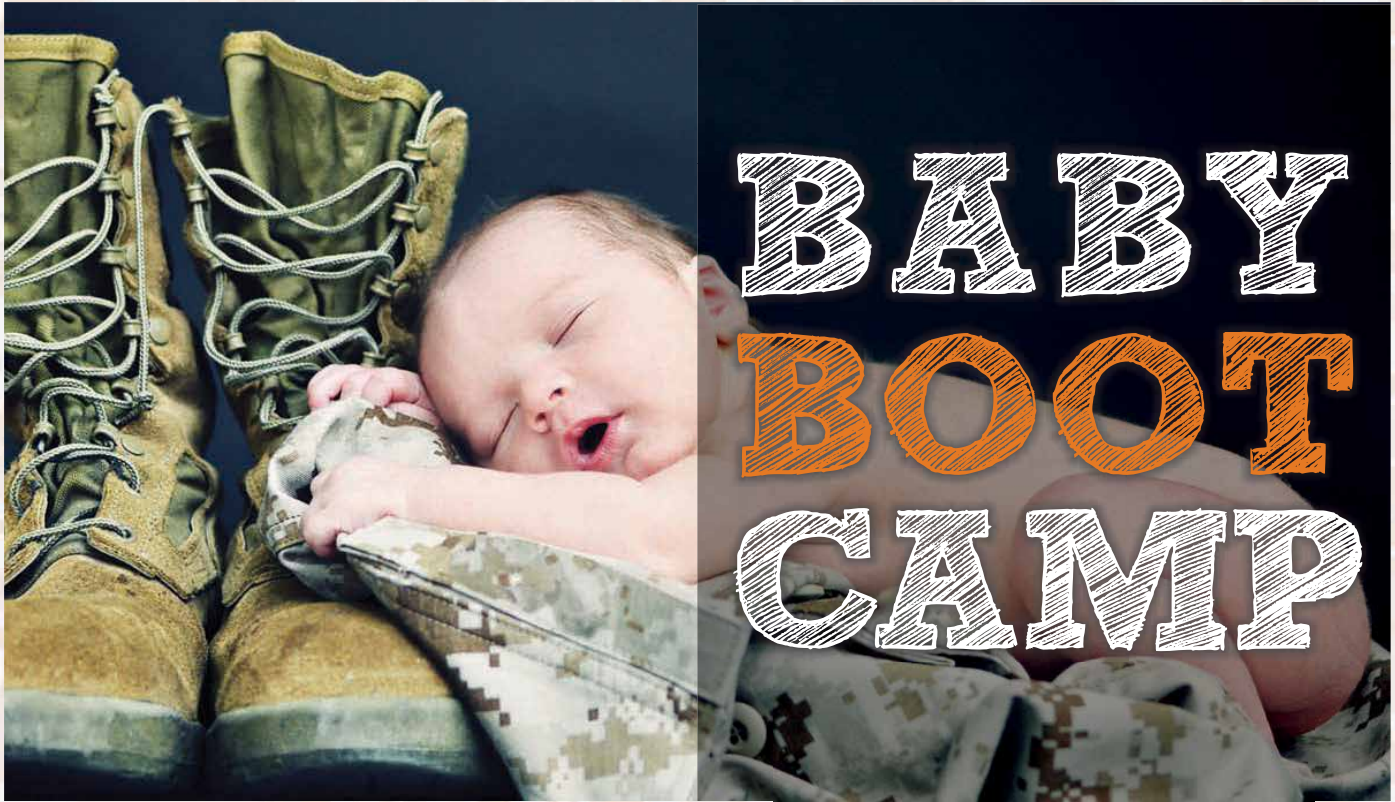


New Parent Support Program



Preparing You for Parenthood!

Join us for a **FREE** and informative hands-on class for new parents that includes:

- Newborn care
- Parenting skills
- Diapering, bathing, and swaddling
- Child safety
- Resources for military families
- Growth and development

Available in-person class dates for 2025
at MCRD San Diego Building 6E

19 FEB • 16 APR • 18 JUN • 13 AUG • 15 OCT • 10 DEC

Small groups and virtual classes available upon request.

Contact New Parent Support Program at **619.524.0465** to register.

Visit us online at mccsmcrd.com

MARINE & Family
New Parent Support
Program

MCCS
SAN DIEGO

New Parent Support Program

The New Parent Support Program at MCRD San Diego offers free assistance, education, and support to military families expecting a child or raising children ages 0-5 years old. Staffed by licensed professionals, this program is designed to help parents navigate the unique challenges of military life and meet the daily demands of parenting.

Home Visits

We provide personalized support and education in the comfort of your own home. Services include:

- Newborn care and soothing techniques
- Developmental screenings and activities
- Guidance on discipline and managing challenging behaviors
- Connection to military and civilian resources
- Support for navigating military family needs such as deployments and frequent moves

Infant Massage

Infant massage is a gentle and meaningful way to bond, communicate and connect with your baby. We offer free individual sessions and group classes for caregivers and their babies aged four weeks to 12 months. Benefits of infant massage include improved sleep, relaxation, relief from gas, enhanced bonding and much more.

Cooperative Coparenting

An eight-week course designed to help single, separated, or divorced parents build effective co-parenting skills. This course can also be offered through personalized home visits for added convenience.

For more information or to register for in-person or virtual services please call 619-524-0465

