

## The 12 To's Of Our Program

# TO:

- Prepare for parenthood
- Become more confident as a parent
- Understand the ages and stages of your child's development in order to make wise choices
- Develop a support system
- Manage Stress
- Improve communication between you and your spouse
- Develop common ground with your spouse in the area of parenting
- Improve your relationship with your children
- Develop new friendships
- Make parenting fun
- Be a better parent to your children
- Feel more at home in the military community

## Client Services

### Baby Basics

Classes (for couples & singles) provide expectant parents an understanding of the infant's world along with basic skills necessary to care for the infant.

### Skill Building Classes

Parenting classes open to all clients who have engaged in home visits with the New Parent Support Program.

### Referrals

Assistance with information and referrals can be provided to help you find the appropriate military and community services to meet your family's needs.

### Home Visitation

This is a chance to form a warm, caring bond with a professional who can help with your concerns as a parent or parent-to-be in the privacy of your home.



# PARENT SUPPORT program



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## Who Are We?

The New Parent Support Program is a professional team of social workers and nurses who provide supportive and caring services to military families with children from birth through five years of age.

Our trained, supervised home visitors have extensive knowledge of the issues encountered by today's parents. These home visitors are sensitive to the unique challenges facing military families.

Through a variety of programs including home visits, supportive groups, and classes, the New Parent Support Program will help you learn to cope with stress, isolation, post deployment reunions, and the everyday demands of parenthood.

This voluntary participation program was developed to assist military families in many ways that friends and family often do when you're back home.



## Eligibility

All military families expecting a child or with a child under six years of age are eligible to participate free of charge in all of the services offered.

### What Will I Learn?

This program offers the opportunity to learn new skills as parents and to improve old ones. There are often many questions about the needs of infants and young children. The New Parent Support Program is a reliable source for answers to your questions in the privacy of your home.

### What If We're Not New Parents?

Even if you've been raising your family for a few years, new ages and stages bring different challenges. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about babies, young children, and family relationships.

## What If This Isn't Our First Baby?

Often adding a brother or sister to the family presents a real change in the family. Demands on your time are different with more than one child in your house.

This program helps develop support networks and answers questions while your family experiences these changes. Sometimes even the marital relationship is stressed. We can help you to address some of these issues and open the lines of communication.

## When Will You Come To Our Home?

Home visits are arranged, when possible at your convenience. Families can schedule visits so both parents can be present to learn about being a parent or acquiring new skills in caring for a growing family.

## How Do I Enroll?

It's as easy as dialing your phone. Just give us a call during regular business hours.

