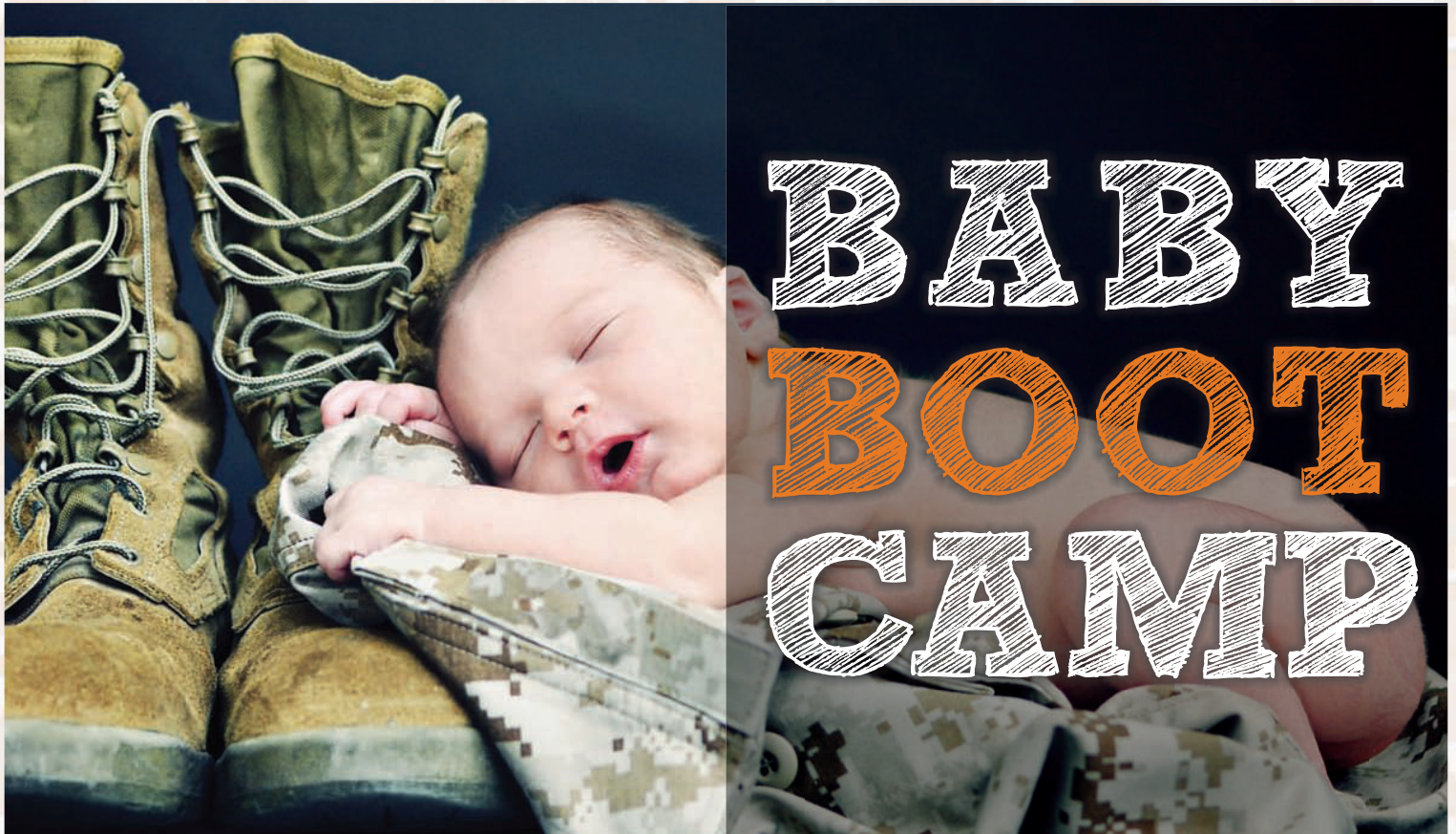


New Parent Support Program



BABY BOOT CAMP

A fun and dynamic class for expectant parents addressing numerous topics about your new baby such as diapering, bathing and soothing your infant as well as what to expect developmentally from your infant and how you can support their growth and development.

Baby Boot Camp is a FREE full day class that is offered every other month at MCRD San Diego from 0900-1600.

**Classes will be every other month every:
February, April, June, August, October and December**

**For questions or to register, please call Behavioral Health Services
619.524.0465**

Visit us online at mccsmcrd.com

MARINE & Family
New Parent Support
Program

MCCCS
SAN DIEGO

New Parent Support Program

The New Parent Support Program at MCRD San Diego is a team of licensed professionals who provide assistance, education, and support to military families who are expecting, or those with children 0-5 years old. All services are free of charge and designed to assist in the everyday demands of parenting in the military.

Home Visits

Individualized parent support and education for expectant parents or families with children 0-5. Services include:

- Newborn Care/Soothing Infants
- Developmental screenings and activities
- Discipline and managing difficult behaviors
- Connection to military and civilian resources
- Managing and navigating the unique needs of military families, such as issues of deployment and a mobile lifestyle
- Infant Massage

Infant Massage

Infant massage is a wonderful and nurturing way to connect, communicate, and bond with your infant. The New Parent Support Program offers free individual classes, as well as a 4-week group class for caregivers with infants 4 weeks to 12 months of age.

Benefits of infant massage may include:

- Improved sleep
- Relaxation
- Relief of gas
- Increased bonding and attachment
- And much more!

Cooperative Parenting

- An eight week course teaching effective co-parenting skills
- For single, separated, or divorced parents
- Can be delivered as part of home visits

For more information, please call:
(619)524-0805 or (619)524-8033



MARINE & Family

New Parent Support Program

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