

# DADDY BOOT CAMP



**FATHERS  
& SONS**  
OF NORTHEAST OHIO

HELPING MEN BECOME  
BETTER FATHERS



## CONGRATS ON YOUR LITTLE BUNDLE OF JOY!

Engage with experienced dads and their young children to learn about their journeys through the initial stages of fatherhood and how they became confident parents. Discover valuable tips on baby care, explore essential topics you might have missed, and find out how to release worries that may not be as significant as they seem.

In this unique environment for men, feel free to ask any questions... no inquiry is too trivial, and all topics are encouraged.

Dads and dads-to-be will discuss issues including:

- Changes in new mom
  - Handling a newborn
  - Finding work/home balance
  - Safety Issues
  - Working and being a dad
  - Your relationship with mom
  - Feeding and changing
  - How to calm a crying baby
  - Handling parents and in-laws
  - Breastfeeding
- And anything else on your mind!

**FREE**  
**\$25 Gift Card**  
for completion  
of 3-Hour Class

**SATURDAY**  
**March 15th**  
**10 AM - 2 PM**

**SATURDAY**  
**April 19th**  
**10 AM - 2 PM**

**SATURDAY**  
**May 17th**  
**10 AM - 2 PM**

### Location

North Hill Branch Library  
183 E. Cuyahoga Falls Ave. Akron, OH 44310

### Registration

Dads First Call 4 Help 330.548.2319  
Contact Donald Lykes fsoneo@gmail.com



**Register today!**