

# New Parent Support Program

(April - June 2022)

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

*For more information, see the back of this flyer.*



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

## Walk and Play Stroller Group

Woodland Park on  
Pope Field  
10am - 11:30am  
Apr 20, May 4,  
May 18, Jun 1, & Jun 15

The Lodge at  
Linden Oaks  
10am - 11:30am  
Apr 27, May 25, & Jun 22

## In person CPR Class

Throckmorton  
Library  
1pm - 5pm

May 4  
June 8

## Army P3T Education Classes

### Prenatal

April 19  
May 25  
June 21

6:30am - 7:30am

### Postpartum

April 25  
May 23  
June 21

6:30am - 7:30am

## Preparing for Parenting: Childbirth Education

Soldier and Family  
Readiness Group Center  
6pm - 8pm

Apr 5, 7, 12 & 14  
May 3, 5, 10, & 12  
June 7, 9, 14, & 16

## Facebook Video: Bereavement - Conversations from the Heart

April 19  
10am  
&  
May 17  
10am

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

Soldier and Family  
Readiness Group Center

Thursdays  
10am - 11:30am

Visit [FortBraggACS.FAP.TimeTap.com](https://FortBraggACS.FAP.TimeTap.com) to register,  
or scan the QR code.

Soldier Support Center, 3rd Floor  
Twitter and Instagram @FortBraggACS  
[www.Facebook.com/FortBraggNPSP](https://www.Facebook.com/FortBraggNPSP)  
[Bragg.ArmyMWR.com/Programs/NPSP](https://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, contact the P3T Education Virtual Class Registration line at (407) 539-4011.

### **CPR Class**

#### **4 hour class at the Soldier and Family Readiness Group Center**

This CPR course is 100% classroom training meaning students are with an American Heart Association (AHA) Instructor for their entire learning experience. Hearts over 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 baby newborn – 36 months old. To register, visit [FortBraggACSFAP.TimeTap.com](http://FortBraggACSFAP.TimeTap.com)

### **Preparing for Parenting: Childbirth Education**

Preparing for Parenting Childbirth Education is a series of 4+ (2hr each) 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. Please bring to class: something to write with and a bottle of water. We have also added an optional 5th class for new or expectant Dads who need some additional tips or advice! Join us and get prepared! Topics include: preparing you for fatherhood; surviving the first few weeks; caring for your new baby; and more! Taught by a dad, for all dads! To register, visit [FortBraggACSFAP.TimeTap.com](http://FortBraggACSFAP.TimeTap.com)

### **Walk and Play, Stroller Group**

Come out and walk and play! Join us for a 45-minute walk around the track and a 45-minute craft and playtime following the walk! Open to all DoD ID holders with babies/toddlers 6 weeks to 36 months in strollers (after 6-week postpartum check). All meetings are weather permitting - check our Facebook page for inclement weather cancellations. Please bring a blanket for playtime. Preregistration encouraged but not required. To register, visit [FortBraggACSFAP.TimeTap.com](http://FortBraggACSFAP.TimeTap.com)

### **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, visit [FortBraggACSFAP.TimeTap.com](http://FortBraggACSFAP.TimeTap.com)

### **Bereavement: Conversations from the Heart (Facebook Virtual Video)**

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.