



A Class Act

Want to find out how to swaddle a baby or calm a crying child? Take a child-care class—and leave your wife behind. More than 230 hospitals and community centers now offer Boot Camp for New Dads, a two-and-a-half-hour men's-only training session that covers everything from what to take to the hospital to how to swaddle a baby. And with no moms-to-be in the room, it's a comfortable setting to ask questions and talk about your fears without feeling judged. To find a program in your area, visit bcnd.org or contact your local hospital or pediatrician.

TOP LEFT: BENJAMIN OLIVER. BOTTOM RIGHT: LAURENCE P. MITCHELL. BOOKENDS, PASTEL TOYS: FRONZ GIGGLE.