

Boot Camp for New Dads Shares Tips for Celebrating Father's Day

DATELINE: IRVINE, CA... Working with more than 200,000 new dads over the past 18 years, Greg Bishop, founder of Boot Camp for New Dads,

May 7, 2009 - [PRLog](#) -- a non-profit orientation program for fathers-to-be, operating in more than 260 hospitals, clinics, schools, fire stations and churches around North America and internationally, and author of two books on fathering, offers tips on how guys really want to celebrate Father's Day.

“Most fathers believe the less complicated, the better. Guys aren't really interested in spending a lot of money on Father's Day in general so oftentimes, they choose activities that are outdoors and free,” noted Bishop.

Dads across the nation have shared their ideas for celebrating Father's Day:

Take in a minor league baseball game.

No need for clubs or a golf cart - go Miniature Golfing.

Fire up the grill and give dad the spatula – a cookout with all dad's favorite foods is just the thing.

Play Wiffle ball or get a backyard football game going.

Plan a picnic at the park or the beach. Be sure to bring baseball gloves and ball, Frisbee or football.

Take a family bike ride around the neighborhood or head for the nearest state park or trail.

Pack up the gear, some special snacks and go hiking.

Head for the nearest river or lake and go canoeing or boating. Or, watch the “big boats” while you stroll the ocean waterfront and enjoy ice cream.

Going bananas? Check out the monkeys and other exhibits at your local zoo.

Have a pizza party – order in or gather together and make it from scratch. Follow it up with (age appropriate) games like charades, Monopoly, Go Fish, etc.

Take in a show. It could be the newest movie in the theaters or a concert or an auto, boat or monster truck show – whatever dad enjoys.

Bishop continued, “Gifts are nice but simply spending time together as a family is what many dads want on Father's Day.”

Tips, Advice, Instructions and more

Greg Bishop offers strategies from more than 200,000 new dads that have gone through the Boot Camp for New Dads program in his second book, *Crash Course for New Dads: Tools, Checklists and Cheat Sheets*.

His first book, *Hit the Ground Crawling*, covers work balance, being a dad, caring for a new mom and much more. Both books are available online at www.DadsAdventure.com.

New Dads Learn What to Expect at Boot Camp Workshops

Dads-to-be will be better equipped to face the challenges and opportunities of fatherhood after attending a Boot Camp “hands on” educational workshop. Men attend the class when they are expecting their first baby, and are joined in the workshop by “veterans” who had previously attended and have returned with their two to four-month-old baby in tow. They are able to give the dads-to-be a realistic idea of what to do and what to expect when their first baby comes. For many men attending, it's their first time holding a baby.

Boot Camp for New Dads

Now celebrating their 18th year, Boot Camp for New Dads is nationally acclaimed as the “Best Practice”

for preparing men to be fathers and has been named a U.S. Navy Model Program. Boot Camp for New Dads has prepared more than 200,000 men for fatherhood over the years.

With more than 4.1 million births (National Center for Health Statistics), and approximately 1.5 million men becoming new dads every year, it's more important than ever for fathers to realize that being a "good provider" is only part of the very central role they have in their children's lives.

For more information about Boot Camp for New Dads, visit www.bcnd.org, or to visit Dads Adventure, go to www.Dadsadventure.com. To arrange an interview with Greg Bishop, please contact sdubin@prworkzone.com, (781) 582-1061.

National and International Locations

Boot Camp For New Dads locations include ALASKA (Anchorage); ARIZONA (Chandler, Flagstaff, Gilbert, Mesa, Phoenix, Scottsdale, Sun City); ARKANSAS (Jonesboro, Paragould, Springdale); CALIFORNIA (Apple Valley, Bakersfield, , Fresno, Garden Grove, Irvine, Laguna Hills, Madera, Merced, Mission Hills, , Oakland, Orange, Pomona, Port Hueneme, San Diego, Santa Ana, Santa Barbara, , S. Lake Tahoe, Travis, Valley Springs); COLORADO (Aurora, Boulder, Colorado Springs, Denver, Durango, Fort Collins, Fort Carson, Greeley, Longmont, Thornton, Wheat Ridge); CONNECTICUT (Bristol, Danbury, New London); FLORIDA (Brandon, Clearwater, Hollywood, Jacksonville, North Palm Beach, Orlando, St. Petersburg, West Palm Beach, Sarasota, Tampa); GEORGIA (Atlanta, Elberton, Gainesville, Marietta, Savannah); HAWAII (Pearl Harbor, Schofield); ILLINOIS (Aurora, Carbondale, Champaign, Chicago, East St. Louis, Evanston, Freeport, Geneva, Great Lakes, Highland Park, Libertyville, Moline, Oak Park, Rockford, Springfield, Urbana, Winfield); INDIANA (Anderson, Bluffton, Hammond, Indianapolis, Jeffersonville, Kokomo); IOWA (Cedar Rapids, Des Moines, Jefferson, Sioux City); KANSAS (Junction City, Topeka); KENTUCKY (Paducah); LOUISIANA (Covington); MAINE (Auburn, Augusta, Bangor, Brunswick, Ellsworth, Waterville); MARYLAND (Annapolis) MASSACHUSETTS (Beverly, Ipswich, Lowell, Nantucket, Plymouth, Weymouth, Springfield); MICHIGAN (, Ann Arbor, Bay City, Centreville, Iron Mountain, Ithaca, Kalamazoo, Niles, St Joseph, Ypsilanti); MINNESOTA (Brainerd, Duluth, Robbinsdale); MISSISSIPPI (Tupelo); MISSOURI (Jefferson City) MONTANA (Billings, Helena, Miles City); NEBRASKA (Kearney, Lincoln, Omaha); NEVADA (Las Vegas) NEW HAMPSHIRE (Manchester, Portsmouth); NEW JERSEY (Princeton) NEW YORK (Glens Falls, Little Falls, Mineola, Rome, Utica); NORTH CAROLINA (Burlington, Chapel Hill, Charlotte, Concord, Ft. Bragg, Greensboro, Monroe, Raleigh, Shelby); NORTH DAKOTA (Grand Forks); OHIO (Akron, Cleveland, Columbus, East Cleveland, East Liverpool, Garfield Heights, Lima, Lorain, Mayfield Heights, Middleburg Heights, Orange Village, Portsmouth, Toledo, Warren, Westlake, Youngstown); OKLAHOMA (Claremore, Oklahoma City, Tulsa); OREGON (Corvallis, McMinnville, Salem, Silverton); SOUTH CAROLINA (Columbia, Pickens, Walhalla); TENNESSEE (Chattanooga, Knoxville, Memphis); TEXAS (Amarillo, Dallas, Fort Hood, Longview, Lubbock, Plano, San Antonio, Texarkana, Waco, Webster); VERMONT (Barre, Brattleboro, Middlebury); VIRGINIA (Charlottesville, Chesapeake, Hampton, Richmond) WASHINGTON (Everett, Fairchild AFB, Longview, Olympia, Puyallup, Yakima); WEST VIRGINIA (Wheeling); WISCONSIN (Florence, Green Bay, Madison, Oshkosh, Watertown, Wausau); JAPAN (Atsugi, Yokosuka), ITALY (Sicily); UNITED KINGDOM [a.k.a. Hit the Ground Crawling] (Birmingham, Liverpool)

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