

**Outcome Evaluation**  
***1-2 year post workshop follow-up survey***  
**Boot Camp for New Dads Program**  
**Denver, Colorado**

**Boot Camp for New Dads program principles and modality:**

**We Respect Every New Father**

We respect the desire of virtually every new father to be there for his child, no matter his circumstances. We believe every father should have the opportunity to do his best in the form of the support he needs to overcome the challenges he faces. Every child deserves this as well.

**We Connect With Fathers When They Are Ready**

We reach new fathers in the months before their child's birth when our own experience and, now research, demonstrates these men are most interested and receptive to support, education and transformative changes inspired by fatherhood.

**Our "Nursery in a Locker Room" Brings Out the Best in Men**

Men respond to a challenge from other men as well as to the guidance of those with experience, which is what new fathers get in Boot Camp's father-to-father workshops. They also find a safe, supportive environment where they can open up and deal with their deepest fears and concerns.

**We Equip Them So They Can Succeed**

The key to success with new fathers is to equip them with basic skills and confidence before their baby arrives. Once involved and connected, babies provide their fathers new found strength they need to overcome the challenges they encounter. Without this connection, there is no reward for the sacrifices a new father makes, and their motivation wilts.

**We Do Not Tell Them What to Do**

Our job is to provide a broad range of information and alternatives to each father and respect their ability to determine what is best for them and their family. As a result, we do not take positions on any issues.

**We Build From Our Strength**

We do not target "high risk" fathers. We support all new fathers, each of whom faces some level of risk, and find that men of different cultures, colors, ages, and economic levels working together creates a rich diversity of experience that enhances the growth of all involved. While those facing higher risks and programs serving high risk communities consume more support, all have something to contribute.

**We Leverage Our Strength**

Boot Camp graduates serve as role models in their families and neighborhoods and help raise the bar for all fathers. Our programs also serve as a sort of "beachhead" for fatherhood support programs in local communities that expand over time. As we reach critical mass in a community, our leverage intensifies.

**We Are Helping Create a Culture of Accountability**

We show fathers how to connect with each other so they are surrounded by men who help them do their best. We are helping build a culture that fosters and rewards excellence in fathering where men hold each other accountable for their performance with respect to their children. Failure is no longer an option.

## **Survey Design:**

While the Boot Camp for New Dads workshop is offered and administered during the prenatal period and post workshop feedback indicates positive changes in the confidence level of the fathers involved, this survey intended to capture follow-up data more longitudinal in nature.

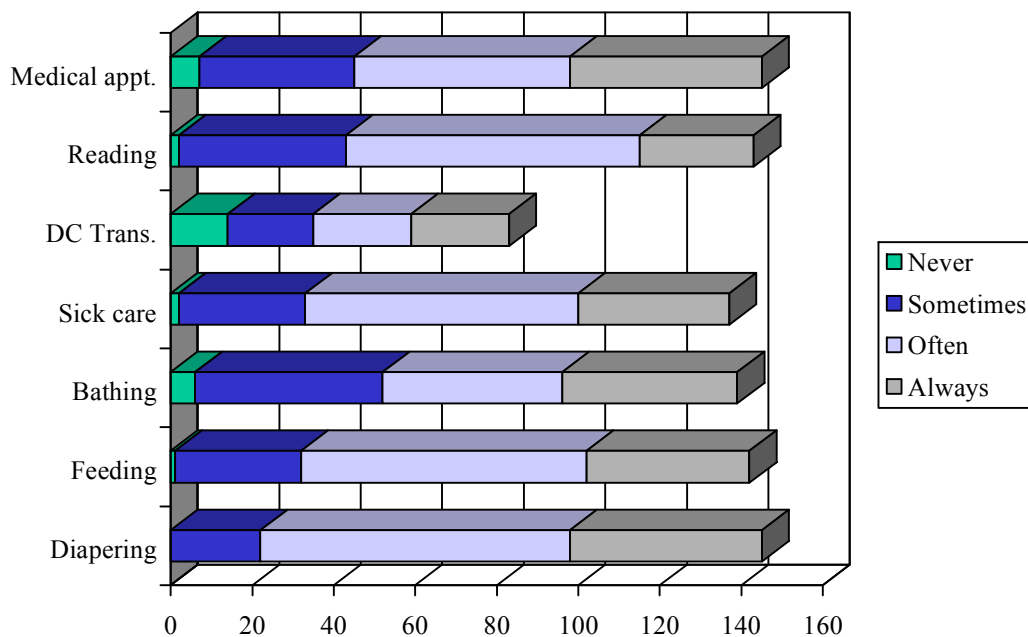
The survey measures were based on the three dimensions of fatherhood proposed by Lamb, Pleck, Charnov, and Levine (1985, 1987): (1) *Engagement* (i.e., the extent to which fathers experience direct contact and shared interactions with their children in the context of caretaking, play, or leisure); (2) *Availability* (i.e., a father's presence or accessibility to the child); and (3) *Responsibility* (e.g., the extent to which a father arranges for resources to be available to the child, including organizing and planning children's lives).

