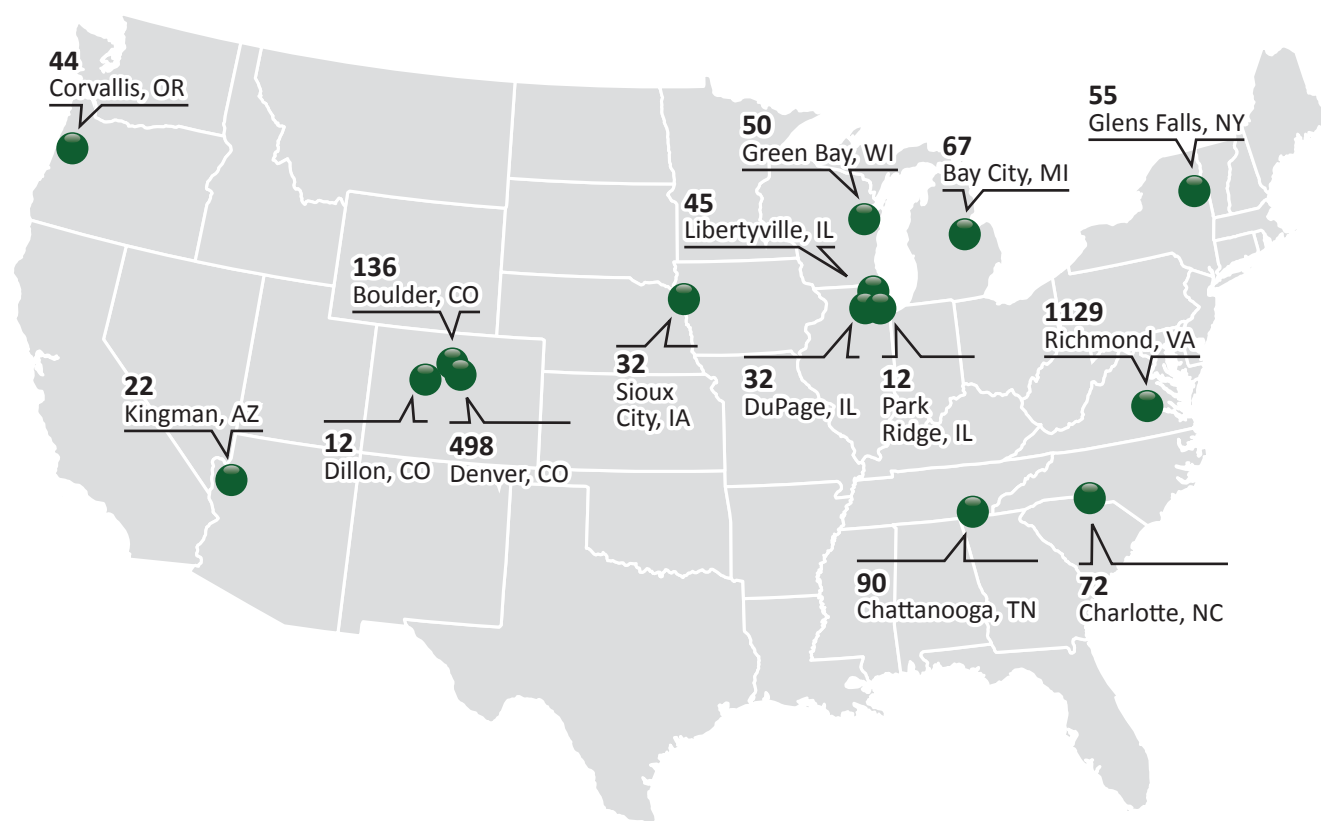
Submitted by Maggie Miller Consulting, September 3, 2012

Background

At the end of every Boot Camp For New Dads workshop, coaches ask the dads-to-be to complete a simple evaluation. The evaluations are conducted in pencil-and-paper format and contain questions about the workshop's impact on expectant dads' level of confidence related to parenting and partnering skills, what they learned in the workshop, and their satisfaction with the workshop. There is also an opportunity for workshop participants to add open-ended comments.

In the summer of 2012, Boot Camp asked Maggie Miller Consulting to analyze data from 2,301 surveys collected between September 2005 and June 2012. This report is based on that analysis.

