

2026

Family Advocacy Program

March

MAR. 3

9 A.M. - 1 P.M.

***EFMP Symposium**

Education, training, and community resources will be presented and explained to give exceptional families a better understanding of what is at their fingertips.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 6

10:30 A.M. - 12 P.M.

Littles & Lattes

Bring your coffee and your kiddo to connect with our New Parent Support Team! Families can stop by, ask questions, or socialize while the littles play.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 10

10:30 A.M. - 12 P.M.

Tummy Time

Help baby engage in play and get stronger; connect with others. Use music to promote visual, motor, and sensory skills for newborns to 1 year.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 11

11:30 A.M. - 12:30 P.M.

Baby Bumps Pregnancy Support Group

Join NPSP and peers to discuss topics related to the transition to parenthood, general pregnancy questions, and helping empower your birth experience.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 17

12 - 1 P.M.

Pelvic Power Pilates

Mat Pilates emphasizing precise, controlled movements. Perfect for PostPartum Moms.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 19

9:30 - 10:30 A.M.

***EFMP Sensory Play Group**

This group provides a space for children ages 2-4 and their parents to play together encouraging exploration, problem-solving, and creativity at our sensory activity stations.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 23

6 - 8 P.M.

***Labor & Delivery Class**

Learn about what to expect at each stage of the labor and birthing experience, including what to expect at a German Hospital during the birthing process.

Böblingen Hospital

MAR. 24

10 - 11 A.M.

Baby Bites

Learn about common feeding practices and feeding concerns, for newborns through 3 years, at this special collaborative class between NPSP and EDIS.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 25

9:30 - 10:30 A.M.

Toddler Fun Zone

An interactive playgroup for parents and toddlers aged 2-4.

ACS Family Room, Bldg. 2915, Panzer Kaserne

MAR. 27

9 A.M. - 5 P.M.

***Baby Boot Camp**

Learn breastfeeding basics, labor, and birthing comfort measures, what to expect giving birth in Germany and baby care basics, all in one class.

Room 222, Bldg. 2915, Panzer Kaserne

MAR. 30

10:30 A.M. - 12 P.M.

Baby Bonding & Body Work

A class for caregivers and babies to learn bonding and connecting with your child through bodywork and massage. Provided in collaboration with EDIS therapists.

ACS Family Room, Bldg. 2915, Panzer Kaserne

***Registration Required**



U.S. ARMY



EFMP Family Support

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