



The New Parent Support Program

The New Parent Support Program helps military parents and their spouse, including expectant parents, transition successfully into parenthood and provides a nurturing environment for their children. The program offers support and guidance by helping parents:

- **Build strong, healthy bonds** with their infants and toddlers that will lay the foundation for their social and emotional development.
- **Manage the demands of parenting**, especially when impacted by deployments and other military operations.
- **Remain flexible and responsive** when navigating daily life.
- **Build a strong support network.**
- **Respond to infant and toddler behavior** sensitively and be attuned to their developmental needs.
- **Find services** in the local community in time of need.

Types of services provided:

The New Parent Support Program's staff consists of a nurse, social workers, and is supervised and monitored at the installation level by the Family Advocacy Officer. The program focuses on providing one-on-one support for new and expectant parents through home visits, but some installations may offer parenting classes and groups. Services vary by service branch and by installation, but they can include:

- **Home visits** – As a new parent, you may feel more comfortable asking questions and expressing your concerns about parenthood, including sleep, nutrition, behavior management, breastfeeding, and other concerns, in the privacy of your own home.
- **Referrals to other resources** – FAP staff can help you find and take advantage of additional services offered through the military health care system, your installation or the local community that best suit your needs.
- **Baby Care/Child Development** – helps 1st time expectant parents to care for their newborns. Class includes keeping baby healthy, nutrition for mother and baby, safe sleeping, car seat safety, bathing of baby, how to comfort and soothe a crying baby, diapering, recognizing feeding cues and your baby's communication patterns, as well as adjustment to parenthood. Learn about Gross Motor Skills, Fine Motor Skills, Speech, and Language, Cognitive and Intellectual Skills, Social and Emotional Skills.
- **Dads the Basic** – Daddy class taught by a veteran dad affiliated with the AF. New dads will learn basic baby skills to support the mother before/during and after the arrival of the newborn. Also teaches how to support the entire family, while taking care of themselves.

- **Childbirth Prep:** Learn what the labor process looks like (stages of a normal labor and delivery), discuss signs of labor, techniques for managing pain and how to care for baby, at least, during those first days. Fathers are strongly encouraged and welcomed to attend.
- **Breastfeeding Education** – Learn how breastfeeding works and how to enhance milk production, how to help the baby latch, how to know if the baby is getting enough milk, different breastfeeding positions and who to call if you need help. Fathers are also welcome to attend this class in support of the mother.
- **Playgroups** –play groups help children improve their social and motor skills. The playgroups also help new parents get to know one another and develop a support system within the military community. Held each Wednesday, except 2nd Wednesday, at the Youth Centre (housing side of Base), from 9 a.m. to 11 a.m.

On occasion, families may be struggling with multiple challenges. These families may qualify for a higher priority or intensive services. What classifies as an intensive service generally refers to:

- Frequent (more than three) home visits during the month
- Formal engagement with other support agencies
- Follow-up by a provider in the Family Advocacy Program such as a Treatment Manager, if other concerns are noted by the nurse.

Confidential standards

Anything you share with a program staff member is confidential, including health-related information (the **Health Insurance Portability and Accountability Act - (HIPPA)** protects that). Feel free to discuss personal issues with the staff so that they can better help you with your parenting concerns.

There is one exception to confidentiality: The registered nurse of the New Parent Support Program is obligated to report maltreatment or suspicion that you may harm yourself or others under the duty to warn.

Eligibility and enrollment

The New Parent Support Program's services are free to active-duty service members and their families who meet one of the following criteria:

- Expecting their first child
- Have at least one child younger than 3 years old (Air Force, Army, Navy)

If you would like to participate in the program, you can enroll by the following means:

- Family Advocacy Program (Tel.: 302-677-2711)
- PCM (Pediatrics, Women's Health, area hospital)