

# Baby Boot Camp

New Parent Support Program  
Marine & Family Programs  
(Bldg 13150) Camp Pendleton

**Baby Boot Camp offers expectant parents the basic information and tools needed to provide loving care for their newborn. Join us for hands on practice as we learn and discuss:**



- Basic Infant Care, Birth Plans, Self Care, Bathing, Feeding, Diapering, Pre and Postpartum Emotions, Labor and Delivery, Infant Growth and Development, Infant Safety, Attachment, Bonding, Soothing a Crying Baby, and More!

## 2019 Schedule

January 17

February 14

April 11

May 9

July 11

August 15

October 10

November 7

Please Call : 760-725-3884 for registration, location, and directions.