

# New Parent Support Program

Jan-Dec 2025

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)

**Story & Play Mornings**  
Throckmorton Library  
  
Baby and Toddler  
Story Time  
(0 - 36 months old)  
1st & 3rd Thursdays  
10am - 11:30am

**Preparing for Parenthood:**  
Newborn Care &  
Childbirth Education  
  
Soldier & Family  
Readiness Group Center  
  
Every 1st, 2nd, 3rd, & 4th  
Tuesday of the month.  
4pm - 6pm

**Baby Book Club**  
  
Casablanca Community  
Center  
625 South Lucas Dr.  
  
2nd & 4th Monday  
10am - 11:30am

**Breastfeeding Class**  
  
Soldier & Family Readiness  
Group Center  
  
Every 1st Wednesday  
10am - 11:30am

**Breastfeeding  
Empowerment Group**  
  
Ste Mere Eglise  
Community Center  
7905 Sicily Dr.  
  
Every 3rd Wednesday  
10am - 11:30am



Call (910) 396-7951 for more details and to schedule a visit!

To register, call (910) 907-5626.

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



# 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

Sleep safety, SBS Prevention; Understanding Crying & Comforting, Car Safety, Home Safety, Pet safety, sleep safety and Understanding Perinatal Mental Health, taught by a guest instructor from Behavioral Health, Victoria Mans, LCSW, LCAS, CCS, USAJFKSWCS (A) POTFF Provider. Topics covered in the class include, but are not limited to, what is perinatal mental health, perinatal mood, and anxiety disorders (PMADs), myths surrounding postpartum depression, perinatal mental health and the military community, and available resources.

### 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 Budgeting for Baby and Beyond

## 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.

*Expectant mothers and babies in arms are welcome.*

## Breastfeeding Class

Join the New Parent Support Program for an interactive prenatal breastfeeding class that will prepare Families and help set appropriate expectations prior to beginning the breastfeeding journey.

## Breastfeeding Empowerment Group

Come meet other new mothers in our engaging Breastfeeding Support Group designed for new and expecting parents desiring to gain education, support, and empowerment. This group will help you reach your breastfeeding goals and gain the tools and knowledge to overcome common breastfeeding challenges.