

New Parent Support Program

January - December 2025

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

For more information, see the back of this flier.



Home Visits:
Monday - Friday
8 am - 4:30 pm
(Evening visits upon request)

Story & Play Mornings
Throckmorton Library

Baby and Toddler
Story Time
(0-36 months old)
1st & 3rd Thursdays
10 - 11:30 am

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

Soldier & Family
Readiness Group Center
Every 1st, 2nd, 3rd & 4th
Tuesday of the month
4 - 6 pm

Baby Book Club

Casablanca Community
Center
625 South Lucas Dr.

2nd & 4th Monday
10 - 11:30 am

Breastfeeding Class

Soldier & Family
Readiness Group Center

Every 1st Wednesday
10 - 11:30 am

**Breastfeeding
Empowerment Group**

Ste Mere Eglise
Community Center
7905 Sicily Dr.

Every 3rd Wednesday
10 - 11:30 am



Call (910) 396-7951 for details, to register or to schedule a visit!

Changes/updates to this schedule will be posted to
[Facebook.com/FortBraggACSNPSP](https://www.facebook.com/FortBraggACSNPSP)
(Follow us!)



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

Join us for Story time with the Throckmorton library staff immediately followed by songs, crafts and play time with NPSP. 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.

Preparing for Parenting: Childbirth Education

Preparing for Parenting Childbirth Education is a series of 4+ (2 hour each session) classes that include 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

Sleep safety, SBS Prevention; Understanding Crying & Comforting, Car Safety, Home Safety, Pet safety, sleep safety and Understanding Perinatal Mental Health, taught by a guest instructor from Behavioral Health, Victoria Mans, LCSW, LCAS, CCS, USAJFKSWCS (A) POTFF Provider. Topics covered in the class include, but are not limited to, what is perinatal mental health, perinatal mood, and anxiety disorders (PMADs), myths surrounding postpartum depression, perinatal mental health and the military community, and available resources.

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 Budgeting for Baby and Beyond

Baby Book Club

Parenthood is a journey full of joy and angst. During pregnancy and the year after a baby is born, parents have a lot of feelings related to the adjustments of parenthood. We provide all parents the support, education, and community they need to flourish. Come join us as we bring parents together around babies and books. A free copy of the book we are reading is provided.

Preregistration encouraged but not required.

Expectant mothers and babies in arms are welcome.

Breastfeeding Class

Join the New Parent Support Program for an interactive prenatal breastfeeding class that will prepare Families and help set appropriate expectations prior to beginning the breastfeeding journey.

Breastfeeding Empowerment Group

Come meet other new mothers in our engaging Breastfeeding Support Group designed for new and expecting parents desiring to gain education, support, and empowerment. This group will help you reach your breastfeeding goals and gain the tools and knowledge to overcome common breastfeeding challenges.