

## Breastfeeding Support Group (BFSG)

All moms and dads are welcome to join us to learn about being a new parent, to get assistance with feeding and caring for their infant, and to meet other parents to increase their support network. Meets every Thursday in the Chapel's Toddler Room from 10:00 to 11:30 a.m.

## Infant Massage Class

Enhance your nurturing parenting skills and support your baby's development! Learn about the power of touch in bonding with your baby, the benefits for your baby's circulation, digestion and emotional well-being.

## Family Foundations

This workshop is designed to assist couples who are transitioning into parenthood for the first time, or who are welcoming a new baby. It helps improve their communication, problem-solving and coping skills to make the best parenting team possible! This workshop helps:

- Decrease post-partum depression
- Reduce stress and adjust better to parenting
- Increase children's social competence & decrease behavior problems
- Strengthens father's confidence and involvement

*Call 257-8803 for more information on any classes, support groups or events.*

*Or visit us online at [mccshawaii.com/npsp](http://mccshawaii.com/npsp).*



## FREQUENTLY CALLED NUMBERS

ASYMCA 254-4719

Play Mornings/ Parent Participation Pre-school

Postpartum Support International Warline  
1-800-944-4PPD

Families Over-Coming Under Stress (FOCUS)  
257-7774

HKiss 594-0066

K-Bay Naval Medical Clinic 257-3365  
Pediatrics: Ext 270  
Family Practice: Ext 416

MCCS Children and Youth Programs (CYP)  
257-7430

Childcare, Child Development Centers, Family Child Care,  
School Age Care & Youth Activities

MCCS Counseling Services 257-7780/7781

MCCS Exceptional Family Member Program (EFMP)  
257-0290

Navy Marine Corps Relief Society  
Budget for Baby Classes 257-1972  
Visiting Nurse Program 473-0282

Red Cross 1-800-733-2767  
Child & Infant CPR

Tripler Lactation Consultant 433-3732

Hawaii Mother's Milk Lactation Consultation 949-1723

WIC Windward 233-5470

24-Hr. Domestic and Child Abuse Helpline  
808-216-7175

# New Parent SUPPORT Program



## Marine & Family Programs

C.A.A.R.E Center  
(Counseling, Advocacy, Awareness &  
Relationship Enhancement)

Bldg 216

257-8803

[mccshawaii.com/npsp](http://mccshawaii.com/npsp)



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### Who are we?

The New Parent Support Program (NPSP) is a professional team of social workers, marriage and family therapists and nurses who focus on providing one-on-one support for new parents. The program helps parents, including expecting parents, develop the skills they need to provide a nurturing environment for their children. NPSP is free and voluntary for all services offered.

Having a new baby in the home is a pleasure and a challenge for most parents. But for military families who are separated from extended family, parenthood can pose unique concerns. To help parents cope with the challenges, the military has developed the NPSP.

### Who is eligible for NPSP?

All military families and single service members who are expecting a child or have a child under six years of age are eligible to participate free of charge for all services offered.

### What if we are not new parents?

Even if you have been raising your family for a while, new ages and stages bring different challenges. The NPSP offers you the opportunity to express your concerns and ask questions about babies, young children and family relationships.

### When will you come to our home?

Home visits are arranged between your home visitor and your family at your convenience. Families may schedule visits so both parents are present and are able to acquire parenting skills together to care for their growing family.

### How do we enroll?

The NPSP is easy to join! Just give us a call at (808) 257-8803, or visit us in Bldg 216, Marine and Family Programs, C.A.A.R.E Center, Room 59, or visit us online at [www.mccshawaii.com/npssp](http://www.mccshawaii.com/npssp).



## OUR SERVICES

### Home Visits

New Parent Support Program's professional staff will schedule home visits when it is convenient for your family. We provide parenting support and education about child development, understanding your child's behavior, helping kids cope with stress/change and problem-solving your family's individual needs. Call 257-8803 or visit us in Bldg 216, Marine and Family Programs, C.A.A.R.E Center, Room 59.

### Baby Boot Camp (BBC)

A childbirth education and infant care class for expectant parents. Parents learn about labor and delivery, infant care, understanding their infant and much more. BBC meets the second Wednesday of each month from February through December. Held at Bldg 216, 8:30 a.m to 4:00 p.m. Registration required; call 257-8803.

### Positive Parenting

This parenting class teaches parents effective ways to parent their child, attachment/bonding, child development, effective discipline techniques, how to improve communication with their child and how to raise happy, responsible children. Held at Bldg 216, Room 63, Mondays 3:30 to 5:30 p.m. Free childcare available. Registration required; call 257-8803.

### Baby/Toddler Sign Language

Learn signs to communicate with your baby/toddler, meet other moms and dads, reduce your baby/toddler's frustrations and tantrums while having fun together through interactive activities and games. Held Wednesdays at the Base Chapel 10:00 to 11:30 a.m. Registration required; call 257-8803.