

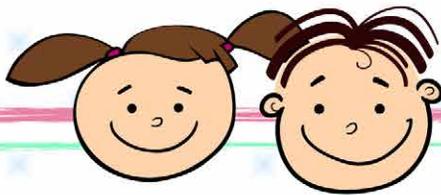
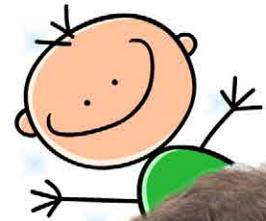
PLAY MORNING

**-WITH NEW PARENT SUPPORT PROGRAM-
WEDNESDAYS 1100-1200 IN THE LIBRARY**



- FREE PLAY FOR CHILDREN: NEWBORN - 18 MONTHS**
- SUPPORT AND COMMUNITY FOR MOMS AND DADS**
- LICENSED NEW PARENT SUPPORT HOME VISITORS AVAILABLE FOR SUPPORT AND CONSULTATION.**

**FOR MORE INFORMATION OR
OTHER SERVICES CALL
858.307.9812**



NEW PARENT SUPPORT PROGRAM

The New Parent Support Program is a team of licensed professionals who provide assistance, education, and support to military families who are expecting, or those with children 0-5 years old. All services are free of charge and designed to assist in the everyday demands of parenting in the military.

Home Visits

Individualized parent support and education for expectant parents or families with children 0-5. Services include:

- Newborn Care/Soothing Infants
- Developmental screenings and activities
- Discipline and managing difficult behaviors
- Connection to military and civilian resources
- Managing and navigating the unique needs of military families, such as issues of deployment and a mobile lifestyle
- Infant massage

Infant Massage

Infant massage is a wonderful and nurturing way to connect, communicate, and bond with your infant. The New Parent Support Program offers free, individualized classes, as well as a 5-week class for caregivers with infants who are not scooting or crawling yet. Benefits of infant massage may include:

- Improved sleep
- Relaxation
- Relief of gas
- Increased bonding and attachment
- And much more!



Play Group

- Encourages social skills, emotional confidence, physical activity, imagination, creativity and bonding
- Great opportunity to meet other parents and caregivers
- For parents and children 0-18 months

For more information, call
858.307.9812

MARINE &
Family

New
Parent
Support

MCCS
MIRAMAR

