

# New Parent Support Program



EXCLUSIVELY FOR MILITARY FAMILIES WHO ARE PREGNANT  
OR HAVE CHILDREN 5 YEARS AND YOUNGER.

WE'VE GOT **FREE** PROGRAMS THAT WILL HELP YOU **NURTURE**  
YOUR BABY AND **STIMULATE** EXPLORATION AND GROWTH.

## ★ BABY BOOT CAMP

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

## ★ HOME VISITATION

Home Visitors provide support, education, and parenting information for military families, within a 50 mile radius, who are expecting or who have children ages 5 and under. We welcome the opportunity to assist single parents.

## ★ PARENTING CLASS

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

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

*Visit us at Midway Park Marine & Family Services Annex, Bldg LC 4012B.*

