

New Parent Support Program

(October - December 2021)

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

To ensure the safety of staff and guests, all individuals, regardless of vaccination status, must wear facial coverings while in our facilities.



Facebook Video:

Pet Safety
November 9
10am
&
Toy Safety
December 14
10am

Facebook Video:
Mindful Parenting
Class

October 20
2pm
&
December 15
2pm

(Updated September
2021)

Facebook Virtual
Story Time:

"Llama Llama Gives
Thanks"
November 17
11am
&
"Little Blue Truck's
Christmas"
December 15
11am

Facebook Video:

Promoting Early
Literacy: Making
Reading Fun

October 6
November 3
& December 1

Facebook Video:
Bereavement -
Conversations from
the Heart

October 19
10am
&
November 16
10am

Facebook Video:
S.O.R.T.

October 20
10am
&
November 17
10am

Army P3T Education Classes

Pregnancy
October 19
November 16
6:30am - 7:30am

Postpartum
October 25
November 22
6:30am - 7:30am

Check back on
Facebook for
updates on times
and events

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



Home Visits
Monday - Friday: 8am - 5pm
Call (910) 396-7951 for more
details and to schedule a visit!



NPSP Class Descriptions

(In the event of post closure due to inclement weather, classes and play mornings will not be held.)

In Person

1 Hour Home Visits, Monday through Friday between 8am – 5pm

Home visits bring education and assurance right to you, in your own home, on many topics including breastfeeding, sleeping, nutrition, potty training, age-appropriate discipline, development screenings, sibling rivalry, stress management, deployment issues, and time management. NPSP Home Visitors are supportive and caring Licensed Clinical Social Workers (LCSWs) or Registered Nurses (RNs) who have extensive experience working with young children and are sensitive to your unique challenges as a military Family. Services are available to Families expecting a child or with a child in the home from birth to 36 months of age. Visits are scheduled at your convenience with evening visits available.

Army P3T Education Classes

Are you a pregnant active-duty Soldier or do you have a new baby? Well, we have the class for you! New Parent Support Program is excited to be a part of the education component of P3T, the Army Pregnancy/Postpartum Physical Training and education program designed to enable pregnant and postpartum Soldiers to maintain fitness. For more information, see contact below.

P3T Education Virtual Class Registration: Call (407) 539-4011

Facebook Videos and Lives

Mindful Parenting

Take a break! Military parents of young children are often juggling feeding, sending older children off to school, coordinating doctor's appointments, naptimes, bedtimes, play times, cleanup times, preparing your Family for an upcoming deployment, video calls with a deployed parent, midnight emergency room visits, and countless other activities. It seems nearly impossible to find a moment of quiet to help restore yourself. In this class we will help you understand what mindfulness and mindful parenting are and explore strategies to help you turn everyday moments into mindful breaks.

Child Safety Informational Videos

Babies and toddlers are most often injured from accidents during daily activities. These safety videos will help parents identify potential hazards outside and inside the home for infants and toddlers. The Pet Safety video will address safety around animals to include tips to prevent injuries and illnesses caused by interaction with animals. This video will also provide tips to help parents introduce a new baby to their pet. The Toy Safety video will provide information on choosing safe toys as well as tips for avoiding injuries from toys.

Virtual Story Time with Ms. Mac

Hello NPSP Wee Ones! It's Holiday Time!! Come join me, as I read to you some awesome children's stories. This quarter, we will see and hear how Families celebrate Thanksgiving with "Llama Llama Gives Thanks" by Anna Dewdney. Oh how nice it is to spend time together with Family and friends enjoying yummy food, and fun times! Then, I invite you to join me for another story time as we bring in the Christmas Holiday, and cold winter days with Beep! Beep! Beep!!!! "Little Blue Truck's Christmas" written by Alice Schertle and illustrated by Jill McElmurry. Come along with Little Blue Truck and Toad as they deliver some very special Christmas trees to all their friends!!

Promoting Early Literacy: Making Reading Fun

Promoting early literacy and reading to your child helps with their development and language skills. The more you read, the more it will continue to help once they are in school. Let's all encourage the love of reading to our children!

Bereavement: Conversations from the Heart

During this class, we will answer questions related to miscarriage, stillbirth and early infant death. Our desire is to provide a safe place for Family members who have experienced these losses.

S.O.R.T. – Safety, Organization, Resiliency, and Time Management

- Educate parents on safety issues associated with parenting young children
- Guide parents through baby steps to help set up routines and get rid of clutter
- Define resiliency and provide parents with tools to develop resiliency skills
- Guide parents in how to set goals for time management