

NEW PARENT SUPPORT PROGRAM **VIRTUAL**

BABY BOOT CAMP

BASIC TRAINING FOR EXPECTANT PARENTS



07 JANUARY



14 JANUARY



21 JANUARY



28 JANUARY

0930-1100 • VIRTUAL VIA MS TEAMS

This interactive class is designed for expectant military moms and dads in their third trimester. Participants will learn about: infant care and safety, soothing a crying baby, adjusting to parenthood, postpartum expectations, perinatal mental health, available resources and more.

Couples are encouraged to attend together. Class content is hands-on and tailored to meet the learning needs of parents with infants ages 0-3 months.

Call 843-228-6565 to register.

