



New Parent Support

The New Parent Support Team (NPST) at the Yokosuka Fleet & Family Support Center provides a variety of support services for expectant parents or families with young children 0-4 years old. They help Navy families to stay healthy and strong, by providing helpful information, educational classes, consultation, support and guidance during pregnancy and early infancy. All New Parent Support Team services are voluntary and confidential. For assistance, or for more information about the New Parent Support Team, contact the Yokosuka NPST Assistant at DSN: 243-98512 / 243-6716 or Email: c200ca16@cfay.navy.mil.

The New Parent Support Team is comprised of three social science professionals with specialized training in early childhood development

- Community Health Nurse
(*Licensed Registered Nurse*)
- New Parent Home Visitor
(*Togalog speaking*)
- NPST Program Assistant

New Parent Support Team services are offered free of charge to all military and SOFA sponsored families, and include: Hospital / clinic visits, home visits for new parents, office visits and consultations, telephone consultations, videos, books and resources. Our professional staff provide parental support, referrals to community resources, pregnancy and parenting education, Boot Camp for New Dads and much more. For assistance, or for more information about the New Parent Support Team, contact the Yokosuka NPST Assistant at DSN: 243-9851 / 243-6716 or Email: c200ca16@cfay.navy.mil.