



**Boot Camp for New Dads Now
Available Through
Center for Fathers and Families
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For Immediate Release**

The Center for Fathers and Families of Arkansas is pleased to announce it is now licensed to provide the acclaimed *Boot Camp For New Dads* program in NE Arkansas. This addition compliments a full slate of services that have provided mentoring for young fathers, training for parents, and support for school interested in involving dads on campus by the hundreds. Both Jonesboro hospitals have contracted with CFF to provide 12 Boot Camps during the remainder of the calendar year.

Background

Boot Camp For New Dads, was formed in 1988 to enable new fathers to “hit the ground crawling” when their first baby arrives, and head in the right direction in forming a new family with mom. Boot Camp is a highly successful program in which “veteran” fathers bring their 2-5 month old infants back to provide a hands-on training experience to “rookie” dads who are expecting their first baby. The program uses a proven man-to-man training approach based upon the best traditions of sports and military organizations. It also uses a very soft touch in the form of babies that are brought by their veteran dads.

The combination of rookies, veterans and babies in a room for three hours makes for great chemistry. The rookies are all eyes and ears as they watch the veterans feed, burp, change and care for their babies while hearing their experiences and advice. A strong sense of solidarity quickly develops between these men and peaks when the vets give their babies to the rookies for hands on training. The strongest emphasis is placed on the tremendous support new moms need from dads with additional advice on a broad range of issues including bonding, work hours, forming a parenting team, safety, preventing child abuse, dealing with relatives, etc.

The experiences of over 120,000 Boot Camp graduates in 40 states and Japan provide the course content and also dispel a variety of myths that persist about new fathers. The primary concerns of these men are not losing playtime with their buddies or their sex lives and their mates. With an average of 2 months experience, the typical dad is concerned with the best way to support his mate and new mom, balance work and family responsibilities, and develop the patience required of new father.

Boot Camp also offers the opportunity to help create better fathers for our families and communities that sorely need them. “More than half of our nation’s children will spend at least some of their childhood without a father in the home”, states David Blankenhorn, author of *Fatherless America*. This causes or aggravates our worst social problems, including gang violence, teen pregnancy, domestic abuse and crime.

However, 90% of the nation’s fathers are present at their child’s birth. Boot Camp’s mission is to help them get connected and positively involved so they remain a strong and constructive force throughout their children’s lives. “Patterns of participation start very early”, explains Bishop. “Our experience clearly demonstrates that men find a close bond with their baby to be very rewarding, and this provides a powerful motivation to deliver on their new family’s needs. This track leads to ongoing growth as a father while limited involvement leads to separation from the family altogether.”

The Center for Fathers and Families of Arkansas is a community-based non-profit organization partnering with other organizations to equip fathers to be responsible family leaders. Contact Dr. Matthew Crain at (870) 236-1323 or email at 4dad@centerforfathers.org. Visit them on the web at www.CenterForFathers.org.