

New Parent Support Program

2023

Available to all military Families with children 0-36 months of age.

For more information, see the back of this flyer.

Home Visits: Monday - Friday, 8am - 5pm

(Evening visits upon request)

Call (910) 396-7951 for more details and to schedule a visit!



**Let's Talk About It!
Prenatal and Postpartum
Empowerment Group**

**Soldier and Family
Readiness Group Center**

**Thursdays
10am - 11:30am**

**Story & Play
Mornings
Throckmorton Library**

**Baby and Toddler
Story Time
(0 - 36 months old)
1st & 3rd Thursdays at 10am**

**Facebook Video:
Bereavement -
Conversations from
the Heart**

**Facebook.com/
FortBraggNPSP**

**In person
CPR Class
Throckmorton Library
Every 2nd Wednesday
of the month.
1pm - 5pm**

**Preparing for Parenthood:
Newborn Care &
Childbirth Education**

**Soldier and Family
Readiness Group Center**

**Every 1st, 2nd, 3rd, & 4th
Thursday of the month.
4pm - 6pm**

To register, please call us at (910) 396-5521.

**Soldier Support Center, 3rd Floor
Twitter and Instagram @FortBraggACS
www.Facebook.com/FortBraggNPSP
Bragg.ArmyMWR.com/Programs/NPSP**



**Changes/updates
to the schedule
will be posted on
our Facebook page.**



Class Descriptions

Home Visits

The New Parent Support Program (NPSP) can make home visits anywhere within a 60-mile radius of Fort Bragg to support any military-affiliated Families who are expecting a baby or have children under the age of 36 months. Home visitors provide support, mentor with parent and infant attachment, increase knowledge of child development, and connect Families to the support services parents need to help their Family thrive. The NPSP staff are licensed social workers and registered nurses who make these visits at no cost. Visits are voluntary and confidential; and daytime/evening visits are available.

Story and Play Mornings

Story times help foster a child's development. In story time, children will have many opportunities to practice and master skills that are key to growing a lifelong reader. Parent/caregivers will learn tips and tricks for things they can do at home to continue the learning process. In addition, we will have songs, a craft, parenting education and your choice of outdoor play or stroller walks when weather permits.

CPR Class

This 100% classroom training means students are with an AHA Instructor for their entire learning experience. Heartsaver CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and is expecting a baby or has a newborn – 36 months old.

To register, please call (910) 396-5521.

Childcare (via CYS) vouchers are provided.

Preparing for Parenting: Childbirth Education

Preparing for Parenting Childbirth Education is a series of 4+ (2 hour each session) classes that includes education on labor, delivery, breastfeeding, newborn care, postpartum care and newborn safety. Please note - mothers can take classes as early as 24 weeks into the pregnancy.

Class # 1 Newborn Safety

Car Safety, Safety Products, Home Safety, Understanding Crying & Comforting

Class # 2 Pregnancy, Labor and Birth

Pregnancy, Labor, Medical Procedures and Cesarean Birth

Class # 3 Newborn Care

Newborn Traits, Newborn Behaviors, Feeding, Diapering, Bathing, Nail Care, & Dressing and Newborn Health

Class # 4 Comfort Techniques and Dads 101

Comfort Techniques for labor and preparing for fatherhood

To register, please call (910) 396-5521.

Let's Talk About It! Prenatal and Postpartum Empowerment Group

Motherhood is a journey full of joy and angst. During pregnancy and the year after a baby is born, women have a lot of feelings related to the adjustments of motherhood. Our Prenatal and Postpartum Empowerment Group is designed to provide all women the support, education, and community they need to flourish as women and as mothers. Within a safe, supportive, and nurturing environment, all women can build community, support, and be empowered as they navigate the realities of motherhood. Having support, help, and knowledge can make the journey better. All mothers and Families deserve lots of help.

Preregistration encouraged but not required. To register, please call (910) 396-5521.

Expectant mothers and babies in arms are welcome; childcare (via CYS) vouchers are provided.

Conversations from the Heart

During this Facebook Video, we will share common emotions and responses related to miscarriage, stillbirth and early infant death. We will also broaden the conversations to include other losses as well as available resources. Our desire is to provide a safe place for Families who have experienced these losses.

Facebook.com/FortBraggNPSP