

Parenting can be **TOUGH!**



Let New Parent Support Program Help!

Home Visits are a free service for active-duty families who are expecting a baby or have children up to Age 5.

Home visitation is a chance to form a caring bond with a professional who can help with your concerns in the privacy of your home.

Our trained home visitors have extensive knowledge of the issues encountered by today's parents and are sensitive to the unique challenges facing military families.

Topics can include:

- Prenatal and postpartum support
- Infant massage skills
- Assistance with family transitions
- Developmental milestones
- Age-appropriate expectations as well as effective discipline strategies

MARINE &
Family

MCPCS
HENDERSON HALL

FOR INFO:
703-693-1160