

Recommendation for First-time Expectant Fathers: Boot Camp for New Dads

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A couple of weeks back I took a Boot Camp for New Dads class at **Northside Hospital** and it was **awesome!** I didn't realize it at the time, but it turns out that **Boot Camp for New Dads** is a national and even international organization! So if you're in the Atlanta area, you can participate in a **class at Northside** or (at least ostensibly) **a class at Kennestone** and if you're elsewhere, the Boot Camp for New Dads site will help you find **information on classes in your area**. At Northside the class was a mere \$35 and I felt like it was money extremely well-spent in helping me learn practical and useful information regarding what to expect as I get ready for fatherhood. I'm not saying this class, or any class, is sufficient for one to learn everything one needs to be a father, I'm just saying for me it was very beneficial and I highly recommend it. If you'd like a copy of the notes I took in the class, request one in a comment on this blog post and I'll see about shooting you off a copy via email.

By the way, our little girl is now due in only 1 more month! :)