



# ***Ready or not, here I come!***

## **Baby Boot Camp**

**Boot Camp for New Dads** and ***Boot Camp for New Moms***

When it comes to having a baby there are no experts, but there are veterans.

These two independent programs offer a unique space where Dads- and Moms-to-be will receive advice, insight, and tips from real new parents and their babies.

Dad-to-be can expect to learn some of the details of the delivery room and how to be helpful to the new mom after the baby is born.

Across the hall, Mom-to-be will discuss their concerns and learn what to expect from other recent moms and their babies.

The two programs have a similar discussion-style format but are independent from each other so both the expecting mom and expecting dad can have space to ask the tough questions.

Register online:

**ForeverDads.com**

Held at:

