

EQUIP YOURSELF!

**** CALL TO REGISTER FOR CLASSES ****

Car Seat 101: (LAK)

A two-hour workshop on everything you need to know about car passenger safety, types of car seats, and the proper fit for your baby or toddler.

Curbside Clinic: (LAK)

A certified Car Passenger Safety technician will ensure your child's car seat is installed correctly in your vehicle and check for car seat recalls.

Dads the Basics: (LAK, FSH, RND)

Practical education about becoming a dad and your role as a father. Gain information on how to help your partner through pregnancy, during labor and delivery, and after baby is born.

Infant Massage: (LAK, FSH, RND)

A certified Infant Massage Instructor will teach you a new way to communicate, calm, and soothe baby through gentle touch. The class provides techniques on reducing discomfort from gas, constipation, and colic.

The New Parent Support Program (NPSP) is a voluntary, FREE service developed to assist active duty members and their families who are expecting or parenting children from birth to 3 years of age. NPSP home visitation and classes provide valuable support to both new and repeat parents as every child is unique and brings different challenges to your family. If you are expecting or have a child under the age of three, we can be of service to you.



SCAN ME

Joint Base San Antonio New Parent Support Program

Lackland AFB
210-292-5967

Randolph AFB
210-652-2448

Fort Sam Houston
210-221-1996

**New Parent Support
Program (NPSP)**

Joint Base San Antonio



How Can We Help You?

Pregnancy Care
 Labor and Delivery
 Newborn Care
 Breastfeeding Support
 Adjusting to Parenthood
 Bottle Feeding
 Nutrition/Feeding
 Sleep Challenges
 Preparing Sibling for New Baby
 Infant/Toddler Growth and Development
 Positive Parenting
 Childproofing your Home
 Safety
 Play
 Single Parenting
 Relationship Issues
 Adoption
 Stress Management
 Community Resource Referrals
 PCS/Deployment/Military Life
 Empathy Belly for Expectant Partners
 Fatherhood

Home Visitation

The New Parent Support Program includes a specialized team of registered nurses who are able to provide military families with support through home visitation. Our skilled nurses have extensive, up-to-date expertise plus years of experience on pregnancy and parenting of children from birth to age 3. In addition, our nurses can assist with the unique challenges facing our military families. During your home visits, you will receive individualized education and support tailored to meet the needs of you and your family. Home visits with a nurse are scheduled at your convenience.



Not Your First Baby?

Adding to the family can present new challenges such as more demands on your time, relationship stressors and sibling rivalry. We can answer your questions and provide resources to help manage the changes that come with adding another baby to the family.



Who Benefits from our Services?

Expectant Mothers
 Families with Infants and/or Toddlers
 Single Parents
 Families with Special Needs
 Adoptive Parents
 New and Repeat Parents
 Fathers
 Families with Deployed or Deploying
 Active Duty Members

...YOU!

