

# NEW PARENT SUPPORT PROGRAM **BABBY**

## **BOOT CAMP**

BASIC TRAINING FOR EXPECTANT PARENTS

**0800-1530**

**MCRD Parris Island  
Four Winds Family Readiness Center**

16 Nov 2021	15 Mar 2022
07 Dec 2021	12 Apr 2022
11 Jan 2022	17 May 2022
15 Feb 2022	14 Jun 2022



Come learn about Baby Basics including breastfeeding, nutrition, holding, changing, bathing, soothing a crying baby and much, much more!

**Call 843-228-6565 to register.**

# Parent-Infant Massage Training

Learn massage strokes for your baby 6 months & under.

## Benefits for Baby

- Learn to read your baby's nonverbal cues
- Assist with sleep and calming
- Help with tummy troubles
- Promote relaxation for both baby and parent

Most of all, infant massage is a wonderful opportunity to spend quality, focused time with your infant. It is a great way for fathers to get involved and best of all, it's FUN & FREE!

Call 843-228-6565 to schedule one of our 4 week trainings.

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Bldg. 564 • Drayton Street  
MCAS Beaufort, SC 29904

