



**DID YOU
KNOW?**

New Parent Support

1. Did you know that breastfeeding offers many great health benefits to your newborn baby? Do you know that your [New Parent Support Program](#) can arrange for a home visitor to help you address issues such as breastfeeding, crying, sleeping and infant care?
2. Did you know that children birth to 3 months can turn their heads in response to a parent's voice? Do you know that your Family Advocacy Program offers information on important [developmental milestones](#) for children? Do you know that you can subscribe to helpful email newsletters such as [From Baby to Big Kid](#), [The Parent Review](#), [Text4Baby](#) and [Just in Time](#), which are great resources full of information on developmental milestones, parenting questions and updates on recent research?
3. Did you know that Sudden Infant Death Syndrome is the leading cause of death in infants between the ages of 1 month and 1 year? Do you know that your Family Advocacy Program offers information on [safe sleep practices](#)?
4. Did you know that anxiety can be a symptom of postpartum depression? Do you know that your Family Advocacy Program provides information on how to recognize and deal with [depression](#)?
5. Did you know that structured play activities can help children improve their social and motor skills? Do you know that your Family Advocacy [New Parent Support Program](#) and your military and family support center have information on playgroups for parents/caregivers and young children?



For more information and resources, visit the [Parenting Page on Military OneSource](#) or call 800-342-9647.