



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. 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

Feb. 21, Mar. 7, Mar. 28,
Apr. 4, Apr. 25, May 2,
May 16, Jun. 6, Jun. 27

To register visit:
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!



Bringing Home Baby

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



24/7 Dad

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



Breastfeeding Basics

Guidance for new moms to feel better prepared to star their breastfeeding journey.



Birth of the First Child

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

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.