

“How To Get New Dads To Do What New Moms WANT”



Greg & Alison Bishop
Boot Camp for New Dads
Dads Adventure

The Problem: Absent, Disconnected or Abusive Fathers

- **24 million** Children who live in a home without a father.
- **50%** have not seen their fathers in the past year
- **60%** of rapists, **72%** of young murderers, **70%** of long-term prison inmates.
- **70%** more likely to smoke, drink & use drugs.

**Failure Is An Option For Far Too Many Fathers;
Fathers Who Fail
Do Not Know What They Are Missing**

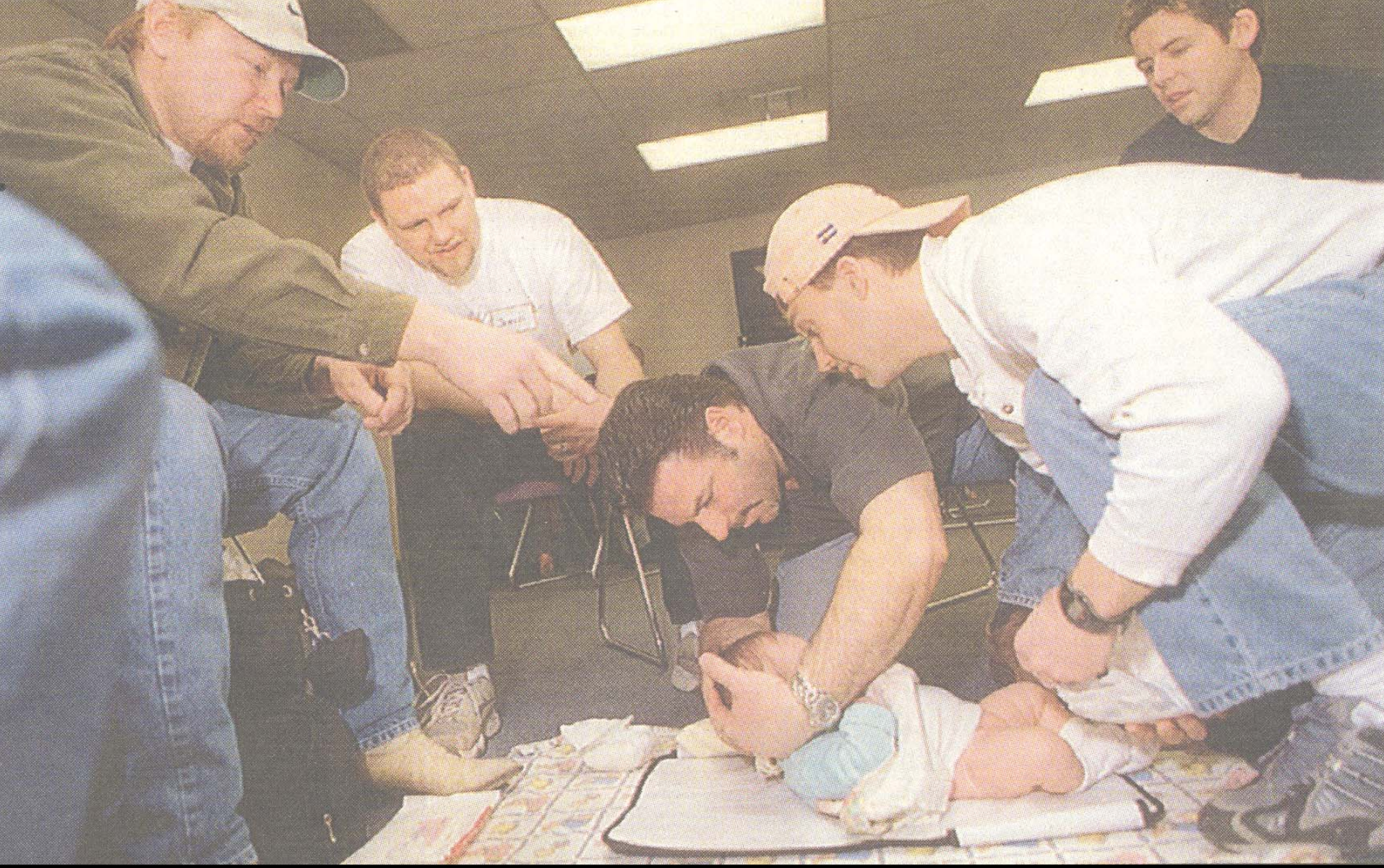
Boot Camp For New Dads





NURSERY IN A LOCKER ROOM





How Many Men Does It Take To Change A Baby?

Checking Each Other Out



WHAT WE'VE BEEN UP TO...



- Expansion to United Kingdom & Australia
- Collaborations with Postpartum Support International & ICEA
- New Moms Hearts & Minds Campaign



NEW DADS TODAY

Today men want to do their best as fathers; they missed out on a close relationship with their father and know he missed out as well.

Together We Can Help Them Do Their Best



UPDATE OF FATHER MOVEMENT







RESEARCH ON NEW FATHERS

“THE BIRTH IS A MAGICAL MOMENT”

During the months surrounding the birth, new fathers become highly receptive to information and support regarding their role in caring for their baby.