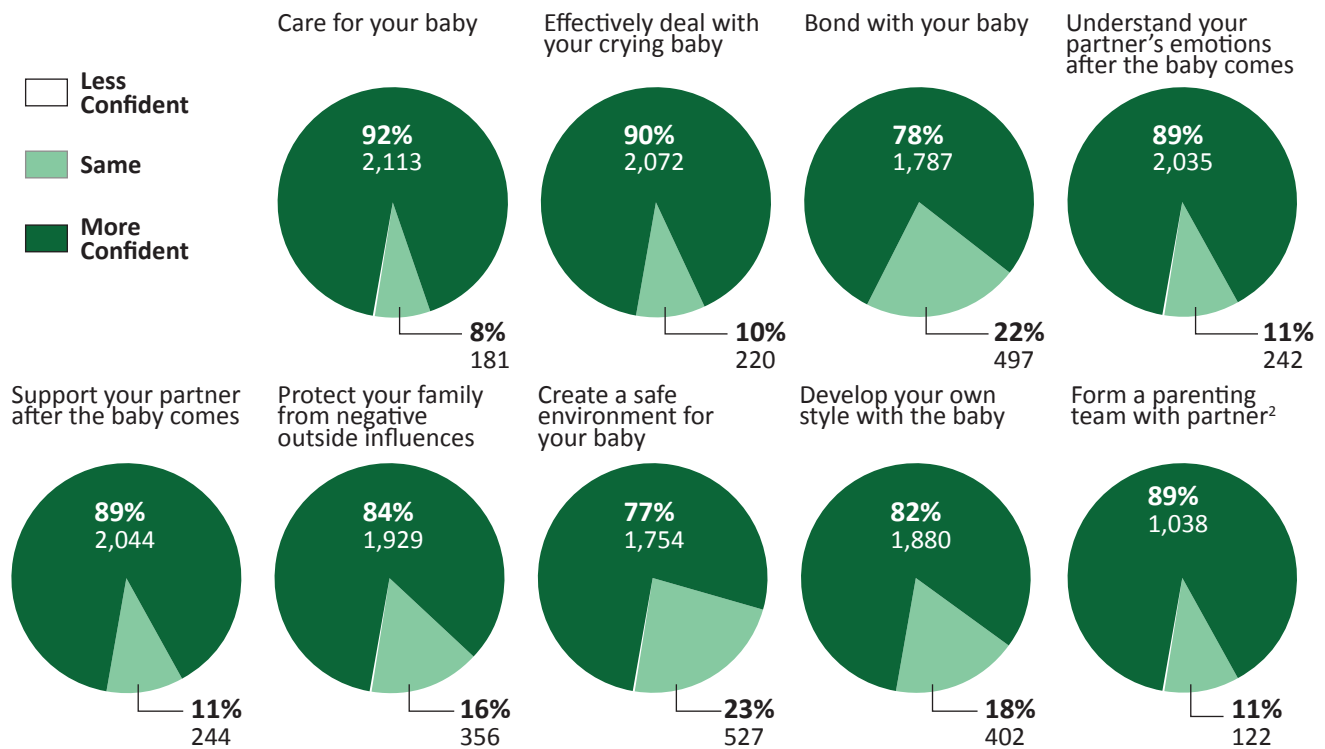
Distribution of survey respondents by location



Impact of the Workshop on Expectant Dads' Confidence

In all areas, dads-to-be reported an increase in confidence. Nine out of 10 dads-to-be reported increased confidence in caring for their baby and effectively dealing with crying. In the areas of bonding with their baby, protecting family, and developing their own style with their baby, about one in five dads-to-be reported that their confidence level remained the same.

“Comparing how you felt before Boot Camp to how you feel now, please mark your level of confidence in your ability to...”



Note: Not all responses add up to the same number because some respondents left questions blank.

² This question was not on all surveys.

What dads-to-be found most important

Expectant dads' answers to the question, "Of all the things you learned today, please list two that you think are most important," demonstrate that Boot Camp meets its curricular goals.

Many answers related to supporting the mother; and caring for and protecting the mother and baby.

- Support my partner after baby comes
- Keeping baby comfortable, signs that baby is upset
- Protecting family after baby

Teamwork and communication were also mentioned many times. The importance of having couple's time with the mom was described.

- Form a parenting team with partner
- Knowing how to communicate better with mom
- To discuss what we liked to do before and make that important

Dads-to-be also emphasized advance planning and proactive communication, as well as flexibility.

- *Proactively talking to my wife and our family*
- *Preparing your care for the baby and living situations*
- *Learn as you go. Adapt.*

Specific topics such as post-partum depression and baby blues, breastfeeding, diapering, safety, schedules, calming a crying baby, and dealing with pets were listed.

- *Better understanding of physiological and emotional changes wife will go through*
- *Breastfeeding- how long it may take to get baby started*
- *Diaper changing tricks*
- *Safety of baby (and baby's environment)*
- *Advice regarding work scheduling*
- *Need to schedule personal time for "us" + "me"*
- *What to expect as far as sleep schedules/feeding schedules*
- *Learning different methods and ideas to calm and soothe baby*
- *How to manage new baby and dogs*

The importance of dealing with stress and frustration and not shaking a baby was also described. Taking care of one's self was mentioned.

- *Be ready to be exhausted and frustrated; it happens to all*
- *The idea of the list to blow off steam is a great idea*
- *Never shake a baby, even a little*
- *That you being happy and healthy is important*

Gatekeeping was described, as was dealing with extended family. The importance of dads and the need to step up to the plate was addressed.

- *Gatekeeper - understanding the signs and learning to work together*
- *Importance of the father's role in development*
- *Emotions w/ partner and stepping up to the responsibility*

Increased confidence and developing one's own style was cited, as was bonding with the baby, and positive elements of being a dad. Dads-to-be reported feeling that they didn't feel alone.

