

WHAT IS THE NPSP?

The New Parent Support Program (NPSP) provides education and support services

- provided by experienced, licensed mental health professionals and registered nurses
- based on our extensive experience working with families who have young children
- sensitive to the unique challenges military Families face
- along with activities that promote the involvement of both parents, when possible

With NPSP, you'll learn how families form healthy relationships while establishing and maintaining safe and nurturing environments for your children. We also introduce skills that promote healthy family interactions, and help parents identify and address high-risk situations to prevent child neglect and maltreatment.

NPSP focuses on the factors that strengthen families:

- parental resilience
- social connections
- concrete support in times of need
- knowledge of parenting and child development
- children's social and emotional competence

WHO IS ELIGIBLE?

NPSP services are available to active duty, and retirees who are expecting a child or have children up to three years old.

Families may enter the program at their own request or through referral by a healthcare professional, command, or military or civilian agency.

WHAT SERVICES ARE AVAILABLE?

Army NPSP services assist and support Families who face the challenges of parenting in a military environment.

After we conduct your initial screening, we can help you develop Family Service Plans. The array of NPSP opportunities available to you includes offerings such as

- home visitation services
- play and support groups
- educational classes and training related to family readiness, including deployments
- prenatal and infant care
- home and infant safety
- safe sleep and child development
- stress management
- first time dads
- raising toddlers

We make things convenient for you – and can meet you at the office or in your home, whichever is easier.



WHAT CAN YOU EXPECT TO LEARN?

- The ABCs of safe infant sleep (place **A**lone in sleeping space, on their **B**ack, in an approved **C**rib)
- How to manage sticky topics like discipline and potty training
- Tips for feeding and nutrition for babies and toddlers
- Information about understanding and navigating post-partum depression challenges, deployments, and other life experiences that may impact parenting young children
- Information to ensure the safety and well-being of your child and other children
- How to report suspected child neglect and abuse

FAMILY ADVOCACY PROGRAM MISSION

The New Parent Support Program is a function of the Army's overall Family Advocacy Program (FAP) mission. FAP supports Soldier and Family readiness by helping establish healthy family relationships and identifying/managing the impact of challenges on these relationships to prevent and reduce child and partner maltreatment. Support services such as NPSP can proactively address the concerns and challenges that new families may face during pregnancy and early childhood.

The FAP NPSP enhances parent-child relationships, children's emotional and social adaptability, and parents' self-sufficiency and resilience.

FAP NPSP GOALS

- **Safety:** Educate and provide services and parent support to promote military Family safety and well-being
- **Personnel Preparedness:** Contribute to the development of adaptable and interdependent Soldiers and Families
- **Self-Sufficiency:** Support Soldier and Family member adaptation to the military environment
- **Community Cohesion:** Encourage the development of active social connections and participation in the Army community



GARRISON INFORMATION

Army Community Service
2494 Ricker Road
Fort Bliss, Texas 79916
Office: 915-568-9129
FB: Fort Bliss New Parent Support

Visit ACS for more information on the Employment Readiness Program (ERP), Financial Readiness Program (FRP), Exceptional Family Member Program (EFMP), Family Advocacy Program (FAP), and more at armymwr.com/acs.

Report suspected child neglect and abuse by calling the DOD Child Abuse Safety Hotline
CONUS: 877-790-1197
OCONUS: 571-372-5348



FAMILY ADVOCACY



NEW PARENT SUPPORT PROGRAM

SUPPORT PROGRAM FOR ARMY FAMILIES

The Army New Parent Support Program offers parenting and child development services to help new parents become nurturing and skillful caregivers.