

FAQ

"What if I am not a new parent?"

WHO IS ELIGIBLE FOR THIS PROGRAM?

All active duty service members and their eligible family members who are expecting a child or with children under six years old are eligible to participate free of charge in all of the services offered.

WHAT CAN THE NEW PARENT SUPPORT PROGRAM DO FOR ME?

This program offers expectant parents and parents of newborn and young children 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 in the classroom or in the privacy of your home.

WHAT IF WE ARE 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 the family. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about babies, young children, and family relationships.



All of our services are **FREE** for authorized patrons.

Class schedules are posted online, quantico.usmc-mccs.org.

To register, or for more information, call 703.784.4248.

New Parent Support Program office and training rooms are located at:

**2034 Barnett Avenue
Little Hall, Lower Level
Quantico, VA, 22134**



NEW PARENT SUPPORT PROGRAM



Updated 8/2022

HOME VISITATION

Let us meet your family in your home, in a safe and familiar environment.



Parents have the opportunity to discuss parenting topics such as:



- Nurturing Parenting
- Child Proofing
- Infant Massage
- Breastfeeding Support

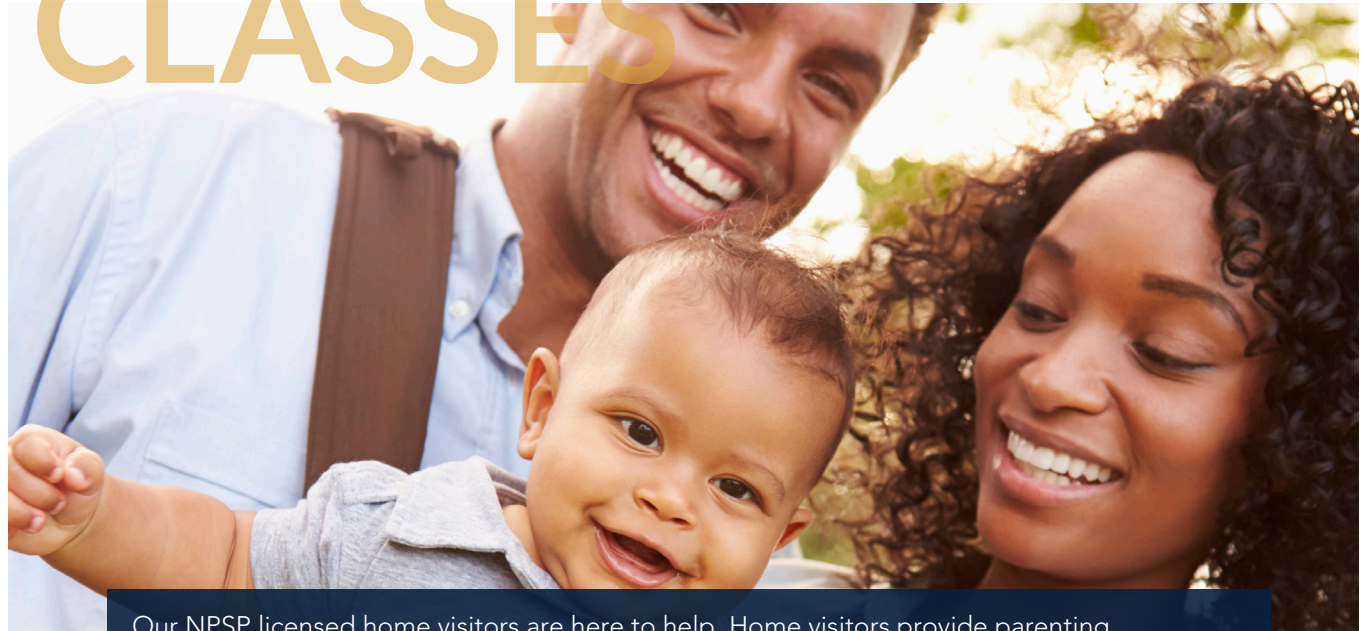


- Behavioral Issues
- Appropriate Discipline



- Nutrition
- Child Development
- Age Appropriate Play

CLASSES



Our NPSP licensed home visitors are here to help. Home visitors provide parenting education, information, and support to military families. Services are available to expectant parents and to families with children ages birth to five. **All NPSP services are FREE.**

BREASTFEEDING BASICS

A monthly class covering the basics of breastfeeding. Classes are for expectant moms and dads. Recommended for the last trimester of pregnancy.

BABY BOOT CAMP

- Experience the Empathy Belly
- Bringing baby home
- Learn the basics of newborn care for expecting parents in the third trimester
- For both moms and dads

1-2-3 MAGIC WORKSHOP

- Explore techniques for effective discipline.
- Parents of children ages 2-12

INFANT MASSAGE

- Learn new ways to bond with your baby
- Learn techniques to comfort, calm, & sooth your baby

BABY & ME

- Meet like-minded parents while our play group facilitators lead you through nurturing exercises and activities that stimulate your baby's brain development.
- For children up to 12 months of age.
- 1:00 - 2:00 PM on the last Wednesday of each month. Registration is required.

TODDLER TIME

- Join us for an afternoon of sing-along-songs, interactive play, educational activities, meet other parents, and story time.
- For children ages 1-3. 9:30-10:30 AM on the last Wednesday of each month. Registration is required.