

Preparing for Parenthood

5 - 7 pm

Weaver Auditorium

(Womack Army Medical Center, basement level)

We are excited to introduce the New Parent Support Program's expectant parenting class, Preparing for Parenthood. This free prenatal education series is designed to help expectant parents feel informed, confident, and prepared as they welcome their new baby.

Each class is held in consecutive weeks on the first, second, and third Tuesday of every month. We encourage you to attend all three sessions to receive a comprehensive overview of pregnancy, birth, and newborn care.

Safety



First Tuesday monthly

Keep your baby safe from day one by learning to create a safe environment for your newest Family member.

- Introduction to Perinatal Mental Health
- Shaken Baby Prevention
- Safe Sleep
- Car Seat and Vehicle Safety
- Home Safety
- Water Safety
- Pet Safety

Birth



Second Tuesday monthly

This class is led by Labor and Delivery nurses from Womack Army Medical Center to help Families know what to expect before arriving for delivery.

- What to expect when delivering at Womack
- Labor and delivery process
- Your hospital stay
- Immediate postpartum care and recovery
- Time for questions and discussion

Newborn Care



Third Tuesday monthly

Get prepared for life at home with a newborn. Gain practical skills and knowledge to help you care for both your baby and yourself.

- Diapering
- Bathing
- Feeding basics
- Safe sleep review
- What baby items you need (and which you can skip)
- Caring for a sick infant and when to seek medical care
- Postpartum recovery and warning signs for mom

Whether this is your first baby or you're looking for a refresher, we welcome all expectant parents and their support person. We look forward to helping you prepare for one of life's greatest adventures.

For more information or to register, call 910 396-7951.



Family Advocacy Program
New Parent Support Program

New Parent Support Program Home Visitation

**Prenatal Questions • Postpartum Questions • Sleeping • Nutrition
Breastfeeding • Age-Appropriate Discipline • Baby Sign Language
Infant Massage • Sibling Rivalry • Stress Management • Deployment Issues
Developmental Screenings • Time Management • Potty Training**

You may be expecting your first baby or busy with a toddler. That probably means you have your hands full and may have questions. Thankfully, help is available.

The New Parent Support Program provides free, voluntary support to help military families transition successfully into parenthood. Our team of licensed registered nurses and licensed clinical social workers helps you build the skills and confidence to navigate every milestone, from pregnancy through age thirty-six months. Even if you've been raising your Family for a few years, new ages and stages bring different challenges.

Why get involved?

- Find services in the local community when needed to build a resilient support network.
- Build strong, healthy connections to lay the foundation for your child's social and emotional growth.
- Respond to behaviors with sensitivity and developmental awareness.
- Remain flexible, responsive, and ready for new challenges.
- Manage parenting demands effectively especially during deployments and military operations.

Home Visits:

Get personalized education, reassurance, and expert guidance delivered directly to your home at your convenience. Our experienced NPSP Home Visitors understand the unique challenges of military life, allowing you the opportunity to express your concerns and ask questions about your children in a supportive, comfortable setting.



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