



NEW PARENT SUPPORT PROGRAM

Often the support that moms and dads rely on from family and friends are not available to military families 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 with children under the age of six. We have trained, supervised Home Visitors who have extensive knowledge of the unique issues confronting military parents. Parents can depend on the New Parent Support Program as a reliable source of information and answers. Take advantage of one of our programs!

BABY BOOT CAMP

This class is a great way to learn everything you need to know to take care of your infant! Class includes everything from keeping baby safe, taking care of you as a parent, dealing with crying, bathing, and caring for a baby, and resources for families at Camp Pendleton. This class is held once a month from 9:00am-4:00pm. Call for class dates and registration.

OUR FIRST FRIENDS...MOMMIE AND ME SUPPORT GROUP

Bring your baby and meet with others for a morning of social support, sharing, and fun! This group is for mothers and their babies 12 months and under. Our First Friends is held every Thursday at the Abby Reinke Community Center from 10:30am-12:00pm.

PLAY MORNING

This is a "funtastic" way to get out of the house with the kids and have a GREAT time! Simple crafts, songs, toys, and camaraderie geared for families with children age 5 and younger. Play morning is held every Thursday at the Abby Reinke Community Center from 10:00am to 11:30am.

PARENTING CLASSES

Kids do not come with instruction manuals. This class discusses topics designed to make your life easier and help you raise healthy, cooperative children. Communication, discipline for the whole family, self-esteem, and much, much more! This class is taught over nine weeks. You may attend one class or all nine. Call for class dates and times.

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. Call to request service.

SINGLE PARENT SUPPORT GROUP

Are you a single parent with children under the age of 6? Would you like to meet other single parents and learn new ideas concerning single parent issues? YES! Then bring your kids and join us on the 2nd and 4th Monday of every month from 5:00pm-6:00pm at the Abby Reinke Community Center to express the joys and frustrations unique to being a single parent in the military.

****Home Visitor required to attend this group****

Please call (760) 725-3884 for more information

