



REGISTER HERE

Anticipate the journey of parenthood

# NEW PARENT BOOT CAMP

Becoming a parent is one of life's most rewarding yet challenging experiences —that's why we're proud to offer New Parent Boot Camp — a series of classes to help you navigate these early days of parenthood with valuable information, confidence, and support.

New Parent Boot Camp will cover everything from practical baby care to emotional readiness. Lunch is provided. Take home a complimentary goody bag filled with resources, self-care items, and information to support your journey. You'll leave with a certificate of completion and the skills needed to thrive in the first year of parenthood.

## AMERICAN LAKE CONFERENCE CENTER

8085 NCO Beach Road  
JBLM Lewis-North

Jan. 12, Jan. 26, Feb. 9,  
Feb. 23, Mar. 9, Mar. 23,  
Apr. 13, Apr. 27, May 11,  
Jun. 1, Jun. 15

To register visit:  
[jblmfamilyadvocacy.timetap.com](http://jblmfamilyadvocacy.timetap.com)  
**(253) 967-7409**



### Child & Youth Services

Learn to navigate military childcare, how to register for CYS, how to use ChildCare Aware, and more!



### Birth of the First Child

This class is facilitated by the Financial Readiness Program, designed to provide new and expecting parents with the foundation for being financially ready to bring a baby into the world.



### Bringing Home Baby

Learn how to care for yourself and your new baby after coming home from the hospital.



### Fatherhood 101

This class will help prepare soon-to-be dads for fatherhood roles and responsibilities.



### Nourishing Your Newborn

Learn the essentials of feeding your newborn with confidence.

Held in conjunction with the Weekly Welcome Lunch where attendees can visit with MWR, on-base programs, and the community sponsors below.



No federal endorsement implied.