



"I'm having trouble with breast feeding"

FREQUENTLY ASKED QUESTIONS

Who is eligible for this program?

Military families stationed at Camp Lejeune who are expecting a child or with children under five years of age, are eligible to participate free of charge in all of the services offered.

What can the New Parent Support Program do for me?

This program offers expectant parents and parents of newborn and young children the opportunity to learn new skills as parents and to improve old ones. There are often many questions about the needs of infants and young children. The New Parent Support Program is a reliable source for answers to your questions in the classroom or in the privacy of your home.

What if we are not new parents?

Even if you have been raising your family for a few years, new ages and stages bring different challenges. Often, adding a brother or sister to the family presents a real change for the family. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about babies, young children, and family relationships.



"Now that I brought home my newborn, my 3-year-old wants a bottle again."



All of our classes are **FREE** for authorized patrons.

Class schedules are posted online at www.mccslejeune.com/npsp

To register or for more information, call **(910) 449-9501**

New Parent Support Program office and training rooms are located:

**Midway Park Marine & Family Programs Annex
Bldg LC 4012B**





"How much do I feed my baby?"

BABY BOOT CAMP

In this two-day class, Dad and Mom learn how to make a smooth transition into parenthood. This is a hands-on interactive experience for expectant or adoptive parents, or those who have children up to 6 months. Learn about growth, nutrition, and safety for your new baby.

"Should I worry if my baby hates tummy time?"

HOME VISITATION

Home Visitors provide support, resources, and parenting education and information for military families who are expecting or who have children ages 5 and under. The New Parent Support Program offers home visits by professionals who are Registered Nurses or Licensed Clinical Social Workers in the privacy of your home. We welcome the opportunity to assist single parents or those who are adopting.

"Why is my child biting?"

PARENTING CLASS

This class is designed to address the challenges of parenting, discipline techniques, and the needs of children at various stages of development.

"I'm crying and my baby is too. Why?"



"I'm having trouble potty training my child."

The New Parent Support Program Helps You:

- prepare for parenthood
- become more confident as a parent
- understand the ages and stages of your child's development in order to make wise choices
- develop common ground with your spouse in the area of parenting
- improve your relationship with your children
- create new friendships
- make parenting fun
- be a better parent to your children
- feel more at home in the military community
- meet the challenges associated with deployment and transition
- developmental screening assessments