

**FORT LEE ARMY COMMUNITY SERVICE**

# *New Parent Support Program*

**offers**

## **DADDY & MOMMY BOOT CAMP 1ST WEDNESDAY OF EVERY MONTH**

This class will discuss what to expect as you prepare to expand your Family. The class will cover labor and delivery, comfort measures, Shaken Baby Syndrome and adjusting to the new role of parenthood. We will also focus on what dads-to-be need to know about how to support mom during the entire pregnancy and birth.

## **BABY BASICS TRAINING 2ND WEDNESDAY OF EVERY MONTH**

This class will cover baby care basics, such as newborn care, reducing Shaken Baby Syndrome, house and crib safety, baby's appearance at birth, breastfeeding, bathing, diapering, picking a pediatrician, and finding quality day care.

## **1,2,3,4 PARENTING 4TH WEDNESDAY OF EVERY MONTH**

This class will cover positive parenting and discipline strategies for children up to the age of 4 years old. This class will also incorporate managing parents' own emotions and stress levels.

Classes will be held from 1:00-3:00 pm on Wednesdays. Call ACS for location of each class.



**Call 734-6381 for more information  
or to register for the next class.**

