

## Other Programs / Classes for Parents

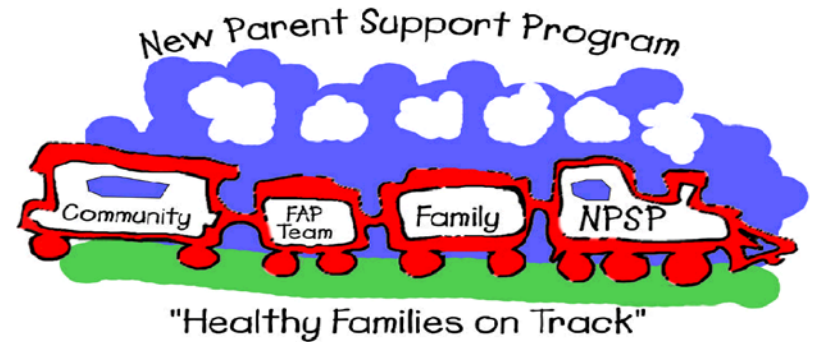
**Childbirth / Pregnancy Education / Infant Care / Breastfeeding / CPR:** Bayhealth Medical Center, Dover & Milford locations. Contact Bayhealth Patient Education at 744-7135 for further information.

**Bundles for Babies** – This 2-hour class is open to all active-duty Air Force members and their spouses. Learn about budgeting for the baby, caring for your child, nutritional needs of mother and child, and properly installing a car seat. Call 677-6930 to register.

**Layette Program** – provides a gift package to AD E-4's and below upon the birth of their first child. Contact the Airman and Family Readiness Center at 677-6930 after the birth to receive your complimentary gift.

### See Leadership Pathways for available classes:

<https://eim.amc.af.mil/org/436aw/WingStaff/CommunitySupport/leadership/pathways/SitePages/Home.aspx>



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## **FAMILY ADVOCACY PROGRAM**

300 Tuskegee Blvd  
Dover AFB DE 19902

302-677-2711  
Fax: 302-677-4878

**Designed to help parents meet their  
growing and changing roles as  
mother, father, and family.**

**Free  
Voluntary**



**The thrill of having children is one of life's most wonderful and challenging experiences!**

**As Parents, you are your child's first teacher. Your child's early years from birth to three are important in your child's development.**

The goal of the New Parent Support Program is to assist in the transition to parenthood through education and supportive services before and after the birth of their child.

### **Benefits from NPSP**

- Get the most out of the pregnancy and birth experience
- Nurture your child's healthy development:  
social, emotional and intellectual
- Recognize daily learning opportunities
- Create a positive home environment and  
positive family experiences
- Strengthen family bonding and family well-being
- Ease the adjustment to parenthood
- Encourage your child's self-confidence and independence

**FACT - Early brain development impacts school readiness.**

### **Who is eligible to receive NPSP services?**

- Active Duty and civilian TRICARE enrolled beneficiaries who are pregnant or have a child under the age of 3 years
- NPSP services are free
- Enrollment is voluntary

### **How are services provided?**

- Primarily a Home Visiting Program by the NPSP nurse or social worker who assists families with pregnancy and family issues
- Telephone consultation

### **When are services provided?**

- During pregnancy
- After baby comes home
- Birth to 3 years old as needed

### **Other NPSP Services Offered**

- Individual / Marital Counseling
- Breastfeeding Classes



**Contact Family Advocacy at 677-2711**