



# NEW PARENT SUPPORT PROGRAM

Often the support that moms and dads rely on from family and friends is not available to military couples that are far from home. The New Parent Support Program is a professional team of nurses and social workers who provide supportive and caring services to military families who are expecting or those with children under the age of six. We have trained, supervised Home Visitors who have extensive knowledge of the issues confronting parents unique to the challenges of military life. Parents can depend on the New Parent Support Program as a reliable source of information and answers.

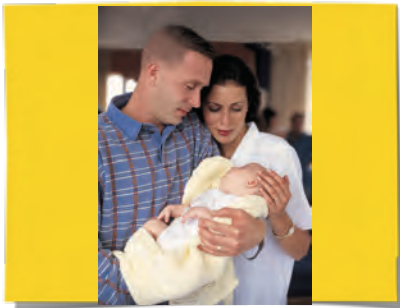


## Parenting Classes

Unfortunately, kids don't come with instruction manuals. This class discusses topics, including communication, self-esteem, safety, and discipline, that are designed to make your life easier and help you raise healthy, cooperative children. Please call for dates and times.

## Baby Boot Camp

This class is a great way to learn everything you need to know to take care of your newborn. Class topics include everything from keeping your baby safe, taking care of yourself as a parent, dealing with crying, bathing and caring for your baby, as well as resources for the whole family. This class is held once a month from 0900-1600. Please call for class dates and registration.



## Home Visitors

This service assists families during significant periods of their lives. Families are met in their home to provide a safe and familiar environment. Parents have the opportunity to discuss parenting topics such as nutrition, age-appropriate discipline, child development, and age-appropriate play. Home visitors also provide assistance in identifying appropriate military and civilian community services needed by the family. Please call to request this service.