

Services Offered

BREASTFEEDING

Certified Lactation Consultant

A breastfeeding class is offered the second Tuesday of the month at 1:00 in the clinic at MAFB. Lactation support is available after your baby arrives. A home visit or office visit can be arranged. Call to schedule.

PARENTING THE BASICS

Parents receive information to help them care and learn about their new expectant bundle of joy while dad gets to experience the empathy belly. Classes are held the third Thursday of the month. Call to schedule.

INFANT MASSAGE

Learn the art of massage for your infant by a Certified Infant Massage Instructor. Call to schedule.

INFANT SIGN LANGUAGE

DVD program instruction.
NPSP lending library.

LITTLE CRITTERS PLAY GROUP

Tuesdays, 0930-1130
North Plains Chapel (basement)
No sign up necessary

BEREAVEMENT

Please contact us for support

FOR ADDITIONAL
INFORMATION
PLEASE CALL

Linda Miller, RN, BSN, CLC
FAMILY ADVOCACY NURSE

The goal of the New Parent Support Program is to educate and prepare new parents to handle pregnancy, birth, and child care through the first three years of life. Home or office visit can be arranged to meet your needs.

Family Advocacy Program
New Parent Support Program
194 Missile Ave
Minot AFB, ND 58705

Phone: 701-723-5096
DSN: 453-5096

Family Advocacy
Program

New Parent
Support Program



Dear Parents,

The thrill of a new baby is one of life's most wonderful and challenging experiences. However, parenthood is the role we are least prepared for. The goal of the New Parent Support Program (NPSP) is to educate and prepare new parents to handle pregnancy, birth and childcare through the first three years of life.

The program offers free books, parenting classes, home visits, education, support and information. Program services can be started at any time during the pregnancy or after delivery and continue as needed until the child is three years.



What services are offered?

WHAT SERVICES ARE OFFERED?

- Postpartum telephone contact
- Education on pregnancy
- Education on baby and toddler care
- Information on community resources
- "What to Expect..." series of books
- Counseling services
- Home visits by a Registered Nurse/or Family Social Worker

WHO CAN RECEIVE SERVICES?

- Military families who are
 - Expectant or new parents
 - Parents of a baby or toddler (ages 0-3)
 - Newly adopted families
- If your family needs help with...
 - Colicky, fussy or high-needs babies
 - Single parents
 - A family with child discipline challenges
 - Parents interested in increasing knowledge or experience
 - Families separated by TDY, remotes, or deployment duties.

WHEN ARE SERVICES PROVIDED?

- During pregnancy
- After baby comes home
- Birth to 3 years as needed

What services are offered? (cont.)

WHERE ARE SERVICES PROVIDED?

- Home visits
- Office visits/consultations
- Community classes and groups



If you have additional questions please call: 723-5096