

Who are we?

We are licensed professionals providing supportive and caring services to military Families with children from birth to 36 mos. We help Army Families in many of the ways friends and Families do back home.

Who is eligible?

Army Families and other military Families expecting a child or with children from birth up to 36 months of age are eligible to participate in all of the services offered — free of charge!

What if you're not new parents?

Even if you've been raising your Family for a few years, each new age and stage of development brings new and different challenges. The New Parent Support Program offers you the opportunity to express your concerns and ask questions about children from birth to 36 months of age.



Why should you get involved?

- Become more confident as a parent
- Understand the stages of your child's development
- Develop a support system
- Reduce stress
- Improve communication between you and your spouse
- Learn why kids do what they do
- Develop common ground with your spouse in the area of parenting
- Improve your relationship with your children
- Make parenting fun
- Be a better parent to your children
- Feel more at home in the military community

The New Parent Support Program can help you learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood.

How do you enroll?

It's as easy as dialing your phone. Just give us a call during regular business hours:

**Fort Stewart
(912) 767-5058**

**Hunter AAF
(912) 315-6816**

Army Community Service

Army Emergency Relief

Army Family Team Building

Deployment/Mobilization Readiness

Employment Readiness

Exceptional Family Member Program

Family Advocacy Program

Family Welcome Center

Financial Readiness

Information & Referral

New Parent Support Program

Relocation Readiness

Sexual Assault Prevention & Response

Volunteer Program



Army Community Service calendar of classes and events can be found at www.stewart.army.mil under the Family tab.

New Parent Support Program



For ages 0-36 months



**Fort Stewart
New Parent Support Program**
Army Community Service
201 Lindquist Road, Bldg. 86
(912) 767-5058/5059

**Hunter Army Airfield
New Parent Support Program**
Army Community Service
171 Haley Avenue, Bldg. 1286
(912) 315-6816

www.stewart.army.mil

Parenting Classes

Visit www.stewart.army.mil (click on FAMILY) to view the ACS Calendar of Classes for current times and locations.

Scream Free Parenting

(For parents with children ages 1-4)

An interactive course that provides principles for overcoming the anxieties and stresses of parenting in order to establish a more effective approach to parenting.



Baby Bootcamp for Dads

(For new or expectant fathers)

Caring for a brand new, tiny, fragile baby can be the most challenging job a dad will ever have to face.



This interactive class is for men who are expecting a baby or have children up to age 1. Network with other fathers, build confidence in your ability to parent, and enhance your nurturing side.

Infant Care

An interactive three session class that teaches parents about infant and self care. Through this workshop you will be provided and strengthened with the basic skills that are vital for newborn care.

Support

Infant Massage Class

(Appointment only)

(For parents with babies 6 wks. to 9 mos.)

Babies, bring your parents to learn the delicate art of infant massage!

Benefits to Baby:

- Promotes better sleep
- Boosts immune system
- Relieves teething pains
- Makes baby feel loved and secure

Benefits to Parent:

- Relaxation
- Time to connect and interact with baby on a deeper level



Before Baby Arrives

A course designed to foster strong bonds between both parents and their unborn child to inspire pregnant women to have a healthy lifestyle and ultimately, a healthy baby.

FlyFamilies featuring FlyLady

Are you living in CHAOS (Can't Have Anyone Over Syndrome)? Does your home/life have you feeling overwhelmed and you don't know where to start? You are not alone! Join us and learn the FlyLady system that helps us take baby steps towards getting rid of clutter and keeping our home clean.



Interactive Play

Play Morning!

(For ages 0-36 mos. with their parents)

- Interactive play
- Music & Songs
- Stories
- Crafts
- Toys
- Friends

Hunter AAF (every Tuesday)

Building 8805
1000-1130

Fort Stewart (every Thursday)

Bryan Village Youth Center
1000-1130

No pre-registration required.
Please bring a copy of immunization records.



Includes activities Mommy and/or Daddy can do at home with child.

Come and see what all the fun is about!

Home Visits

Available On-Post or Off-Post)

- Licensed Professionals
- Nurturing Program for Military Families
- Behavioral Concerns
- Infant Massage
- Breastfeeding Support
- Child Development
- Support During Deployment

Parenting Quick Reference

NEW PARENT SUPPORT PROGRAM

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201 Lindquist Road, Bldg. 86
(912) 767-5058/5059

Hunter Army Airfield
Army Community Service
171 Haley Avenue, Bldg. 1286
(912) 315-6816

Important Phone #'s	Fort Stewart	Hunter AAF
Emergency	9-1-1	9-1-1
Poison Control	(800) 282-5846	(800) 282-5846
Victim Advocate Hotline	(912) 767-3032	(912) 315-5343
American Red Cross	(912) 767-2197	(912) 651-5300
Behavioral Health	(912) 767-1647	(912) 315-6430
Child and Youth School Services (CYSS)	(912) 767-2312	(912) 315-5425
Early Developmental Intervention Services (EDIS)	(912) 435-6370	(912) 435-6370
Exceptional Family Member Program (EFMP)	(912) 767-5058	(912) 315-6816
ID cards/DEERS	(912) 767-4909	(912) 315-5726
La Leche League (breastfeeding support)	(912) 368-1188	(912) 356-3804 (912) 897-9261 (912) 232-2258
Military and Family Life Consultants (MLFC)	(912) 432-1033	(912) 655-8327
Military One Source	(800) 342-9647	(800) 342-9647
Military Police (Non-Emergency)	(912) 767-4895	(912) 315-6133
Women, Infant, & Children Services (WIC)	(912) 877-3330	(912) 303-1975

Hospital Phone #'s	Fort Stewart	Hunter AAF
Appointment Line	(912) 435-6633	(912) 435-6633
Winn Army Community Hospital	(912) 435-6965	
Tuttle Health Clinic		(912) 315-6500
Emergency Room (Fort Stewart only)	(912) 435-6633	N/A
Labor and Delivery-24/7	(912) 435-6785	N/A
Pediatric Clinic	(912) 435-5095	(800) 652-9221
Pharmacy	(912) 435-6576	(912) 315-3004

www.stewart.army.mil

Services and classes for parents with older children are offered through the Family Advocacy Program (FAP).

All classes can travel to your location of choice, and we can customize any class for you & your friends!