



## NEW PARENT SUPPORT PROGRAM

Often the support that Moms and Dads rely on from family and friends is not available to military parents that are far from home. The New Parent Support Program is a team of licensed professionals who provide supportive and caring services to military families who are expecting or those with children under the age of six. Our staff offers young military families the skills, support and resources to raise healthy and happy children. Families are eligible to participate free of charge in any of the services provided.

### Parenting Classes

Unfortunately, kids don't come with instruction manuals. Parenting class offers parents the tools to raise healthy, happy and cooperative infants, toddlers and preschoolers. Join us as we learn the skills to help build a trusting and loving relationship, and guide behavior with clear communication, effective limit-setting and use of consequences.

### Baby Boot Camp

Baby Boot Camp gives expectant parents (both couples and singles) the basic tools and information needed to provide loving care for their newborn. Join us for hands on practice as we learn what to expect during the transition to parenthood and build the skills needed to have happy, healthy families. The class covers topics such as:

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|---|-------------------------------------|
| Basic Infant Care: Bathing, Feeding & Diapering | Pre and Postpartum Emotions         |
| A Parent's Role                                 | Staying Connected with Your Partner |
| Fostering Your Baby's Development               | Infant Safety                       |
| Community Resources                             | Soothing a Crying Baby              |

### Home Visitation

Our Home Visitation program offers parents the opportunity to discuss parenting topics such as nutrition, loving care, child development, and age-appropriate discipline and play—all in the comfort of the family's home. Home visitors are trained to understand the unique needs of families around issues of deployment and a mobile lifestyle. They also provide assistance in identifying military and civilian resources needed by the family.

Please call New Parent Support Program for the location, more information or to enroll in services.

### Marine & Family Programs

**Building 13150 Rm 233**

**Phone: (760) 725-3884 Fax: (760) 725-9571**