



# Family Advocacy Program

# CALENDAR

## Child Abuse Prevention Month

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**BABY BUMPS**  
**Apr. 1**  
 11:30 a.m. - 12:30 p.m.  
 Join ACS for the monthly Baby Bump support group as we discuss various topics related to pregnancy and birth. Meet other parents for socializing and bonding.

**CAPM KICK-OFF**  
**Apr. 1**  
 4 p.m.  
 Kick off Child Abuse Prevention Month on Patch Barracks with MOMC Parade, songs and children planting pinwheels to raise awareness of child abuse.

**MOVE ON MONDAY**  
**Apr. 6 - Panzer Kaserne**  
**Apr. 13 - Kelley Barracks**  
**Apr. 20 - Patch Barracks**  
**Apr. 27 - Robinson Barracks**  
 10 a.m. - 12 p.m.

Connect with your child and nature while bonding with other parents on a weekly stroll (rain or shine). *Walks rotate between all bases. Meet up on Panzer at the BX/PX side entrance, Kelley at the Kelley Club, Patch at Husky Field by Java and Robinson at the RB Club.*

**TUMMY TIME**  
**Apr. 14**  
 10:30 a.m. - 12 p.m.

Come out to the Tummy Time class and learn about the benefits of giving your baby tummy time. Help strengthen their neck muscles, avoid a flattened head and protect them against SIDS while socializing and sharing your experience with other parents in the community. For parents with babies ages newborn to 1 year.

**TINY TOTS LUNCH & PLAY**  
**Apr. 21**  
 11 a.m. - 12 p.m.

Join ACS for a monthly lunch and play hosted by New Parent Support. This support group is for parents of children ages 1-4. This is a great opportunity for your child to play with other children while parents learn about various issues related to toddler growth and development, such as toilet training. *Registration is not required.*

**SCREAMFREE PARENTING WITH FREE CHILDCARE**  
**Apr. 1, 15, 22 & 29**  
 6:15 - 8:30 p.m.

Attend this four part series that combines parenting and stress management techniques with expert advice derived from a licensed marriage and family therapist. Register by March 18. Children must be 10 years or younger and registered with Parent Central Services to receive free childcare.

**INFANT MASSAGE**  
**Apr. 13, 20 & 27**  
 10 - 11 a.m.

Join us for this course overview to learn how to perform infant massage to increase parent and infant bonding. These techniques can provide relief from various infant ailments and promote relaxation. Course overview is taught by certified infant massage instructors. Please bring oil or lotion of your choice.

**COMMUNICATING WITH YOUR TEEN**  
**Apr. 16**  
 11 a.m. - 1 p.m.

Learn how to talk with your teen during this two hour class focused on communication skills and conflict negotiation.

**STRIKE OUT CHILD ABUSE**  
**Apr. 23**  
 6 - 8 p.m.

Enjoy free shoe rentals and one free game for families who participate. Parents must be in attendance with their children to receive free shoes and game.

**Family Advocacy Program**  
*Promoting individual and Family strengths during challenging times to reduce the risk of violence*  
 DSN: 431-3328 | CIV: 07031-15-3328  
[www.stuttgart.armymwr.com](http://www.stuttgart.armymwr.com)

**KID'S MOVIE DAY FOR CAPM**  
**Apr. 3**  
 2 p.m.

Come out for a free movie showing of "Brave" at the Patch Movie Theater. Open to the community. Parents must be in attendance.

**SELF DEFENSE FOR TEENS**  
**Apr. 14**  
 6 - 8 p.m.

Bring your teen to a free class that teaches them about warning signs and techniques for self defense, with a focus on nutrition, well-being and healthy relationships. Must be 12 years or older.

**BREASTFEEDING BASICS**  
**Apr. 16**  
 9 a.m. - 12 p.m.

Learn the importance of breastfeeding and key points to ensure a successful breastfeeding experience for you and your baby. Overcome breastfeeding challenges such as returning to work. Select samples of breastfeeding supplies provided. Register today.

**COMFORT MEASURES**  
**Apr. 29**  
 1:15 - 4 p.m.

Don't let fear and anxiety derail your birthing experience. Attend the ACS comfort measures class to learn about all aspects of childbirth. Practice breathing, relaxation and positioning techniques with your birthing coach. Couples, bring a pillow, water bottle and wear comfortable clothes.