**Princeton Center For Research
On Child Wellbeing**

RESEARCH ON NEW FATHERS

Our Children Need Us

Research catalogued by the National Fatherhood Initiative indicates that 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, to productivity as adults.

- Manage stress better during their school years
- Enjoy improved physical well being, perceptual abilities, positive relationships, self-control and initiative.
- A close, warm relationship with our daughters strengthens their feelings of competence and a sense of femininity.

RESEARCH ON NEW FATHERS

Our Children Need Us

- The love and care of mom and dad have an equal impact on their child's well-being, happiness and academic success.
- A father's love and care are the major factors in combating a child's problems with conduct, delinquency or substance abuse.
- An involved father's children are less likely to see the breakup of their family, poverty, teen pregnancy, violence or abuse.

Not only are we hugely important to our children,
we have a big job ahead of us.

THEY NEED US TO BE MEN

Of all the powerful dynamics in the circle of life, a father's critical role in teaching his baby to play has got to be one of the coolest.

Fathers, perhaps due in part to maturity issues, are naturally designed to be her perfect playmate. Tickling, flight lessons, peek-a-boo and wrestling all come naturally. Dads elicit radiant smiles and infectious belly laughs, sometimes with just a wink.

Playing is your baby's main job: it teaches him how to laugh and take risks, develops his motor skills and speeds the development of his brain and nervous system.

It's a dirty job, but remember when you are crawling on the floor, barking like a dog as you chase him around, it's dad's job.

What We Have Learned About New Moms



What We Have Learned About New Moms

1. With babies, moms are way ahead of dads starting at age 2. When the dot turns blue, she goes into hyperspace, driven by the incredible events inside her and a huge support network, composed of you, every mom she knows, her friends, the healthcare system, entire media and retail sectors, etc.. It can sweep her up like a tornado.

2. Hold onto her ankles to help her maintain some balance, as her sense of self can be sucked out of her. Encourage her to avoid reading about all the potential but highly unlikely medical problems that account for half of that 500 page pregnancy manual on her night stand.

What We Have Learned About New Moms

- 3. Plan on bringing home two new people from the hospital, with both having gone through an amazing metamorphosis, and one totally committed to the other. Motherhood warrants our deep respect, and it's easy to take for granted.**
- 4. Motherhood is indeed beautiful, but it can also wreak havoc on her mind, soul and body. It also may not, so tune into what is actually happening to her, encourage her and help her get through the tough parts. Her instincts will kick in, her confidence will build, and she will start feeling like a real mom. Make sure she knows she is a good one.**

What We Have Learned About New Moms

5. You are the most readily available target for her mood swings and frustrations. All normal, so don't take it personally. In fact, serving as her punching bag is on your job description. Take those hits with pride.

6. New moms dramatically shift their energy, attention, intimacy and love from dad to their baby. This is not a matter of choice; many factors drive them to do so, especially a hungry, crying or cooing baby. If mom is not happy with dad, and a baby presents serious opportunities for conflict, the loss in your relationship is more dramatic.

What We Have Learned About New Moms

7. The doctors say she is good to go after six weeks. Actually, she will be good to go when she feels like it, which means when she is feeling healed, rested, good about her baby, good about her body and good about you. It can take time.

8. The only downside of a devoted mother is that most relationships suffer once that baby arrives – the time when teamwork is most beneficial. Due to mom's focus on your baby, dad will want to kick start the romance, which of course cannot be kick started. This takes time, patience, creativity, and finesse, and more patience.

What We Have Learned About New Moms

9. Get ahead of her curves by helping her get some balance in her life. This includes her getting out regularly with her friends or to a class, support for career/job choices (part-time flexible jobs recommended), and your competence in caring for (and getting out with) your baby.

10. Double down on mom. The critical first months will shape her new perspective of you as the father of her child. The girl you love is still there, and if you play your cards right, in time you can get much of her back. And a great mom for your kids. Given the stakes, all possible effort in these initial months are well worth the investment.

How To Get New Dads To Do What New Moms Want

New Moms Want...A LOT!



What We Want New Moms To Know About New Dads

- 1.** New moms have a huge array of information and support, including their friends, mate, family, the healthcare system, entire media and retail sectors, etc. New dads have you.
- 2.** Moms are the most important factor in a dad's bond with his baby. You can facilitate it or hinder it, especially in the first months when a new dad's motivation peaks.

What We Want New Moms To Know About New Dads

3. If you back off on doing everything with the baby and expect him to do his part, he will. Encourage him to get out of the house with his baby on his own.
4. Men thrive on respect, confidence and love, and all are in short supply as we become fathers, the ultimate rite of manhood. Focus on respect for what he does right. It will build his confidence and show you love him.

What We Want New Moms To Know About New Dads

5. Dads bring a whole unique set of strengths to raising kids and are a great brain development toys. Instead of turning dad into an assistant mom, encourage him to do it his way. Your baby will thrive on the difference.

