



**FOR IMMEDIATE RELEASE**  
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### **Free Baby Basics Class for New or Expectant Dads**

*Parent Connection and YMCA of the Fox Cities have partnered to offer “**Conscious Fathering**,” a free baby basics class for all new or expectant dads in the Fox Cities area.*

**(Menasha, Wis.)** – The first class in a new series for new and expectant dads, entitled “[Conscious Fathering](#)” will be held later this month in the Fox Cities.

“**Conscious Fathering**” classes offer men real life, hands-on experience in handling and caring for a newborn. Taught by an experienced father of two, this three-hour class covers basic baby needs, what parents can expect the first few months after a child’s birth, and enhancing relationships within the family. Teachings follow a curriculum developed by Parent Trust, a nonprofit serving children and families in Washington State.

The series is part of the Responsible Fatherhood program of Parent Connection, a new initiative in the area designed to enhance the critical role men play in the development of children, especially infants. Research shows that children with involved fathers are more likely to have higher self-esteem, better school performance, and enhanced social development. The goal of the Responsible Fatherhood program is to help men become better dads to help achieve these outcomes for our local kids.

“**Conscious Fathering**” classes will be held on the third Saturday of each month from 9:00 a.m. to Noon at various Fox Cities YMCA locations. The first session is scheduled for Saturday, October 20 at the Appleton YMCA, 218 East Lawrence Street, Appleton. To register, call (920) 739-4226, Ext 1502.

Classes are offered by the Parent Connection program of Family Services, in partnership with Circle of Parents, Prevent Child Abuse Wisconsin, and the Fox Cities YMCA. Funding for this project was provided by the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance.

For more information about “*Conscious Fathering*” classes or the Responsible Fatherhood program, contact Andrea Alpert-Buss at 739-4226, ext 108.

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**FOR THE EDITOR:**

Family Services of Northeast Wisconsin is a non-profit, human services agency that provides healing, happiness, and healthy lifestyles for the children, individuals and families of Northeast Wisconsin. The agency offers more than 30 programs that support the people of our communities during challenges and transitions in their lives.

**Family Services of Northeast Wisconsin, Inc.**  
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