

New Parent Support Program



It's Fun
It's Free
It's Helpful

813-827-9172



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Are you expecting or do you have
a child under age 3?

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The thrill of a new baby **can be one of life's most challenging experiences.** The role of the new parent-to-be is one area in which we usually receive little or no training.

Learning about those **first developmental milestones** and about your baby's continuing development is essential for parents in order so they can have a less stressful and more positive & rewarding parenting experience.

What is NPSP?

The New Parent Support Program is for expecting parents and parents of babies and toddlers! A Registered Nurse will provide education and support to expectant families with children ages 0-3 through home visits, office visits, telephone consultations and classes. One parent must be active duty (any branch of service) in order to be eligible.

What are Home Visits?

Home visits are personalized one-on-one consultation in the privacy and comfort of your home with a Registered Nurse. Each home visit is customized to meet your needs on the topics you want more information about.

Some of the topics the NPSP nurse can talk with you about include:

- Stages of pregnancy
- Labor and Delivery
- Breastfeeding
- Coping with crying
- Developmental milestones
- Effective Discipline
- Toilet Training



You can join the NPSP for **FREE** at anytime! To sign up for a personalized visit with a nurse, call [813-827-9172](tel:813-827-9172).

Classes provided by the NPSP are:

- Baby Basics
- Terrific Toddlers
- Dads: The Basics