

# New Parent Support

## Programs and Services



**I. NEW PARENT SUPPORT HOME VISITATION PROGRAM (NPSHVP)** – provides education and support to expectant and new parents to empower them to meet the challenges of parenthood and their military lifestyle. 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. These topics include: age-appropriate expectations, developmental milestones, discipline issues, building empathy, toilet training, sleep issues, handling stress, and many more. This program features the “Nurturing Program” curriculum for parents and children 0 – 4 years old. Enrolling into the Home Visitation Program is voluntary. The primary goal is to meet parent's needs and provide a system of support to military families. If interested, please call 264-FFSC(3372) for more information and ask to speak to Melissa Ishio, LMSW.

**II. PRENATAL CLASSES** – are great for first time parents or for parents who want a review of the basics. It is recommended that you sign up for these classes during the 6<sup>th</sup> to 8<sup>th</sup> month of pregnancy. Dads are highly encouraged to attend all classes. Feel free to bring snacks and drinks to class. All classes are scheduled on odd numbered months.

**A. Prepared Childbirth Class** – Expecting a new arrival soon? Learn what to expect during labor and delivery, options for pain control, relaxation and breathing techniques, and what to expect after delivery. Moms bring 2 pillows and wear pants or shorts. There will be an hour break for lunch. This class meets in room 216 from 0830 – 1500.

- **Monday, May 14, 2012**
- **Tuesday, July 3, 2012**
- **Monday, September 10, 2012**



**B. Prenatal Breastfeeding Class** - Pregnant? Planning to breastfeed? Not sure yet? Just want more information? This class will teach breastfeeding basics that will help new parents manage the breastfeeding process and also provide information about preventing or overcoming any problems that may occur. This class meets in room 216 from 0900 – 1230.

- **Tuesday, May 15, 2012**
- **Monday, July 2, 2012**
- **Wednesday, September 12, 2012**



**C. New Born Care Class** – is for expectant parents and those with newborns up to two months. Taking care of a baby is a family experience! This class focuses on preparing for your new bundle of joy, dealing with crying, basic baby health care, and hands-on practice changing a diaper and bathing a baby. This class meets in room 216 from 0830-1300.

- **Thursday, May 17, 2012**
- **Thursday, July 5, 2012**
- **Friday, September 14, 2012**

**D. Dad's Baby Boot Camp** - This class is designed for Dads-to-be and new Dads to get their questions answered and to obtain helpful information on how to be the BEST Dad possible. Find out what changes are in store as you begin one of the most fundamental transitions in a man's life. This is a '**DADS ONLY**' class taught by an experienced Dad. Sorry, no ladies allowed. This class meets in the FFSC conference room from 1200-1500.

- **Tuesday, May 8, 2012**
- **Tuesday, July 10, 2012**
- **Tuesday, September 11, 2012**



**III. PLAY GROUPS** – Play groups provide an opportunity for children to learn social interaction and for parents to form support networks. Special events such as potluck picnics, holiday parties and guest speaker presentations are held in addition to play groups. A minimum of three children must be registered for the play group by 1500 the day before the group is scheduled, or the group will be canceled. Please only register for one play group per week. Play groups are for children ages 0 – 4.

**A. Tuesday Play Group** - 0930-1100 in room 220.

- **April 2012 Dates: 10, 17, 24**
- **May 2012 Dates: 8, 22, 29**
- **June 2012 Dates: 5, 12, 19, 26**

**B. Wednesday Play Group** – 0930-1100 in room 220.

- **April 2012 Dates: 11,18,25**
- **May 2012 Dates: 2, 9, 16, 23, 30**
- **June 2012 Dates: 6, 13, 20, 27**

*To register for classes or for more information please call Fleet and Family Support Center at 264-FFSC(3372)*

