

New Parent Support Home Visitation Program (NPSHVP)

Building Healthy & Caring Families

HELP! HOW DO I ...

- *Deal with temper tantrums?
- *Toilet train my child?
- *Help my child sleep?
- *Handle crying?



THE SOLUTION = NPSHVP

What?

The Home Visitor's role is to promote positive parent-child interactions, reduce family stressors and provide education on various topics related to parenting and child development. This program features the internationally recognized "Nurturing Program" curriculum. "Nurturing Parenting" which has been proven to enhance self-worth, empathy, discipline, and empowerment in both parents and children.

Where?

The Home Visitor can come to your home.

When?

Any time that is convenient for you and your family!



New Parent Support (NPS)

Frequently Asked Questions

Are You A Parent?

If so, the NAF Atsugi NPS is available to you. We provide information, resource referrals, education, and home visiting services. We want to help you give your children the best gift of all: a Loving, Nurturing & Happy Parent! NPSP staff are knowledgeable about pregnancy, childbirth, postpartum issues, discipline challenges, and developmental concerns. We also teach child growth and development and parenting skills.

Who is eligible to receive NPS services?

All parents of children prenatal up to age four.



I am feeling stressed out. Can you help?

Navy + Parenting = STRESS and MORE STRESS! Service members and family members are put in uniquely stressful situations such as lengthy deployments and frequent moves; often with limited support. Add the normal anxieties of pregnancy, a new baby, a curious toddler, and the stress can be overwhelming. NPSP is designed to help you with your transition into parenthood and parenting issues.

Pregnancy can be an exciting, scary, happy, confusing time. Many women feel these emotions at some time – sometimes all at the same time! Do you have concerns and questions, but aren't sure where to turn to for help?

The NPS Staff are trained professionals. We can provide confidential assistance and information on military and community resources, as well as one-to-one support and education.

What if I am an active duty Mom-to-be?

You have some very special concerns and additional preparations to make before your baby arrives. NPS can help you plan your maternity leave. It's not too early to be thinking about childcare, housing options, feeding your baby, or financial preparations!

How much does it cost to receive NPS services?

All NPS services are **FREE** and part of your Navy benefits.

New Parent Support Services:

Home Visitation Program

Prenatal Classes

Prepared Childbirth

Prenatal Breastfeeding

Newborn Care

Dad's Baby Bootcamp

Early Pregnancy

Infant and Toddler Playgroups

Contact New Parent Support At:

Fleet & Family Support Center
Naval Air Facility Atsugi, Japan
PSC 477, Box 32
FPO AP 96306
Phone: 264-3372
DSN: 315-264-3372
Local: 0467-63-3372

