



# New Parent Support Program

The **New Parent Support Program**, supporting MCRD San Diego and Western Recruiting Region, is a free resource for parents and caregivers with children aged 0-5 years old. Our team of licensed professionals provides individualized support, education, and practical resources to help your family thrive.

## Home Visits

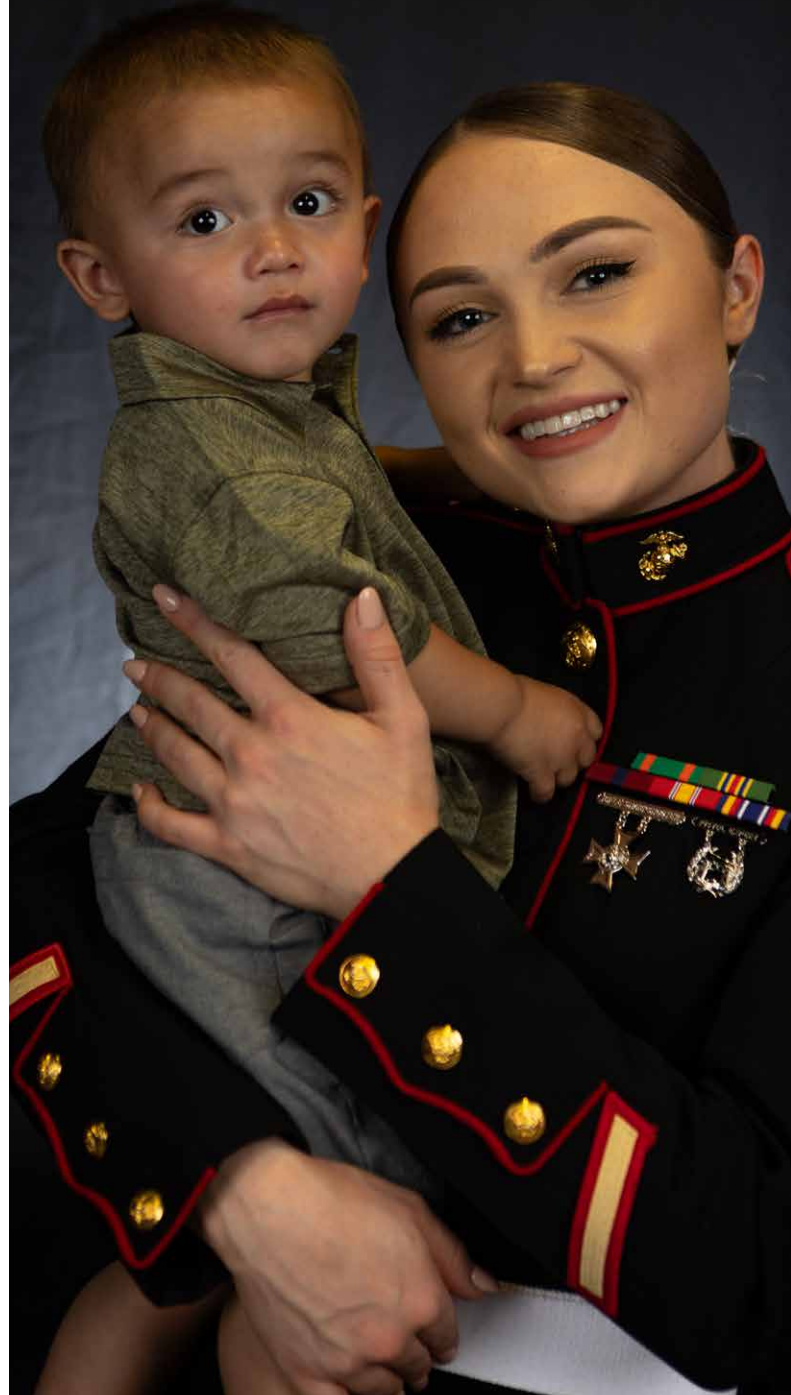
- Personalized support, parenting guidance, and resources brought right to your home.
- Support includes newborn care, feeding strategies, sleep routines, and coping with the challenges of military life.
- Virtual and office visits available upon request.

## Infant Massage

- Learn gentle massage techniques that promote calming, comforting, and healthy development.
- Strengthen parent-child bond and learn to read your baby's cues.

## Cooperative Coparenting

- Eight-week course that teaches effective co-parenting skills to build a strong and positive family environment.
- Single, separated or divorced parents will learn tools to manage conflict.



For more information scan  
or call: (619) 524-8033

**MARINE** & Family

New Parent  
Support  
Program

**MCCS**  
SAN DIEGO





# BABY BOOT CAMP

Attend a **FREE** hands-on workshop for expecting parents! Build confidence and gain essential skills from experienced professionals while learning to care for your newborn in a supportive and interactive environment.

## What You'll Learn:

- Diapering & Bathing – Master the basics with step-by-step guidance
- Soothing & Sleep Strategies – Calm your baby and help them rest
- Nutrition & Safety – Tips for feeding your baby and keeping your family safe
- Resources – Learn about resources to support your parenting journey

Limited spots available. Recommended for attendance during the third trimester.



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