

Baby BOOT CAMP

**Grab your lunch and prepare to learn with
Marine Corps Community Services!**

Join our New Parent Support Program
and learn the basic dos and don'ts of baby care.

Topics Include:

- **DIAPERING**
- **SOOTHING A FUSSY INFANT**
- **SAFE SLEEP • AND MORE**

Presented by:

Martha Cissell RN, BSN

New Parent Support Program Home Visitor

**Offered 4th Thursday
of each month.**

9:00 AM - 3:30 PM

Henderson Hall Bldg. 12

Conference Room

Call for registration

703-693-1160



MARINE &
Family

