

# New Parent Support

# 2012



(301)342-4911



## **\*Personalized Prenatal, Infant and Toddler Parenting Instructional Home Visitations**

To Schedule Call: (301)342-4911

**\*FREE\***

### **Amazing Newborns**

Discussion and hands-on instruction  
infant care class for parents-to-be  
Receive a FREE "Baby Go To Sleep"  
'Heartbeat Lullabies' CD & a copy of  
"Your Baby's First Year"

March 6	6 to 8 pm
June 5	6 to 8 pm
August 9	6 to 8 pm
December 13	6 to 8 pm

**Breastfeeding Assistance  
Pump Loan & Lactation  
Stations call: 301-342-4911**

### **Breastfeeding, Prenatal and Birthing Classes**

*Classes at St. Mary's Hospital*

Call Health Connections at  
St. Mary's for dates and times:  
301-475-6505

### **Budget for Baby**

Navy/Marine Corps Relief Program

**\*NOW OPEN TO ALL  
GRADES**

**RECEIVE A JR SEA BAG  
WORTH \$100**

Wednesdays 10 to 12am

January 25	May 23	September 26
February 22	June 27	October 31
March 28	July 25	November 28
April 25	August 22	

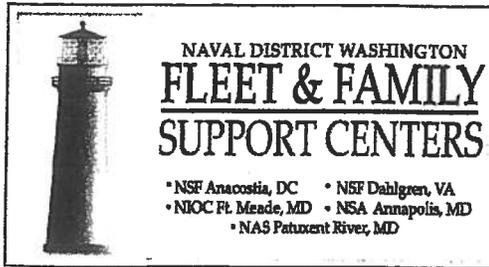
### **Play Group**

**\* Wednesdays\***

Glen Forrest Community  
Center

### **1-2-3-4 Parents!**

Parenting Workshop for 1-4 year olds  
**NEW!!!** Hours... Three sessions per  
year...watch our calendar for  
scheduled dates.



Dear Expectant Parent(s):

My name is Lolita Tyler-Lockett, and I am a maternal-child specialty nurse and the coordinator for the New Parent Support Program (NPSP) under The Fleet and Family Support Center at NAS Patuxent River. I first would like to take this time to offer congratulations on the news of your pregnancy. Whether this is your first or your "new addition," this is a very special time for you and your family.

The Patuxent River New Parents Support program provides education and support services to expectant families and new parents with infants and toddlers. It was established to assist new parents in coping with the demands of parenting and military life, increase their knowledge and skills, and enhance the lives of newborns and military children.

Through a variety of programs, including intensive home visits, support groups, and parenting classes the NPSP will help new parents cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. Overall, we offer a program that is developed to assist military families in many ways that friends and family often do back home.

Home visits are also arranged, when possible, at your convenience. It can be an opportunity to form a warm, caring friendship to talk about whatever concerns you in the privacy of your home. In addition, guidance and some assistance can be provided with postpartum and newborn care.

Please feel free to contact me or come by. It is a delight for me to meet parents, parents-to-be and families. I am located at the Fleet and Family Support Center on Patuxent River Naval Air Station in building 2090, 21993 Bundy Road, next to the Child Development Center. My office number is (301) 757-1862 or (301) 342-4911.

My very best wishes to you,

*Lolita D. Tyler-Lockett, RN*



The Navy-Marine Corps Relief Society  
Presents

# Budget for Baby

Active duty or retired Navy or Marine Corps service members and their spouses (regardless of paygrade), if you're expecting, just had a baby or even if you are thinking about having a child, our Budget for Baby Class is for you. This Class will help you prepare financially for birth and beyond.

Some of the topics discussed:



- ❖ Military Income
- ❖ Monthly Expenses
- ❖ Baby's Impact on your Budget
- ❖ Understanding Debt
- ❖ Wise Consumerism
- ❖ Legal Issues for Parents
- ❖ Insurance



Upon completion of the class \*eligible recipients receive a Baby Seabag filled with a layette package from Gerber containing a set of bedding, baby towel, and clothing items. Also in the bag is baby book and a beautiful handmade afghan and other items. The Afghanes are knitted and crocheted by Navy-Marine Corps Relief Society Volunteers.

Classes are held the last Wednesday of each month  
from 1000 to 1200 in building 401 - Religious Program Building  
(next to the base chapel)

**You must R.S.V.P. for the class at 301-342-4911**

If you should have any questions regarding the Budget for Baby Class, please call the Patuxent River Office of the Navy-Marine Corps Relief Society at 301-342-4739.