



Quick Facts

WHAT is Boot Camp For New Moms®?

- A woman-to-woman workshop that gives moms-to-be the tools and confidence to navigate motherhood in their own way.
- A companion program to Boot Camp for New Dads, so couples are on the same page before their baby is born.

HOW does Boot Camp Work?

- Women typically attend the workshop in their third trimester.
- Veteran Moms (who had previously attended Boot Camp) bring their 2- to 8-month-old babies.
- Rookies ask questions and express concerns. Veterans answer those questions and share their experiences. Coaches educate about parenting topics and facilitate discussion.

WHO is involved in Boot Camp?

- Coordinators who handle the “behind the scenes” of registration, evaluation, training and marketing.
- Coaches leading workshops around the country.
- Moms-to-be of all cultures, interests, ages and economic levels.

WHY was boot camp started?

- Boot Camp for New Dads has successfully helped men feel confident and get excited about becoming fathers and we wanted moms-to-be to get insight from Veteran Moms so they can become confident new moms.
- Women are bombarded with the idea of the “perfect” mom and made to feel like every decision will determine if her child is a success or failure. We want moms-to-be to know that there’s no right way to parent and to hear from many perspectives about what can work.
- Moms-to-Be often don’t think about Dad-to-Be until after the baby is born, but with her support, he will get involved earlier and be an even better father.

WHERE are workshops being held?

- Hospitals, birthing centers and health clinics.
- Churches, temples, and community centers.



Start Boot Camp in Your Community

Contact us with any questions you have when you’re ready to start Boot Camp for New Moms in your community.

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About Boot Camp

Boot Camp for New Moms really started in 1990, with the creation of Boot Camp for New Dads.

Founder Greg Bishop was one of 13 kids and grew up taking care of babies. When he had his first child and friends starting asking him for advice, he realized that men would get a better start (and more confidence) as fathers if they just had a little information they could trust going into it.

He arranged a workshop at the local hospital for “rookie” dads-to-be and invited friends with their babies to join them. When some of the rookie dads said that they had never held a baby, the veteran dads handed them theirs. For three hours, the rookies watched the veterans take care of their babies without a mom in sight. No question was stupid, no topic off-limits. It was like a nursery in a locker room.

Over the years, we were often asked why there wasn't a Boot Camp for New Moms. We figured there were already plenty of resources for moms-to-be, between classes, magazines, the internet, and of course, friends and family, who always seem to have plenty of advice for expectant moms. And, unlike most guys, women talk to each other about motherhood, right?

But as we talked to hundreds of new moms around the country we discovered that while there are plenty of resources for moms-to-be, there aren't any that inform her of what's going on with Dad and how they can bring out the best in each other when they're starting their new family. There are lots of classes that tell her what to



expect during labor and delivery, but none that help her navigate the changes in her relationship and life once she brings this new little human home. And although friends and family can be a valuable resource, nothing replaces the value of sitting down and getting straight answers from women who were just in mom-to-be's shoes and are willing to share what worked best for them and what they learned that will be valuable for expectant moms to know.

Boot Camp for New Moms is growing rapidly because moms today recognize the value of information they can trust when they're becoming moms. They want a happy family and a strong relationship with dad once their baby comes. They know that they're about to navigate one of life's biggest events and a little information they can trust will lower their anxiety and increase their confidence.

What could be better than that?



Why Boot Camp?

Boot Camp for New Moms is a unique parenting workshop with the mission to help every new mom navigate the waters of motherhood with less stress and more confidence.

We target a diverse group of moms representing all economic levels, cultural backgrounds and ages. The Boot Camp workshop curriculum is currently available as a 3-hour English-language workshop.

Boot Camp for New Moms was piloted in 2012 and has roots in the Boot Camp for New Dads program. After more than 20 years helping dads-to-be learn about new moms and how to support them, we thought it was time to let the women in on what dads-to-be and new dads are going through and how to support them. Expectant moms are also looking to get questions answered and fears assuaged. Learning what their partner was thinking and going through helps moms-to-be bring out the best in dad and gets them thinking about topics that they might not normally have thought of (like gatekeeping, parenting as a team, etc.). With both parents tackling and talking about these issues as well as strengthening their relationship, baby has a strong family-foundation to come into.

The workshops have proven exceptionally effective with a unique format that combines Rookies (moms-to-be), Veterans (new moms who went through Boot Camp) and the Veteran's babies. New moms gain knowledge and skills that increase their confidence so they feel more comfortable nurturing and caring for their babies. While it is the Rookies who gain a lot of helpful information, ultimately, it is the baby who benefits from the relationship building and co-parenting that Boot Camp encourages.



“[Boot Camp] promotes great teamwork between mom and dad!”

Expectant moms first access Boot Camp via a three-hour

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workshop in which a facilitator, along with Veteran Moms and their infants, share what they've learned and offer tips and advice to Rookie Moms who are expecting their first babies. Workshop participants continue to learn about parenting, building a family and navigating motherhood by taking home our companion guides. The book reinforces the core curriculum provided in the Boot Camp workshop and addresses additional issues and challenges facing new moms that are not incorporated in the workshop due to time limitations.

Boot Camp for New Moms is easily implemented with a minimal license fee which includes online facilitator training, and materials fee per participant (which programs usually recoup via class fees).



MORE INFORMATION

Please contact Headquarters
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