

NPSP

New Parent Support Program
2034 Barnett Ave, Little Hall
Lower Level, North Side
703-784-4248

HOME VISITATION

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

EDUCATION and SUPPORT

Parenting Education Class

- Four-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

Mom's Support Group

- Discuss parenting issues with other moms and NPSP staff
- Meets 1000-1130 on the 3rd Tuesday of each month

Baby & Me (Newborn-12 Months)

- Infant stimulation
- Practice playing and interacting with your infant
- 1000-1130 on the 2nd and 4th Tuesday of each month

BABY BOOT CAMP

- Make time with your baby as stress-free and enjoyable as possible
- Learn the basics of newborn care
- Call early to register
- Attend in the third trimester of pregnancy



www.quantico.usmc-mccs.org
Click on Marine & Family Services.

All NPSP classes are FREE.
Please inquire about child
care availability.

