

# Boot Camp for New Dads

## **Congratulations, you're having your first baby!**

Join veteran dads (and their babies), to learn how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important and how to blow off issues you thought were. In this men-only environment, no question is stupid and no topic off limits.

Dads and dads-to-be will discuss issues including:

- Changes in new mom
  - Handling a newborn
  - Finding work/home balance
  - Introducing pets to baby
  - Safety issues
  - Working and being a dad
  - Your relationship with mom
  - Feeding and changing
  - How to calm a crying baby
  - Handling parents and in-laws
  - Breastfeeding
- And anything else on your mind!

*"Daddy Boot Camp was awesome...  
the doctors, nurses and momma  
all thought I was the best ever."*

*"Talking to these guys was  
far and away the best  
insights I got through all of  
the classes that we did."*

**Live, online, interactive  
workshops now available!**

Log in from the comfort of your own  
home or anywhere!

The online workshop is led by a trained  
Coach and features new dads with  
their babies.

Workshops are held Saturdays  
11am - 2pm; Cost is \$ 5.

Call or text Stephanie at 319-931-0067  
or email [sgardner@iastate.edu](mailto:sgardner@iastate.edu) for  
details and to sign up.

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