

**BABY
BOOT
CAMP**

An all-day event for expecting parents, covering topics such as giving birth in Germany, obtaining a birth certificate, breastfeeding, expectations, labor and pain management, newborn care and community resources available. Fathers and partners are encouraged to attend.

Education & support for families with children 0-3 years old.

**SUPPORT
GROUP
FOR NEW
PARENTS**

Meet new parents in the community with children up to 12 months old. Share experiences and tips while watching your bundle of joy play and interact with other babies. Pregnant mothers encouraged to attend.

**INFANT
MASSAGE**

Bond with your baby while learning IAIM (International Association of Infant Massage) techniques to help relieve tension, gas and colic through relaxing infant massage.

**HIKES
& TYKES**

Explore nearby trails and develop your child's senses through outdoor experiences while promoting a healthy family lifestyle. Ages 0-3 years old.

**TODDLER
PLAYGROUP**

Let your kids come together to play and interact! Sing songs, meet other parents and playmates and learn new ways to be active and engaged with your children. This playgroup is for children ages 0-3.

**LACTATION
COUNSELING**

No matter how far along you are in your breastfeeding journey, our Certified Lactation counselors are available to provide a full range of lactation services. We can help you over the phone, video, in-home or in our office.

**HOME
VISITS**

Our home visitors are professional and certified to provide you one-on-one assistance in the comfort of your home. Range of support: positive parenting, breastfeeding, Scream Free Parenting, developmental stages, potty training, age appropriate play and much more!

**RESOURCE
AND
REFERRAL
SERVICES**

Our home visitors have knowledge of the unique community in which you are raising your family. Our office contains a library of books, videos, tools and handouts for you to use.

**HEALING
HEARTS**

Find healing and community through our perinatal loss support group.

NEW PARENT SUPPORT PROGRAM

ARMY COMMUNITY SERVICE
Rose Barracks B322

DSN 599-1101
CIV 09641-70-599-1101

Visit: Grafenwoehr.ArmyMWR.com
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