

New Parent Support Program

Jan-Jun 2024

Available to all military Families with children 0-36 months of age.

For more information, see the back of this flyer.



**Home Visits:
Monday - Friday
8am - 5pm
(Evening visits
upon request)**

**Preparing for Parenthood:
Newborn Care &
Childbirth Education**

**Soldier and Family
Readiness Group Center**

**Every 1st, 2nd, 3rd, & 4th
Tuesday of the month.
4pm - 6pm**

**Story & Play
Mornings
Throckmorton Library**

**Baby and Toddler
Story Time
(0 - 36 months old)
1st & 3rd Thursdays
at 10am**

Baby Book Club

**Casablanca Community
Center
625 South Lucas Dr**

**2nd & 4th Monday
10am - 11:30am**

**Facebook Video:
Bereavement -
Conversations from
the Heart**

**Facebook.com/
FortLibertyACSNPSP**



Call (910) 396-7951 for more details and to schedule a visit!
To register for classes scan the QR code or visit
FortLibertyACSFAP.TimeTap.com.

Changes/updates to the schedule will be posted on our Facebook page.



Class Descriptions

Home Visits

The New Parent Support Program (NPSP) can make home visits anywhere within a 60-mile radius of Fort Liberty to support any military-affiliated Families who are expecting a baby or have children under the age of 36 months. Home visitors provide support, mentor with parent and infant attachment, increase knowledge of child development, and connect Families to the support services parents need to help their Family thrive. The NPSP staff are licensed social workers and registered nurses who make these visits at no cost. Visits are voluntary and confidential; and daytime/evening visits are available.

Story and Play Mornings

Join us for Story time with the Throckmorton library staff immediately followed by songs, crafts and play time with NPSP. Parent/caregivers will learn tips and tricks for things they can do at home to continue the learning process. In addition, we will have songs, a craft, parenting education and your choice of outdoor play or stroller walks when weather permits.

Preparing for Parenting: Childbirth Education

Preparing for Parenting Childbirth Education is a series of 4+ (2 hour each session) classes that include education on labor, delivery, breastfeeding, newborn care, postpartum care and newborn safety. Please note - mothers can take classes as early as 24 weeks into the pregnancy.

Class # 1 Newborn Safety

Car Safety, Safety Products, Home Safety, Understanding Crying & Comforting

Class # 2 Pregnancy, Labor and Birth

Pregnancy, Labor, Medical Procedures and Cesarean Birth

Class # 3 Newborn Care

Newborn Traits, Newborn Behaviors, Feeding, Diapering, Bathing, Nail Care, Dressing and Newborn Health

Class # 4 Comfort Techniques and Dads 101

Comfort techniques for labor and preparing for fatherhood

To register, please call (910) 396-5521.

Baby Book Club

Parenthood is a journey full of joy and angst. During pregnancy and the year after a baby is born, parents have a lot of feelings related to the adjustments of parenthood. We provide all parents the support, education, and community they need to flourish.

Come join us as we bring parents together around babies and books. A free copy of the book we are reading is provided.

Preregistration encouraged but not required. To register, please call (910) 396-5521.

Expectant mothers and babies in arms are welcome.

Conversations from the Heart

During this Facebook video, we will share common emotions and responses related to miscarriage, stillbirth and early infant death. We will also broaden the conversations to include other losses as well as available resources. Our desire is to provide a safe place for Families who have experienced these losses.

Facebook.com/FortLibertyACSNPSP