

The 12 To's Of Our Program

TO:

- 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
- Develop new friendships
- Make parenting fun
- Be a better parent to your children
- Feel more at home in the military community



Client Services

Baby Boot Camp

Baby Boot Camp is a class that provides information on labor and delivery, postpartum, breastfeeding, bottle feeding and safety. The class emphasizes the father's involvement and includes interactive demonstrations of basic infant care, such as bathing, diapering and soothing a crying baby. This class is provided to expectant parents (both couples and singles).

Parenting Classes

Classes are open to all eligible parents who are expecting a baby and/or have children in the home under the age of 6 years old. These classes provide education that promotes healthy child development and familial relationships.

Referrals

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

Home Visitation

This service is a chance to form a warm, caring bond with a professional who can help with your concerns as a parent or parent-to-be in the privacy of your home.

Registration for all classes is required prior to attendance. Call the NPSP Office at 760.830.7622 to register.



**NEW PARENT
SUPPORT
program**



Bldg. 1438 • 760.830.7622
Twentynine Palms, California
MCCS29Palms.com

Who Are We?

The New Parent Support Program is a professional team of registered nurses and licensed clinicians. We provide supportive and caring services to military families who are expecting and/or with children from birth to five years of age.

Our trained home visitors have extensive knowledge of the issues encountered by today's parents and are sensitive to the unique challenges facing military families.

Through a variety of voluntary programs, including home visits and classes, the New Parent Support Program helps families learn to cope with stress, isolation, post deployment reunions and the everyday demands of parenthood.

Eligibility

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

What Will I Learn?

This program offers the opportunity to learn new skills as parents and to improve old ones. There are often many questions about the needs of infants and young children. The New Parent Support Program is a reliable source for answers to your questions.

What If We're Not New Parents?

Even if you've been raising your family for a few years, new ages and stages bring different challenges. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about babies, young children, and family relationships.

What If This Isn't Our First Baby?

Often adding a brother or sister to the family presents a real change in the family. Demands on your time are different with more than one child in your house.

This program helps develop support networks and answers questions while your family experiences these changes. Sometimes even the marital relationship is stressed. We can help you to address some of these issues and open the lines of communication.

When Will You Come To Our Home?

Home visits are arranged, when possible at your convenience. Families can schedule visits so both parents can be present to learn about being a parent or acquiring new skills in caring for a growing family.

How Do I Enroll?

It's as easy as dialing your phone. Just give us a call during regular business hours.

