



Special points of interest:

Baby Boot Camp:

Dad and Mom learn how to make a smooth transition into parenthood. "Baby Boot Camp" is a 2-day, hands on experience for parents who are pregnant or have new arrivals. Class covers information from birth up to 6 months. Classes fill up quickly! Call to register 449-9501.

Home Visits:

Our home visitors are Registered Nurses and Licensed Clinical Social Workers, that are available to meet you in the privacy of your own home. They provide support, resources, parenting education & information for military families who are expecting or who have children ages 5 and under. For more information call, 449-9501.

Parenting Class:

A four-day class designed to discuss parenting styles and to educate parent(s) about the needs of children at various stages 0-5 years old. Please call to register at 449-9501.



New Parent Support Program Branch
Building LCH 4012B
Midway Park, NC 28544
 910-449-9501 • www.mccslejeune.com/npsp

News You

Recipe of the Month

Apple Sauce Deluxe

1 medium apple

4 Tablespoons of apple juice

Peel, quarter and core apple. Cook with apple juice until soft.

Blend until smooth in texture.



HOILIDAY SAFETY TIPS

The holidays are an exciting time of year for kids, and to help ensure they have a safe Holiday season, here are some tips from the American Academy of Pediatrics (AAP):

- Select toys to suit the age of your child.
- Read the instructions carefully before allowing your child to play with the toy.
- Avoid pull toys with strings more than 12 inches in length. Remove strings and ribbons from toys prior to giving to young children.
- Be sure to keep hot liquids and foods away from the edges of counters and tables.
- Avoid decorations that are sharp, breakable, and have removable parts, resemble food or candy.
- Turn off all lights when going to bed or leaving your home.

Area Resources (Offered by local programs in the Camp Lejeune and surrounding areas.)

WIC WIC is a special supplemental nutrition program for Women, Infants, and Children funded by the United States of Agriculture. To make an appointment: 353-0022

Breast Feeding Basics

NHCL: 450-4293

Through the Health Dept:

347-2154

Lamaze Classes 450-4587

Budget for Baby (Offered through Navy/Marine Corps Relief Society) Three classes monthly. You must register to attend.

451-5346/5584

USO Story Time

Tuesday ages 2-6 • 10:30 AM

Book reading and lunch (\$1.00)

9 Tallman St. Jacksonville, NC

455-3411

Midway Park Community Center Play Date

ages 0-2 **FREE** 451-1807

Base Library Call 451-5729

Story Time Tuesdays ages 2-3 **FREE** • 9:30 AM

Story Time Thursdays ages 4-6 **FREE** • 10:30 AM

Poison Control

1-800-222-1222

