

NPSP

New Parent Support Program
2034 Barnett Ave, Little Hall
Lower Level, North Side
703-784-4248
www.quantico.usmc-mccs.org

Baby Boot Camp

- All-day workshop on the basics of newborn care
- Make time with your baby as stress-free and enjoyable as possible
- Call early to register
- Attend in the third trimester of pregnancy
- Possible waiver of BBC requirements

Moms' Support Group

- Network for local areas and activities
- Discuss parenting issues with other moms and NPSP staff

Baby & Me (Newborn-12 Months)

- Infant stimulation
- Practice playing and interacting with your infant
- 1100-1200 on the 2nd Thursday of each month

Playmorning (2-5 years old)

- Interactive play group
- Organized activities
- Arts, Crafts, Songs and Stories
- 1000-1130 on the 1st Thursday of each month



All NPSP classes are FREE.
Inquire about child care availability.

Parenting Education Class

- Six-part series
- Learn new parenting skills and improve old ones
- Understand your child
- Topics: Growth and Development
Communication
Building Self-Esteem
Alternative Tools for Discipline

1-2-3 Magic Workshop

- Explore techniques for effective discipline
- Parents of children ages 2-12

Cooperative Parenting and Divorce Class

- Understand the effects of separation and divorce on children
- Learn how the reactions of children change based on their age and development
- Learn effective co-parenting skills

Home Visitation

- Education and support provided in the home/office
- Individual support to address questions/concerns on growth and development, behavioral issues and family dynamics

