

NEW PARENT SUPPORT PROGRAM

MCCS Henderson Hall



*Any parent can be a “new” parent.
We understand the everyday demands of parenting.
Let’s work together to find the balance in family life.*

*All of these services are FREE for
Marine Corps families.*

Pre-registration is required to attend.

*Please call the New Parent Support Program
at 703-614-7208 for specific dates and times
or register online at www.mccshh.com*



AM I ELIGIBLE FOR THIS PROGRAM?

Participation is open to any parent with a child age 5 and under. Expectant parents, single parents, stepparents, parents with adoptive children and other eligible military beneficiaries are welcome to participate.

WHAT CAN THE NEW PARENT SUPPORT PROGRAM (NPSP) DO FOR ME?

There are often many questions about the needs of infants and young children. The NPSP is a reliable source for answers to your questions in the classroom through a comfortable group setting or one-on-one in our offices or at your home. Along with preparing expectant parents for life with an infant through our Baby Boot Camp, we also offer classes designed to address the challenges of parenting, discipline techniques and the needs of children at various stages of development. Please review our complete list of services to find the one that serves your needs.

WHY SHOULD I SCHEDULE A HOME VISIT?

The purpose of the visit is to provide in-home education and support to parents on a one-on-one basis. A visit also allows professional staff to observe families in their natural environment so that the most appropriate assistance can be provided.

HOW MUCH TO THE CLASSES AND SERVICES COST?

All our services are **FREE**.

BUT I AM NOT A NEW PARENT: CAN I PARTICIPATE?

Any parent can be a new parent. Even if you have been raising your family for a few years, new ages and stages or adding a brother or sister to the family presents a real change in the family. The NPSP provides the opportunity to express your concerns and ask questions about babies, young children, and family relationships.



SERVICES

BABY BOOT CAMP

This class assists in preparing expectant mothers and fathers to be confident and competent parents. Learn the basics of infant development, baby safety, newborn care, community resources and much more. Whether it's your first baby or third, this class is designed to be interactive and fun. Moms are recommended to be in their third trimester when attending.



PLAY GROUP

Join this FREE, fun and interactive play group where your child can learn age-appropriate activities designed to improve their social, cognitive and motor skills. In addition, parents can learn new activities and meet new friends. Parents with children 5 and under are welcome to attend.



HOME VISITATION

Home visitors work with families in a one-on-one setting to enhance their parenting skills and provide support to parents. Home visitors help families cope with stress, isolation, deployment, and the everyday demands of parenthood. Visits may be conducted in your home, barracks room, at our office or a location convenient for you.



PARENTING CLASSES

These classes are designed to address the challenges of parenting, discipline techniques, and the needs of children at various stages of development.

