

FAQs

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 children 0-5 the opportunity to learn new skills as a parent and improve old ones. There are often many questions about the needs of infants and young children, and NPSP is a reliable source for those answers. Help can be found by coming to classes, joining groups, or inviting us into your home to make it easy and accessible.

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 challenge for the whole family. The New Parent Support Program offers you the opportunity to 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.

Contact us

703.784.4248

MCCSQuanticoNPSP@usmc.mil

Follow us

facebook.com/QuanticoNPSP



Scan QR code for more info and upcoming events.



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

MCCS
NEW PARENT SUPPORT PROGRAM

NEW PARENT SUPPORT PROGRAM



CLASSES/GROUPS

*All classes and groups are **FREE**.

PREGNANCY 101

Explore pregnancy, labor, and delivery. Gaining knowledge and asking questions early can reduce stress and support your pregnancy journey.

BREASTFEEDING BASICS

Discover breastfeeding positions, latching techniques, signs your baby is getting enough, pumping tips, and more. Gain the confidence you need for feeding your baby!

BABY BOOT CAMP

A fun filled, hands-on class to prepare for your newborn, covering sleep, cribs, crying, feeding, car seats, diapers, and the postpartum period. Build confidence in caring for your baby and ensuring their health and safety.

PLAY DAY

For families with children between 0 - 5. We provide crafts, story time, and free play while you meet other military families. Every Monday and Thursday from 10:00-11:30 AM.

MOTHERS IN FORMATION

Mothers In Formation is a supportive space for active duty moms to connect, share experiences, and build community. This monthly group offers encouragement, stress-management tools, and discussion around balancing military life and motherhood. Join us to connect with other moms, strengthen support networks, and focus on your well-being.

SINGLE PARENT SUPPORT

Being a single parent is a big responsibility and everyone needs support network to be successful. Bring your lunch and join us every Thursday from 11:30 AM - 1:00 PM to meet other single parents and lend an ear, give support, or offer up your best tips and tricks. NPSP will share something educational at each meeting.



Call 703.784.4248 or email MCCSQuanticoNPSP@usmc.mil for more information.

THE NEW PARENT SUPPORT PROGRAM CAN HELP YOU:

- Prepare for parenthood
- Gain parenting confidence
- Understand child development
- Align parenting with your spouse
- Strengthen parent-child relationships
- Build new friendships
- Enjoy parenting more
- Become a better parent
- Feel at home in the military community
- Tackle deployment and transition challenges

HOME VISITATION:

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

- Prenatal support
- Postpartum support
- Child development
- Age-appropriate expectations
- Balancing work and family life
- Nutrition
- Behavioral issues and appropriate discipline

