

# SUPPORT FOR NEW PARENTS

## 2009 Calendar

### Baby Basics

This workshop includes: “Ask the doc” Q & A with a Pediatrician; meet the New Parent Support Team and safety highlights including car seats, SIDS prevention and infant CPR. There is an optional tour of the Northwest Beginnings Family Birth Center.

This is a single session workshop held from 4:30 pm to 6:30 pm in the Wellness Center. Choose the date closest to your due date. Call TRICARE to register.

**Dates:** January 13    March 10    May 12    July 14  
Sept 08    December 08

### Mom and Baby Fitness

Bring a sleeping baby or exercise gently with your baby. Prenatal moms are also welcome.

Mondays, 10am to 11am in the Wellness Center

**Car Seat Fittings** by certified technicians will be held on “B” level of the parking garage at Naval Hospital from 2:30pm to 5pm. No registration is needed. Car seat checks are also available by appointment. Call 475-4997 or e-mail to schedule.

**Dates:** February 12    April 16    May 21    July 16    October 15

For more information e-mail [nhb.healthpromotion@med.navy.mil](mailto:nhb.healthpromotion@med.navy.mil) or call 475-4541



### More Resources:

#### “Budgeting for Baby:

Learn about free resources, visiting nurse program and get Baby’s First Sea Bag.

Call Navy-Marine Corps Relief Society  
360-396-6704

**New Parent Support Team** 360-476-7460

#### Women, Infant Child Program (WIC)

373-6621 (Bremerton)

692-6530 (Silverdale)

473-2144 (Port Orchard)