



## PROGRAM BENEFITS

Be prepared for parenthood  
Become more confident  
in your parenting  
Understand your child's development  
Develop common ground with your  
partner regarding parenting  
Improve your relationship  
with your child.  
Be a better parent to your child  
Build your support system  
Feel more at home in the military

## PROGRAM ELIGIBILITY

All military families expecting or with  
a child under the age of 6 are eligible  
to participate in services offered,  
free of charge. Participants DO NOT  
need to be first time parents in order  
to engage in services.

**MARINE** & Family | New Parent  
Support Program

## 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 military families by offering in-  
home or in-office visits, parenting  
education, information, and referrals.  
New Parent Support Program can  
help families adjust to all the changes  
that comes along with parenting,  
especially while in the military.

**Office Hours: Mon-Fri 7:30am - 4pm**  
**(928) 269-2308**

Scan to view class  
schedule and details



**mccsYuma.com**



**New Parent**  
SUPPORT PROGRAM

## STORK CLUB



Play based group for families who have a child 0-18 months. Come and learn to play with your children, meet other parents, build your support group, and receive education on parenting experiences. Each week will cover a different topic and gives a chance to ask all your parenting questions.

**Every Thu 10:30am - Noon;**  
**call (928) 269-2308 for location.**

## INFANT MASSAGE

This is a 4-week class that teaches parents the art of infant massage. Infant massage has amazing benefits such as reducing stress and improving infant sleep quality, relieving tummy troubles, promoting growth and development, and supporting bonding and attachment. This class is best for babies 0-6 months old. Expectant parents may join us to learn the techniques with a doll.

**Classes offered monthly and also available via home or office visits;**  
**call (928) 269-2308 to register.**

## VISITATION SERVICES

Parenting is tough, but so are you. Take advantage of our visitation program, which is designed to help educate and support you with any of your parenting concerns. The program is completely tailored to your situation and can take place within your home or our office.

Visitations are a great way to receive one-on-one guidance from a home visitor on topics such as:

- Pregnancy & Health - Address your concerns on the upcoming birth of your child.
- Newborn Care - Learn the basics of newborn care, feeding, bathing, burping, diapering, and more.
- Toilet Training - Methods to successfully potty train your child.
- Discipline Strategies- Learn positive discipline techniques and ways to teach your child to do what's right.
- Sibling Relationships - Introducing baby to your children or blended family.

**...and more!**



## BABY BOOTCAMP

Fun and interactive class for parents to prepare for the first three months of your baby being home with you. In this class, you will learn about parenthood, attachment and bonding, SIDS, Shaken Baby Syndrome, calming baby, community resource, self-care, newborn care, and more.

**Classes offered monthly;**  
**call (928) 269-2308 to register.**

## DEVIL PUPS PLAY MORNING

Play based group designed for families who have a child 18 months - 5 years old. Enjoy developmental play with your child while meeting other parents and building your support group. Each week will cover a different topic and gives a new chance to ask all your parenting questions.

**Offered the 2nd and 4th Monday of each month;**  
**call (928) 269-2308 for location.**