A group of 250 former participants of the Boot Camp program in Denver with children between the age of 1 and 2 years were randomly selected and mailed a two page survey. To increase accuracy of results a multiple informant model was used (Wical, Doherty, 2005), with the mother of the child reporting levels of father involvement and impact of the Boot Camp workshop as well as the fathers themselves.

143 paired surveys were returned and data from the mothers and fathers were combined into the following results. The data is reported separately only in instances where the reporting from mothers and fathers differed significantly.

143 responses from former Boot Camp participants  
(at the time of survey the children of these participants were between 1 and 2  
years of age)

Father Involvement in Daily Care of the Child – Figure 1  
N=143



1. Responses when asked to report frequency of participation in 7 aspects of child care (Fig. 1) –
  - a. Participation in medical appointments including scheduling
  - b. Reading to the child
  - c. Daycare transport
  - d. Caring for the child when ill
  - e. Bathing the child
  - f. Feeding the child
  - g. Diapering the child

2. Dads were asked to indicate their level of involvement with their child on a scale from Very Involved to Not Involved.

43% indicated Very Involved,  
50% indicated Involved,  
7% indicated Somewhat Involved,  
0% indicated Not Involved.

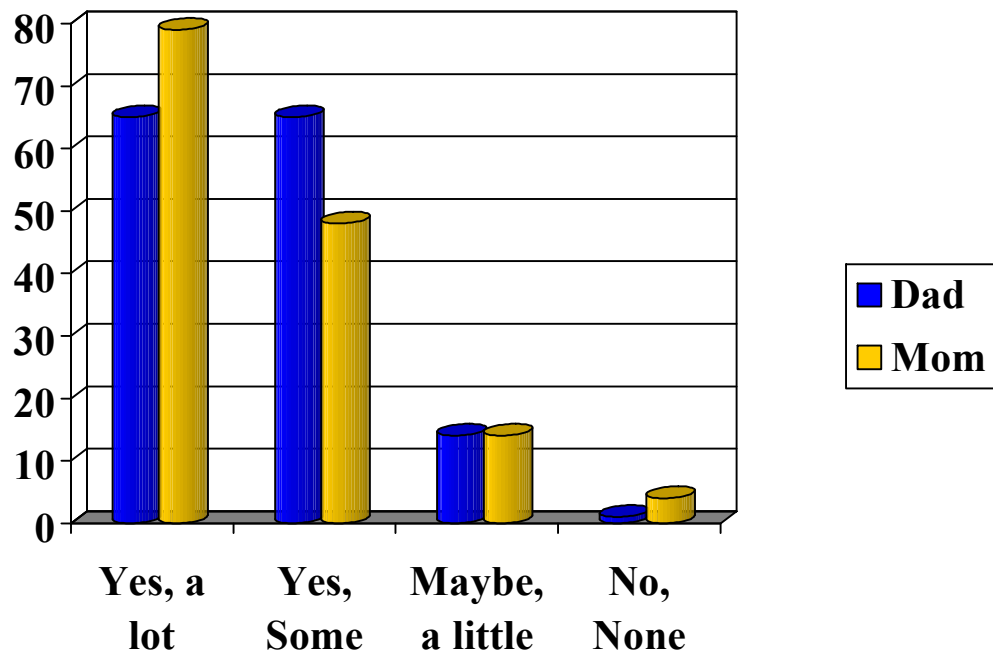
3. When asked: **How often do you spend time alone with your child?**

56% indicated **Daily**  
38% indicated **Weekly**  
4% indicated **Monthly**  
2% indicated **Never**

4. Quotes-In response to: **Many things influence your experience of fatherhood. How has Boot Camp had an impact on your fatherhood experience?**

- Made me more confident in the beginning, and all that early parenting has made everything later so much better.
- Better prepared me for the tasks-because I felt more comfortable with them, I was more involved (I didn't hesitate because I wasn't sure of something)
- The realization that I had as much impact on my child's life as my wife. I always thought dads were secondary in importance-but now I realize that's only the case if they want it to be so.
- It expanded my view of the father's role. That he is more than a disciplinarian. To that end, it helped me greatly in the decision I made to trade Tuesdays for Saturdays at work so it would be one less day a week my daughter has to spend away from a parent.

Do you think that Boot Camp has had a positive impact on how you/your partner bonded with your baby? – Figure 2  
Dads – N=141  
Moms – N=143



Responses when mom and dad were asked: Do you think that Boot Camp has had a positive impact on how you/dad bonded with your baby? (Fig. 2)

Lamb, M. E., Pleck, J. H., Charnov, E. L., & Levine, J. A. (1987). A biosocial perspective on paternal behavior and involvement. In J. B. Lancaster, J. Altaman, A. Rossi, & R. L. Sherrod (Eds.). *Parenting across the lifespan: Biosocial perspectives* (pp. 11-42). NewYork: Academic.

Wical, K.A., Doherty W.J. (2005). How reliable are fathers' reports of involvement with their children?: a methodological report. *Fathering*