

Fort Carson Army Community Service Soldier & Family Readiness

New Parent Support Program

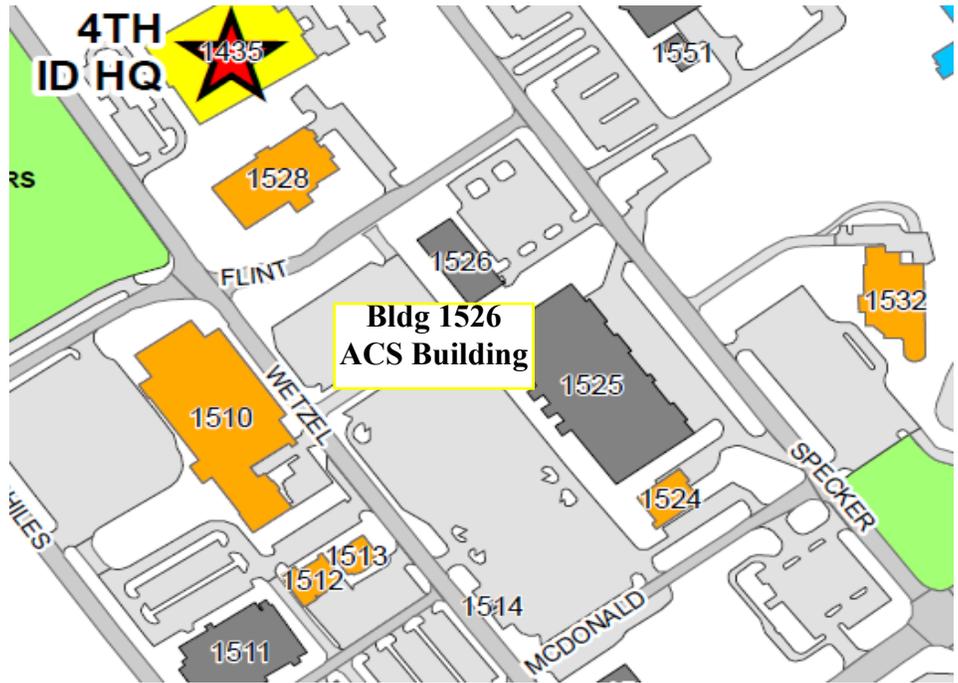
The Army Community Service New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

Class Frequency	Class Name	Times	Description	Location
Weekly	Infant Massage & Baby Nurturing	Tuesday: 10 a.m. to Noon	Pregnant moms and parents with babies are encouraged to attend. Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcomed.	ACS Family Nurturing Center, Building 1354
Weekly	Playgroup	Friday: 10 a.m. to Noon	A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. No registration required, walk-ins welcomed.	ACS Family Nurturing Center, Building 1354
Weekly	Toddler Time	Thursday: 9:30 to 11 a.m.	Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed.	ACS Family Nurturing Center, Building 1354
Monthly	Basic Training for New Moms	3rd Tuesday of the month: 9 a.m. to Noon	Topics include becoming a new mom, caring for your baby and caring for yourself. Register online at www.carson.army.mil/acs or call (719) 526-8747	ACS Building 1526
Monthly	Boot Camp for New Dads	1st Tuesday of the month: 9 a.m. to Noon	Topics include becoming a new dad, caring for your baby and caring for mom. Register online at www.carson.army.mil/acs or call (719) 526-8747.	ACS Building 1526
Quarterly	Nurturing (0 to 5 years)	Call (719) 649-3860 for the next session and to register.	This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more.	ACS Family Nurturing Center, Building 1354
Quarterly	Nurturing (5 to 12 years)	Call (719) 649-3860 for the next session and to register.	This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more.	ACS Family Nurturing Center, Building 1354
One on One	Home Visitors	Call (719) 524-1991 to schedule an appointment	A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.	N/A



Fort Carson ACS Family Nurturing

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Family Nurturing Programs

