

Our Services

Home Visits

Help with your concerns as a parent or parent-to-be in the privacy of your home.

Cindy Hurd
Ginny Rissmiller
301-677-7636/4552

Referrals

Information and help in finding other needed services. Feel more at home in the military community through the assistance of caring professionals.

Resource Materials

Various books, videos, web sites, and other resource materials on topics such as parenting, family relationships, child development, and infant care.

Information on Parenting

Provide “hands-on” information for parents to make informed decisions about their children and family.

Romp 'N' Stomp

Playmorning allows moms, dads, and their children to come together for a few hours each week to play in a group setting. Playmorning gives children interaction with each other and brings parents together, combating the isolation that many feel.

Every **Tuesday** when school is in session
9:30-11:30 C&Y Gym
909 Ernie Pyle Rd. Ft Meade MD
Call Lisa Redmond: 301-677-3617

New Parent Support Program

301-677-5590



Join us for ***Babease Boot Camp***

When: 3rd Friday of every other month

Where: Army Community Service

830 Chisholm Ave

Ft. Meade, MD

Time: 8:30—15:30

Babease Boot Camp is a program for new and expecting parents. The seminar covers topics such as infant care, diet and nutrition, ages and stages of development, child care and much more. At the completion of the day's activities participants receive a Babease Boot Camp Bundle.



New Parent Support Pro-



As your child gr^ows



Who are we? The New Parent Support Program (NPSP) is a professional team of nurses and social workers who provide support and education. Our staff knows about the concerns of parents, and the challenges that only military families face.

Who is this for? This program is voluntary. It was developed to help families in many ways that friends and family often do. Military families expecting a child, or with a child age 0-3 (six years for Marine Corps families), are invited to participate free of charge in all of the services offered.

What can NPSP do for me? This program offers the opportunity to learn new skills as parents, and to improve old ones. Parents often have many questions about the needs of infants and young children. The New Parent Support Program is a reliable source for answers to your questions in the privacy of your home.

The program is designed to strengthen parent's knowledge and skills so that they can then provide environments where their children can thrive. The program also seeks to reduce stressors that can increase the risk of child abuse and neglect.

The New Parent Support Program Helps You...

- To prepare for parenthood
- To become a more confident parent
- To understand the ages and stages of your child's development
- To lessen stress
- To improve your relationship with your children

What If We Are Not New Parents?

Even if you have been raising your family for a few years, new ages and stages bring different challenges.

You can talk about your concerns and ask questions about babies, young children and family relationships.

Are There Different Levels Of Service?

There are two levels of NPSP. The first level, NPSP Standard, offers parent education services. These services include educational programs, home visits, information, and referrals to other programs.

The second level is NPSP+. This program is more intensive and targeted to families at higher risk for child abuse. Periodic assessments, intensive parent monitoring and long-term home visitation are some of the services provided by NPSP+.

Home visits cover a wide range of topics, from potty training and discipline to feeding schedules and time management.