



# New Parent Support Program

## Background

The New Parent Support Program offers parenting education and support to expectant parents or those who have a child 3 years of age or younger. This free program is designed to help parents navigate this time in their lives while juggling the demands of military life.

## Highlights

- The Defense Department remains committed to helping military families by promoting healthy parenting practices through home visits, play groups, parenting classes and printed parenting resources. Services vary by installation and service branch, but the core service, home visitation, is available to all eligible military families to help them provide a nurturing environment for their children even when life circumstances become difficult.
- The program aims to help new parents and their children thrive, no matter their situation. Parenthood is like any other job – there’s a lot of learning at first, but the more guidance provided, the better equipped parents will be to ensure a safe and healthy environment for their children.
- The program offers support and guidance by helping parents:
  - « Build strong, healthy bonds with their infants and toddlers
  - « Manage the demands of parenting
  - « Remain flexible and responsive
  - « Build a strong support network
  - « Respond sensitively to infant and toddler behavior
  - « Find services in their community

## NPSP eligibility

The New Parent Support Program’s services are free to active-duty members, their spouses or partners who have military medical treatment facility access and meet one of the following criteria:

- Expecting a child
- Have at least one child age 3 and younger (Army, Navy and the Department of the Air Force)
- Have at least one child age 5 and younger (Marine Corps)

## Additional information

New Parent Support Program contact information:

<https://www.militaryonesource.mil/benefits/new-parent-support-program/>

New Parent Support Program, “Department of Defense Instruction 6400.05”:

<https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/640005p.pdf>

The following resources relating to safe sleep practices are also available from Military OneSource:

- Safe Infant Sleep MilLife Guide: <https://www.militaryonesource.mil/resources/millife-guides/safe-sleep-for-infants/>
- Military Parent Resource Center: <https://www.militaryonesource.mil/parenting/family-life/military-parent-resource-center/>

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