

# CONTINUING SERVICES & PROGRAMS

## FATHERHOOD ACADEMY

INFANT CARE CLASS FOR EXPECTING PARENTS

### PLAY GROUPS

NEWBORN TO WALKERS

FRIDAYS: 12:15PM - 1:15PM

WALKERS TO 24 MONTHS

MONDAY: 12:15PM - 1:15PM

24 MONTHS TO 36 MONTHS

WEDNESDAY: 12:15PM - 1:15PM

\*ALL PLAYGROUPS ARE HELD AT:  
NIKO NIKO CHILD CARE CENTER

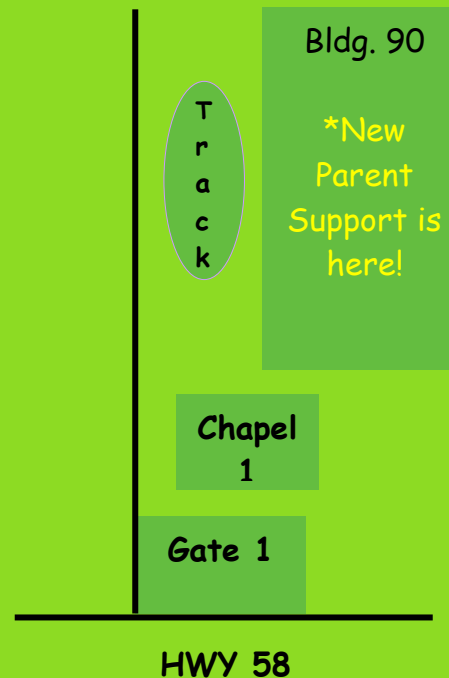
CALL NEW PARENT SUPPORT PROGRAM  
DSN 634-0433 OR COMM 961-0433

FOR MORE INFORMATION

New Parent Support Program  
Kadena AB, Okinawa, Japan  
Building 90

DSN 634-0433  
COMM 961-0433

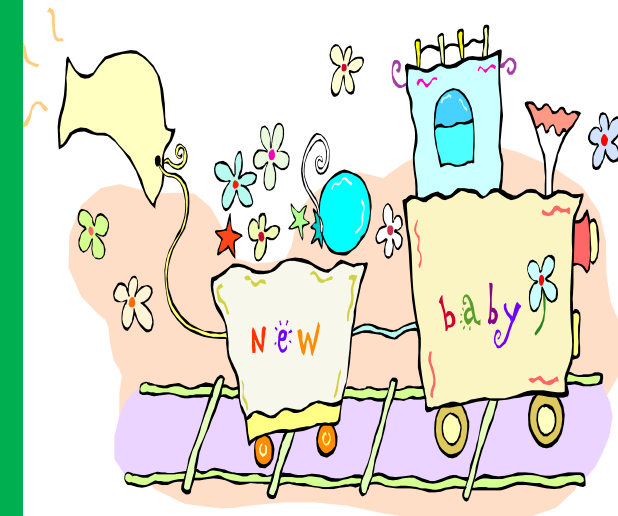
Down the road from Airman and Family  
Readiness Center  
(Building 99)



THE A, B, C'S OF PARENTING

# NEW PARENT SUPPORT PROGRAM (NPSP)

*Registered Nurses providing  
Knowledge and Skills for New Parents*





The NPSP services assist new and expecting parents with the support they need to be successful. These programs are designed to provide you with the knowledge and skills you need to be a great new and expecting parent! Below is a list of services we can provide:

- Tailored home visits by a Registered Nurse to address your needs and concerns
- Education on pregnancy
- How to manage the stress and challenges of parenting
- Connections in the military community
- Support for single parents
- Guidance with difficult infants or toddlers
- How to cope with colic, fussy, or high needs baby
- Discipline strategies
- Strategies for potty training or sibling rivalry
- ...and much, much, more!

## Program & Service Goals

- Well prepared new parents
- Confident and effective parents
- Happy and healthy children and families



## Who We Serve?

Active Duty Members & Dependents  
Of

ARMY & AIR FORCE



■ DOD & CONTRACT CIVILIANS  
affiliated with the Air Force & Army

- Families with children under 3
- Expecting Mothers DURING pregnancy
- Adopting Families



## OUR STAFF

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