

Parenting and Self-Improvement Classes

Dads 101

Experienced fathers prepare expectant fathers for their new role as “Dad”
Register: 937-257-4608

Baby Basics

Learn to bathe, feed, swaddle, soothe, and care for your newborn. Taught by registered nurses
Register: 937-257-4608

Parenting with Love & Logic

Teaching children responsibility
Register: 937-257-4608

PREP Relationship Enhancement Program

Improve communication, enhance intimacy, increase happiness, decrease stress, and learn to work as a team.
Register: 937-257-4608

Managing Anger for Healthy Relationships

Learn healthier ways to express and reduce anger, manage stress, and improve your relationship
Register: 937-257-4608



Parenting Quick Reference

24HR Nurse Advice Line

1-800-TRICARE (874-2273)

Military & Family Readiness

937-257-3592

Behavioral Health Optimization Program (BHOP)

937-257-9012

Chapel

937-257-7427

Pediatric Clinic (PEDS)

937-522-4784

Exceptional Family Member (EFMP)

937-257-5938

Family Child Care (FCC)

937-656-8685

Poison Control

1-800-222-1222

Mental Health

937-257-6877

Military Family Life Consultants

937-203-6461

Military One Source

1-800-342-9647

Help Me Grow Greene County Public Health

937-374-5600

Help Me Grow Montgomery County Public Health

937-208-4769

WIC

1-800-755-4769



DEPARTMENT OF THE AIR FORCE

Family Advocacy Program
UPLIFTING AIRMEN,
GUARDIANS, & FAMILIES

Version July 2023

New Parent Support Program (NPSP)



Family Advocacy
Wright-Patterson Medical Center
Fourth floor
4881 Sugar Maple Drive, WPAFB
(937) 257-4608

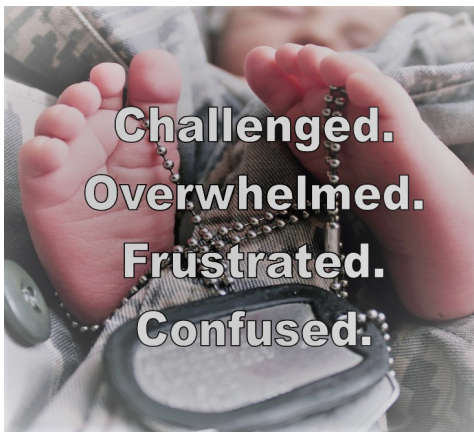
New Parent Support Program



"Healthy Families on Track"

WHAT IS THE NEW PARENT SUPPORT PROGRAM (NPSP)?

NPSP is a team of professional & experienced Registered Nurses and counselors who provide caring support, education, and referral services to military families. This voluntary and **FREE** service was developed to assist military families in ways that friends and family often do when you're back at home.



**LET US HELP YOU LEARN
NEW SKILLS AS PARENTS OR
IMPROVE ON OLD ONES!**

IN YOUR HOME, OUR OFFICE , OR ON
THE PHONE...THE CHOICE IS YOURS!

WHO CAN RECEIVE OUR SERVICES?

NOT JUST FOR NEW PARENTS!

Active duty military and Tricare beneficiaries who are:

- Expecting a Baby
- Parents with Children Under 3
- Adoptive Parents



Contact

New Parent Support Program:
937-257-4608



WHAT CAN WE HELP WITH?

- Pregnancy/Labor and Delivery
- Breastfeeding Support
- New Baby Care
- Adjustment to Parenthood
- Sibling Preparation
- Infant/Toddler Growth & Development
- Nutrition/Feeding
- Play Activities
- Infant Massage
- Sleep Concerns
- Positive Discipline/Temper Tantrums/Biting
- Toilet Training
- Childproofing/Car Seat Safety
- Single Parenting
- Empathy Belly Demonstration for Expectant Partners
- Community Resource Referrals
- PCS/Deployment
- Check out our lending library!

...AND MUCH MORE!

