

New Parent Support Program Infant Massage

INSTRUCTION

Learn the Art of Infant Massage

REGISTRATION ONGOING

Virtual via MS Teams



The benefits for parents and babies are numerous:

- Better sleeping pattern
- Improved food absorption
- Increased self-esteem from focused attention
- Confidence as a parent
- Release of maternal/paternal nurturing hormones
- Helps to ease parental stress
- Promotes bonding with your baby

For more information, call

706-791-3579

Command Support Center
271 Heritage Lane, Building 35200



@FortGordonMWR



The Parent Support Program
Making life just a little easier.

