

# New Parent Support Program

Are you having more sleepless nights with your toddler? Having trouble thinking of educational activities for your little ones from birth to age 4? Looking for community resources?

The New Parent Support Program is here to help and is continuing to provide services through phone contact.

## We can help you learn:

- ▶ Ages & Stages
- ▶ Prenatal Development
- ▶ Child Development
- ▶ Brain Development
- ▶ Establishing Nurturing Routines
- ▶ Positive Discipline
- ▶ Coping with Stress
- ▶ Age-appropriate activities to promote development
- ▶ Postpartum Depression
- ▶ Local Resources
- ▶ Children and Deployment
- ▶ Breastfeeding Support



## Home Visitation Program

Can be contacted at  
(847) 707-4780

