

# 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 (older children welcome)

For more information, call  
**858.307.9812**

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*Family*

New  
Parent  
Support

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