6. Having our child get excited when they see us, and knowing we are there for them when they need us feeds our souls as men. With experience, our confidence builds, our instincts kick in, and we start feeling like a real dad. It just takes longer than with moms.

What We Want New Moms To Know About New Dads

7. It's not about sex, it's about love. New moms naturally and dramatically shift their attention, intimacy and love from dad to their baby. If mom is not happy with dad, the loss in your relationship is more dramatic. Even if you don't feel like sex, he still needs to feel the love.

8. OK, it is partly about sex, but we don't buy the notion that more vacuuming itself would result in more sex. If so, we would have dads supercharging vacuums. Focus on the love and the sex will handle itself.

What We Want New Moms To Know About New Dads

9. You are way ahead of him on the new parent learning curve, so bring him along as your partner in caring for your baby. Once things settle down, refocus on your relationship. This will pay off in terms of the dad you want for your baby and the mate you want for yourself.

10. The more he brings your child into his life, the more balance you get in your life. Dad too. When mom gets more balance, dad gets more of mom. Everybody lives happily ever after.

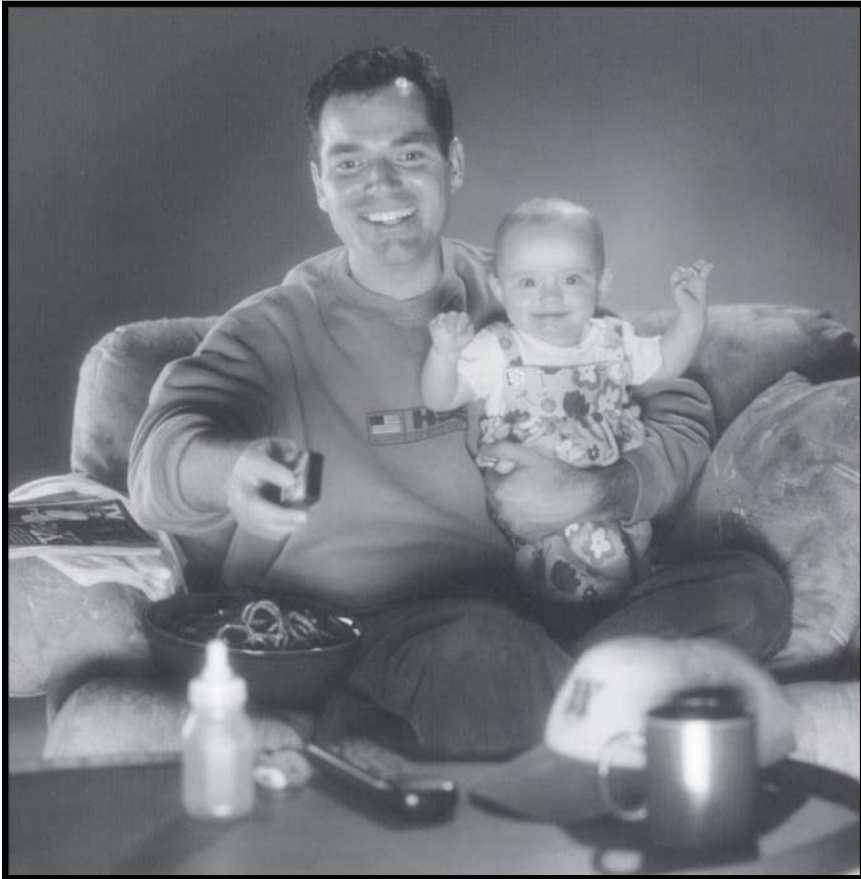
How To Get New Dads To Do What New Moms Want

What New Moms REALLY Want:

- A great dad for their baby
- A true partner in raising their child
- Balance in their lives



Bonus Points For Great Moms



Our research finds that 98.2% of babies like to watch football with dad, which promotes spatial integration and emotional expression in a baby's mind. Due to an infant's developing eyesight, we recommend a big screen TV.

WHAT YOU CAN DO

RESPECT THEIR DESIRE TO CARE FOR THEIR CHILD

(How Is Your Baby Doing?, No Preaching)

ACKNOWLEDGE THESE MEN AS FATHERS

(Make Them Feel Welcome & Essential)

ENCOURAGE HANDS ON INVOLVEMENT

(Help Him Change Diaper, Hold and Feed, Swaddle)

ENCOURAGE SUPPORT OF MOM

(How Is Mom Doing?, New Moms Can Be Tough on Dad)

ENCOURAGE MOM'S SUPPORT OF DAD

(How Is Dad Doing?, Make Relationship A Priority)

CHILDBIRTH EDUCATOR RESOURCE CENTER

WWW.BCND.ORG

- Please Tell Us What Works For You
- Best Practices for Men
- Email Tips on Connecting with Dads
- Downloadable Resources
- Dads Adventure Magazine

YOUR EXPERIENCE

**What Do You Do To Support Dads And
Bring Balance to the Lives of New Moms**





I have six brothers, and I always treated the men involved in Boot Camp like brothers. We are, in a sense.

Well, I also have six sisters, which is how I feel about childbirth educators, and how you have treated me since we got Boot Camp going together. Thank you.

Greg Bishop