

# New Parent Support Program

Parenting can be a challenge! The New Parent Support Program (NPSP) has a registered nurse and counselors available to help expectant and experienced parents with children up to the age of 3. NPSP is free to TRICARE beneficiaries and provides convenient in home or office visits!

We can provide information and support on many topics:

Pregnancy

Labor and delivery

Lactation Services

Adjustment to parenthood

Infant/toddler care and growth and development

Breastfeeding

Nutrition/feeding

Play activities

Infant massage

Sleep issues

Discipline/temper tantrums

Toilet training

Childproofing

Empathy Belly

Community Referrals, etc.

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