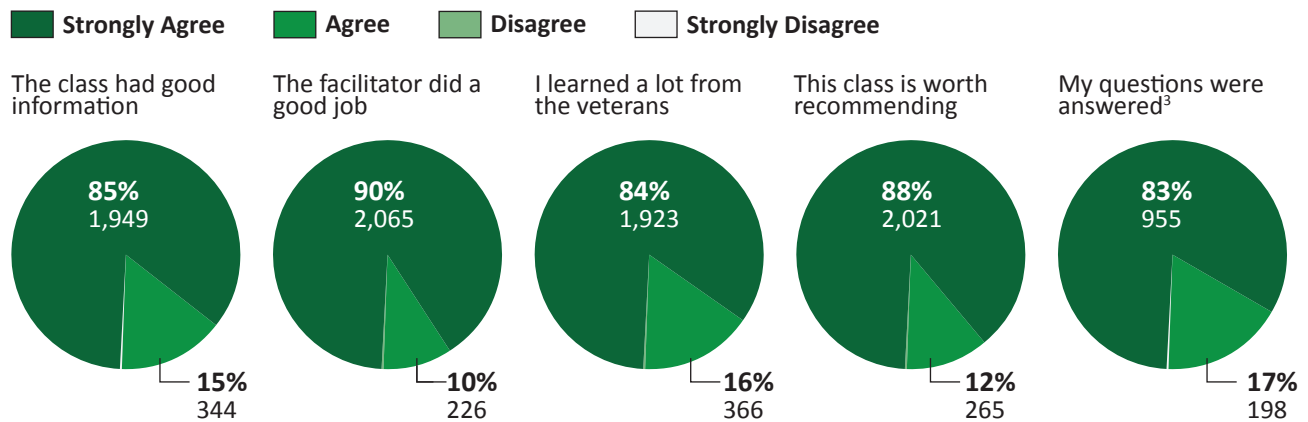
- *Confidence. I was really nervous about having a child and now I am feeling better and starting to look forward to it*
- *Dads can develop their own styles that work*
- *Bonding w/ baby + for family - stay involved*
- *Taking the opportunity to embrace the experience*
- *Meeting a lot of people in the exact same situation + those that have gone through it*

Many dads-to-be appreciated hearing from the veterans, handling actual babies, and learning what to expect.

- *Hearing "new" dad's perspectives/experiences*
- *Interaction with the babies was huge thanks!*
- *Practical, common sense approach to things - what to expect*

Expectant dads' Satisfaction With the Workshop

In all responses about satisfaction with the workshop, dads-to-be reported high satisfaction. Nine in ten dads-to-be strongly agreed that the facilitator did a good job.



³ This question was not on all surveys.

Dads-to-be were asked, “Is there anything else you would like to say?” Comments were overwhelming positive and appreciative.

- *A bounty of benefits from this course*
- *Good class for dads. Please keep offering.*
- *Have taken four classes - this was my favorite one!*

Dads-to-be appreciated the veterans, babies, and facilitators. They liked the interactive nature of the class, and the opportunity for hands-on experiences. They found the class informative, helpful, and fun.

- *Having the veteran dads and their babies was invaluable to me as I have no experience with babies.*
- *Like the open forum + ability to ask veterans questions*
- *I am much more comfortable after talking w/veterans*
- *I've taken >20 hours of classes already and this is the one where it became real.*
- *The workshop was tremendous and informative. Very hands on as well.*
- *Fun, encouraging environment*

Dads-to-be said they would recommend the class, and many felt that it was a “must.” They found the class worth their time and money. Some said that it was better than they expected.

- *Class was fantastic! Would recommend to any new father. Great job!*
- *Great class every new dad should have.*
- *I was surprised by how much I enjoyed the class; excellent job!*
- *I was a little hesitant about coming, but it was totally worth it.*

Getting the man’s perspective from the veterans was extremely helpful.

- *Good to talk w/ only guys from a guy’s perspective*
- *I’ve already taken some childbirth classes, but it was great to attend a class from the father’s point of view.*

They said they felt confident and excited as a result of the class, and there were people who volunteered to come back as veterans.

- *A fantastic confidence building experience*
- *Prior to tonight I was nervous about the arrival of our child. Now I am excited.*
- *I want to come back with my baby to help a rookie*

Suggestions mainly focused on wanting more hands-on experience and more time.

- *I wish there had been more hands on practice- holding, changing, swaddling, etc.*
- *I was expecting to do more w/babies...changing diapers, etc...not disappointed, just different expectations.*
- *Could have maybe been another hour longer to answer more questions, but loved the class!*
- *Maybe more time 2 classes or an hour or two longer to cover more. Great job!! Thanks*

Demographics of Respondents

Race	Number of Responses
African American	189
Asian	62
Latino	68
Native American	6
White	947
Other*	868
Total	2,140

*Other included these self-descriptions: "African American Asian Native American White," "African American White," "Asian Native American," "Asian White," "Chamorro," "East Indian," "Hispanic," "Human," "Latino White," "mixed," "North African," and "Southeast Asian."

Living Arrangements	Number of Responses
Married	1,903
Living with baby's mom (unmarried)	194
Not living with baby's mom	49
Other*	13
Total	2,159

*Other included these descriptions: "Brother in law," "Common law," "Engaged," "Grandfather."