All of our services are **FREE** for authorized patrons.

Class schedules are posted online at [www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org)

To register or for more information, call (703) 784-4248

New Parent Support Program office and training rooms are located:
2034 Barnett Avenue
Little Hall, Lower Level
Quantico, VA 22134

**FREQUENTLY ASKED QUESTIONS**

Who is eligible for this program?
All Active Duty Service Members, and their eligible family members who are expecting a child or with children under five years of age are eligible to participate free of charge in all of the services offered.

What can the New Parent Support Program do for me?
This program offers expectant parents and parents of newborn and young children the opportunity to learn new skills as parents and to improve old ones. There are often 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 classroom or in the privacy of your home.

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. Often, adding a brother or sister to the family presents a real change for the family. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about babies, young children, and family relationships.

"I'm having trouble with breast feeding."

"Now that I brought home my newborn, my 3-year-old wants a bottle again."
“Why is my child biting?”

The New Parent Support Program Helps You:

- prepare for parenthood
- become more confident as a parent
- understand the ages and stages of your child’s development
- develop common ground with your spouse in the area of parenting
- improve your relationship with your children
- create new friendships
- make parenting fun
- be a better parent to your children
- feel more at home in the military community
- meet the challenges associated with deployment and transition
- by providing developmental screening assessments

“Should I worry if my baby hates tummy time?”

“Why is my child biting?”

“Why am I crying and my baby is too. Why?”

“Should I worry if my baby hates tummy time?”

In this one-day class, Dad and Mom learn how to make a smooth transition into parenthood. This is a hands-on interactive experience for expectant parents. Learn about growth, development, nutrition, and safety for your new baby.

BABY BOOT CAMP

HOME VISITATION

Home Visitors provide support, resources, and parenting education and information for military families who are expecting or who have children ages 5 and under. The New Parent Support Program offers home visits by professionals who are Registered Nurses or Licensed Clinical Social Workers in the privacy of your home. We welcome the opportunity to assist single parents or those who are adopting.

CLASSES & GROUPS

We offer a wide variety of classes and groups to support parents who are expecting or who have young children. Check out our monthly calendar and come join us!

“I’m crying and my baby is too. Why?”

“I’m having trouble potty training my child!”