

TOP 10 GOALS

Prepare for parenthood

Become more confident as a parent

Understand the ages and stages of your child's development in order to make wise choices

Develop a support system

Manage stress

Improve communication between you and your spouse

Develop common ground with your spouse in the area of parenting

Improve your relationship with your children

Make parenting fun

Create opportunities for the success of your child



WHO WE ARE

Home Visitors are a great resource to any family. They provide parents the chance to discuss parenting topics such as nutrition, loving care, child development, nurturing parenting and age-appropriate discipline and play—all in the comfort of the family's home. We look forward to assisting families by offering the opportunity to help parents learn new skills and improve old ones.

"Excellent in every area, especially informative about resources in our community"

"My Home visitor has helped our family to understand military life...if it wasn't for my Home Visitor I would not have the resources nor would I have known to ask about them".

NEW PARENT SUPPORT PROGRAM

Marine & Family Programs



Marine and Family Programs
Bldg 13150
Camp Pendleton, CA 92055

Hours: 7:30am-4:00pm
(760) 725-3884

mccsCP.com/NewParent

THE NEW PARENT SUPPORT PROGRAM

at Camp Pendleton is staffed by licensed social workers, marriage and family therapists, and registered nurses. The team provides assistance, education, and support to our Marine Corps families by offering in-home visits, parenting education classes, information, and referrals for active-duty personnel and family members. Through a variety of programs, New Parent Support can help families adjust to having a new baby, cope with stress, isolation, pre and post deployment, reunification, and the everyday demands of parenting in the military.

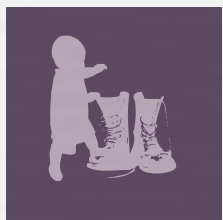
WHO'S ELIGIBLE

All military families expecting or with a child under six years of age are eligible to participate free of charge in all services offered.

NOT NEW PARENTS?

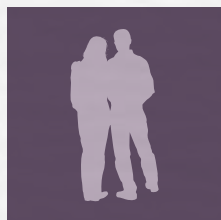
Even if you have been raising your family for a few years, new ages and stages bring different challenges. Often, adding a brother or sister to the family presents a real change for everyone. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about babies, young children and family relationships.

SERVICES



BABY BOOT CAMP

Classes for couples and singles that give expectant or adoptive parents an understanding of the infant's world and basic skills necessary to care for infants. (pre-registration required)



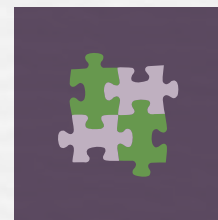
PARENTING CLASSES

Offers parents tools to raise healthy, happy, and cooperative infants, toddlers, and preschoolers. Join to learn skills to help build a loving and trusting relationship, and guide behavior with clear communication, effective limit-setting, and use of consequences. (9-week course schedule, no pre-registration required)



HOME VISITATION

Allows parents the opportunity to discuss parenting topics such as nutrition, loving care, child development, and age-appropriate discipline and play; all in the comforts 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 assist identification of military and civilian resources needed by the family.



REFERRALS

Assistance with information and referrals can be provided to help find the appropriate military and community services to meet your family's needs.

ENROLL TODAY

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