

PARENTING

**New Dad? Baby on the way?** Either way, this book kicks (and wipes) butt. It's loaded with the best tips available for taking on the new team member. This is not like childbirth class or the dozens of baby books your wife leaves lying around the house. By, for, and about dads, *Hit the Ground Crawling* has the answers you want, collected from more than 100,000 men who have participated in Boot Camp for New Dads, the nation's largest training program for new fathers.

**Learn to confidently handle everything** from diapers and crying to bath time and naps (yes, yours, too). Most of all, discover how becoming a dad will make you a stronger man, with a stronger marriage and family that makes all your efforts and sacrifices incredibly worthwhile.

**Get the straight talk on:**

- What dads offer that babies can't get anywhere else
- Why you are not an assistant mom, and no one should expect you to be
- 10 ways your early involvement instantly benefits your kids
- How "dad time" makes your child smarter, happier, and more of an achiever
- The power of play and sports — from peek-a-boo to Monday Night Football
- What to do when someone says you're doing it "wrong"
- How other men are doing it, and how you can, too — your way

**Greg Bishop**, with 12 brothers and sisters, and four kids of his own, had changed a lot of diapers when he started Boot Camp for New Dads in 1990. Today, he and 400 other Boot Camp coaches conduct workshops in 40 states and the U.S. Navy, Army, and Air Force. Bishop and Boot Camp for New Dads have been featured on *ABC World News*, *The Today Show*, *Good Morning America*, *Live with Regis and Kelly*, and in *Life*, *Readers Digest*, *CHILD*, *Parents*, *US News and World Report*, and international media in Europe and Asia.

It turns out that doing what comes naturally is the best gift any dad can give his baby.

Learn how the fastest growing fatherhood program in America gets men ready to be dads.

— Austin Murphy, *CHILD*

It's a brave new world for brave new dads.

— David Shribman, *Life*

**Check It Out!**  
[www.newdads.com](http://www.newdads.com)  
For a steady stream of answers, information, and advice—at any hour.



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GREG BISHOP

THE ESSENTIAL GUIDE FOR NEW FATHERS

HIT THE GROUND CRAWLING

HIT THE GROUND



CRAWLING

GREG BISHOP  
HEAD COACH,  
BOOT CAMP FOR NEW DADS

Get Ready for the Role of a Lifetime!



WHAT YOU NEED TO KNOW *From Over 100,000 Men Who Have Been There*