

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 your installation's NPSP Office to register.



29PALMS.USMC-MCCS.ORG



NEW PARENT SUPPORT program



MWTC
Coleville Housing
Bldg. 700
Coleville, CA
760.895.0524

MCAGCC
Bldg. 1438
Twentynine Palms, CA
760.830.7622