



new parent

SUPPORT PROGRAM

OUR SERVICES ARE
FREE!

Our licensed, professional staff provide home visits and teach classes. We help families cope with stress, isolation, deployment/post-deployment issues as well as the normal developmental challenges every family experiences.

New Parent Support offers expectant parents, parents of newborns, and children up to age five the opportunity to learn new parental skills and improve old ones. Even if you have been raising your family for a few years, new ages and stages bring different challenges.

The New Parent Support Program offers you the opportunity to express your concerns and ask questions either in the privacy of your home or in the classroom.

BUILDING 232 | 252-466-3651

MARINE
& Family

252-466-3651



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HOME *visits*

Home visits are the primary service that we offer. Information on pregnancy and postpartum care are provided through these one-on-one, personal visits. We serve all developmental stages through age 5.

baby BOOT CAMP



Having a baby is a new experience and they do not come with instruction manuals! This workshop focuses on the basics of newborn care. Expectant parents will learn diapering, bathing, infant nutrition, how to soothe a crying infant, when to call the doctor, safe sleeping practices, and how to enjoy becoming a parent and growing as a couple/family.

INFANT MASSAGE

- Bring vegetable oil (olive, sunflower, etc. - preferably organic)
- Bring thick blanket for baby to lay on during massage
- No age minimum
- No crawlers

CLASSES FILL QUICKLY, CALL EARLY!

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