

Military OneSource Video — New Parent Support Program

Family Advocacy Program

- **[Narrator]** What is the New Parent Support Program?

If you are expecting or have a young child, the New Parent Support Program can help you get your family off to a good start and thrive down the line, with free education and support, parenting skills, self-care and community building, to help you care for your child while also managing the demands of military life.

While program services vary between branches and installations, here's some of the support we can line up for parents:

Home visits. This service offers one-on-one support for parents in the comfort of their own home. You can set up a home visit with a professional to talk through steps for creating a safe and healthy environment for your child.

It's completely voluntary, and it's a good time to ask questions about anything, from sibling dynamics to safe sleep, breastfeeding or behavior management. The program can also help connect you to services at your installation, in your community and through the military health care system.

Some New Parent Support programs also offer parenting classes on a wide range of topics, such as child development, nutrition, newborn care and safety and discipline.

To help you feel more confident about caring for your child and prepared for milestones down the line, your program may also have playgroups. They're a great way for your child to enjoy some fun activities, and for you to meet other parents in your community to expand your network of support.

Who's eligible for the New Parent Support Program?

Services are available to active-duty military members and their spouses who are expecting a child, adopting or fostering a young child or caring for an infant or toddler age 3 or younger, or 5 years or younger for families in the Marine Corps.

And if you don't live near an installation, you can contact [MilitaryOneSource.mil](https://militaryonesource.mil) anytime to schedule a new MilParent specialty consultation. To learn more, find your local New Parent Support Program at <https://installations.militaryonesource.mil/npsp>.