

# New Parent Support Program



## WHAT IS IT?

The New Parent Support Program (NPSP) is designed for active duty military members and their families. It offers support, referral services, education and information.

This is a **FREE** program for families who are expecting or parenting children from birth to 3 years of age. Even if you have been raising children for a few years, every child is different and brings unique challenges to your family.

Services are individualized for each family and are provided through:

- Home visits
- Phone calls
- Classes



## WHO BENEFITS?

- Expectant Mothers
- Families with Infants and/or Toddlers
- Single Parents
- Families with deployed or deploying active duty members
- Families with special needs



## NPSP SERVICES

- Pregnancy Information
- Mother/Baby Care
  - Childbirth
  - Newborn Care
- How your baby grows
- Breast and bottle feeding



- Parenting
- Fatherhood
- Relationship issues
- Newsletters
- ...and much more



The program has a lending library with books, DVDs and videos on pregnancy, childbirth, baby care, parenting issues and much more. Program services can be started at anytime during the pregnancy or after delivery and continue as needed until the baby is 3 years old.

*New Parent Support Program*



**502d AIR BASE WING**  
**JOINT BASE SAN ANTONIO**