



PROGRAM BENEFITS

- Be prepared for parenthood
- Become more confident
- Understand your child's development
- Develop common ground with your partner in the area of parenting
- Improve your relationship with your children
- Make parenting fun
- Be a better parent to your children
- Feel more at home in the military community

PROGRAM ELIGIBILITY

All military families expecting or with a child under six years old are eligible to participate in all services offered, free of charge. Participants do NOT need to be first time parents in order to engage in services.

ABOUT US

New Parent Support Program is staffed by licensed social workers, marriage and family therapists, and registered nurses. The team provides assistance, education, and support to our families by offering in-home or in-office visits, parenting education, information, and referrals. Through a variety of programs, New Parent Support Program can help families adjust to all the changes that come along with parenting.

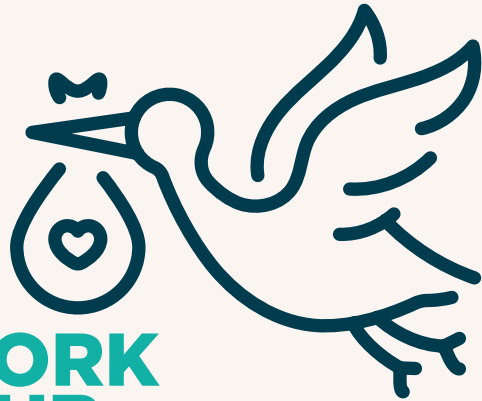
Office Hours: 0730-1600
Building 645 | 928-269-2308

www.mccsyuma.org/npsp

MARINE & *Family* | New Parent Support Program



New Parent
SUPPORT PROGRAM



STORK CLUB

This is a play-based parenting group for families who have children 0-18 months. Come play with your children while also meeting other parents/caregivers, building your support group, and receiving education on parenting. Each week a different topic will be covered and you will have an opportunity to ask any and all of your parenting questions.

 **Every Thursday
1030 - 1200**

 **Building 645,
Room 105**

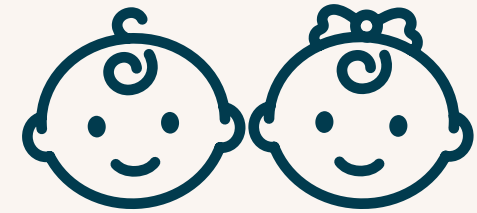
**Shot records are required by your second visit to the group*

VISITATION SERVICES

Visits can take place in the home or in the New Parent Support Program office. Home Visitors utilize the Parents as Teachers curriculum during visits. Topics may include:

- Age Appropriate Discipline
- Age Appropriate Play
- Effective Communication
- Stress Management
- Nutrition
- Deployment Issues
- Newborn Care
- Sibling Rivalry
- Toilet Training

...and more!



BABY BOOTCAMP

This is a fun and interactive workshop to prepare you for the first three months home with baby. You will learn about the following:

- Parenthood
- Attachment and Bonding
- Basic Newborn Care
- Calming Baby
- Child Safety
- Sudden Infant Death Syndrome (SIDS)
- Shaken Baby Syndrome
- Community Resources
- Self-Care
- Postpartum Depression
- Anxiety **...and more.**

 **Class Duration
0830-1530**

 **Building 645,
Room 105**

