

# CONTACT INFORMATION

## *New Parent Support Program*

Army Community Service  
9800 Belvoir Road, Bldg. 200  
Fort Belvoir, VA 22060  
Phone: (703)805-2693/4590

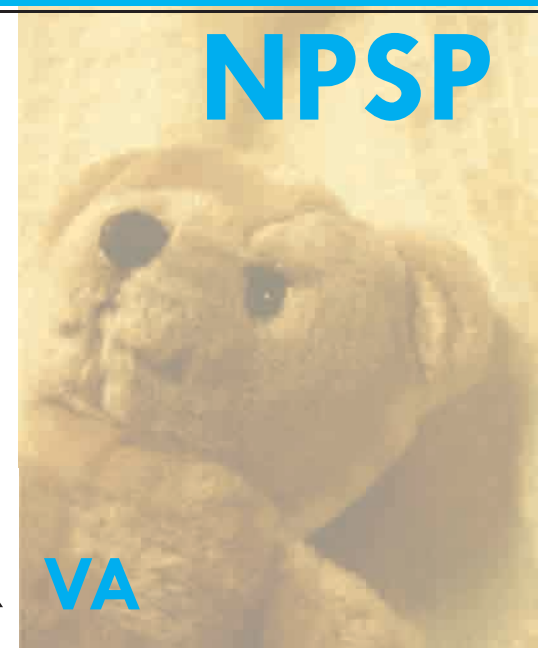


# NEW SUPPORT PARENT PROGRAM



# NPSP

FORT BELVOIR VA



## ABOUT NPSP

### *Who Are We?*

The New Parent Support Program is a professional team of nurses and social workers who provide support and education. Our staff knows about the concerns of parents and the challenges that only Military Families face.

### *Who Is This For?*

This voluntary program was developed to help Families in a variety of ways that friends and families often do. Military Families expecting a child, or with a child 0–3 years, are invited to participate, free of charge, in all of the services offered.

### *What Can NPSP Do For Us?*

This program offers opportunities to learn new parenting skills while improving old ones. Parents have many questions about the needs of infants and young children. The NPSP is a reliable source for answers to your questions while you are in the privacy of your own home.

The program is designed to strengthen parents' knowledge and skills so that they can provide environments where their children can thrive. The program also seeks to reduce stressors that can increase the risk of child abuse and neglect.

### *When Will You Come To Our Home?*

When possible, home visits are arranged at your convenience. Families may schedule visits so that both parents are present to receive information about parenting and acquire new skills to care for a growing family.

### *How Do We Enroll?*

Enrollment in NPSP is done by professional referral (i.e. doctor, therapist, etc.) or by self-referral. For self-referral, just call 703.805.2693/4590 during regular business hours: Monday–Friday / 8 am–4pm.

# AS YOUR CHILD G R O W S

## The New Parent Support Program Can Help You

- Prepare for parenthood
- Become a more confident parent
- Understand the ages and stages of your child's development
  - Lessen and reduce stress
  - Improve your relationship with your children
  - Develop a support system
- Develop a common ground with your spouse in parenting
  - Feel more at home in the Military community

## 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. You can talk about your concerns and ask questions about babies, young children and Family relationships.

## NPSP SERVICES/CLASSES

### *Home Visits*

Help with your concerns as a parent or parent-to-be in the privacy of your home.

### *Referrals*

Information and help in finding other needed services. Feel more at home in the Military community through the assistance of caring professionals.

### *Dads 101 - For Fathers and Expecting Fathers*

Offered every other month to teach men the skills they need to be nurturing fathers.

### *Every Thing You Need to Know About Kids from the Cradle to Three*

This class, offered every other month to parents and caregivers, focuses on developmental stages of the age group, safety, nutrition, discipline, boundary and limit setting, pre-school readiness, anger and stress management.

### *Mommy and Me Walking Group*

Offered every Thursday morning to parents and caregivers with children in strollers.

### *Play Morning*

Play Morning allows moms, dads and their children, up to age 5, to come together for a few hours each week to play in a group setting. Tuesdays / 10 am–12 noon / Outdoor Rec Center POC: Sandra McLean / 703.805.2693/4590

### *Infant Massage Class*

When: Thursdays, every other month  
Where: ACS Classroom, Building 200  
Pre-registration required: 703.805.2693/4590

### *Baby Bundles Class*

When: First Wednesday of every other month  
Time: 1–4 pm  
Where: ACS Classroom, Building 200  
Pre-registration required: 703.805.2693/4590