

# Resources\*

AFCS Family Advocacy Program: 967-5901

Answers for Special Kids (ASK) Family Health Hotline: 1-800-322-2588  
www.ParentHelp123.org

Directorate of Personnel & Family Readiness/ Armed Forces Community Service (AFCS)  
Waller Hall: 967-7166  
McChord: 982-2695

Substance Abuse Prevention: 968-6765

Child Protective Services: 1-888-235-7638

Child & Youth Services (CYS) Registration: 966-2977

CYS SKIES: 966-3539

CYS Teen Zone: 967-4441

DSHS/DCFS - State Assistance 1-800-737-0617

Escape Zone: 982-8590

Evergreen Elementary ECEAP/Preschool: 583-5255

Exceptional Family Member Program (EFMP): 967-9704/7166

JBLM Safeline (Domestic Violence): 966-SAFE (7233)

Key Spouse Contact line: 982-5397 (McChord)

Madigan ER: 968-1390

Madigan Info: 968-1110

MAMC Appt: 1-800-404-4506

MAMC Behavioral Health FAP: 968-4159

MAMC Child and Family Behavioral Health System: 968-4843

MAMC EFMP Enrollment: 968-1626

Main Post Chapel: 967-3816

Military and Family Life Counselor Program: 329-6632/6636

Military OneSource: 1-800-342-9647

Multi Care Health System Tacoma General: 403-1000

PAVE/STOMP, Advocacy/ Special Ed. Services: 565-2266

Raindrops & Rainbows: 966-4802

Special Ed Dept. Clover Park School District: 583-5170

Suicide Prevention Lifeline: 1-800-273-TALK (8255)

WA Poison Control: 1-800-222-1222

WIC Program: 966-4688/4956

## PREGNANCY TOPICS

Fetal growth & development

Referral to WIC

Nutrition

Pregnancy health issues

Breast feeding and bottle information

Childbirth education

Prenatal Bonding

Father's Role

Preparation for Baby

Emotional Changes

Newborn care education

## CHILDHOOD TOPICS

Child development

Parenting classes

Safety and child-proofing

Discipline

Infant Toddler care

Child health care issues

Toy selection

Play and activities

Feeding

Support groups for parent & child

Spoiling baby

Calming baby

Sudden Infant Death (SIDS)

Infant personality

Sleep patterns

Infant communications

Temper tantrums

Toilet training

Infant massage

## FAMILY TOPICS

Stress management

Relationship counseling

Deployment

Self-esteem issues

Grief issues

Sibling Rivalry

Divorce

Single parenting

Depression

Past childhood issues

Behavioral problems of child

JBLMAFCS.com

facebook.com/jblmafcs



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Joint Base Lewis-McChord

Family Advocacy Program

# New Parent Support Program

Directorate of Personnel & Family Readiness



(253) 967-7409 | Message Line  
(253) 967-5901 | Class Enrollment

jblmafcs.com

\*Area code is 253, unless otherwise printed.

# New Parent Support Program (NPSP)



## Who are we?

Whether you are a new parent or new again, the New Parent Support Program (NPSP) is there to support you. NPSP is a home, community-based parenting support and education program for expectant parents and Families with children through age three. Services are confidential and provided free of charge by licensed professionals who have extensive knowledge & experience in child development and parenting. They provide education, support, information, & resource referrals to military Families who want to learn more or better parenting skills.

## What do we do?

- We provide ongoing home visitation and community-based support to you and your family by appointment and at your convenience.
- We will work with you individually or as a family on a wide range of parenting topics.
- We are able to help your family prepare for all phases of deployment/separation.

## When are we available?

Our office hours are Monday through Friday from 8 a.m. to 4:30 p.m. You can call us at 253-967-7409 to request services and a home visitor will contact you to schedule an initial visit.

## Activities and Classes we offer:

NPSP also offers parenting classes free of charge. To register for classes call 253-967-5901 or visit [jblmafcs.checkappointments.com](http://jblmafcs.checkappointments.com). Furthermore, free childcare is available for most classes through the Hourly Care Centers or through Kids-On-Site. Children must be registered with CYS to receive care.

### Infant Massage

Learn the art of infant massage from certified instructors. Improve sleep, appetite, bonding, soothing a fussy baby, and promoting brain development.

### 1-2-3 Magic/Effective Discipline for Kids 2 - 12 yrs.

Parents will learn how to discipline without arguing, yelling or spanking.

### Play Groups

This is an ongoing support opportunity for children to interact and play with peers, and for parents to connect with other parents. Weekly play groups available for different age groups; no registration required.

### Mindfulness Meditation for Calmer Parenting

If you find yourself overwhelmed with parenting and don't have the support you need from a spouse to be the parent that you want to be, then this group is for you. Parents will learn and practice mindfulness skills to decrease stress.



## Baby Boot Camp

This is a fun and interactive class for those expecting or who have a newborn infant. We cover your role as a parent, care for an infant, developmental stages, resources & more.

## Moms to Moms and Dads too!

A space for moms/dads and babies 6 weeks - 6 months to connect and grow. Each weekly meeting includes a specific topic and time for free discussion.

## 24/7 Dad Workshop

Being the best dad you can be is the MOST important kind of "home improvement" you can do for your family, whether you're a new dad, single dad, or seasoned veteran.

## NPSP enrollment email:

[usarmy.jblm.imcom.list.dfmwr-acs-npsp-services@mail.mil](mailto:usarmy.jblm.imcom.list.dfmwr-acs-npsp-services@mail.mil)

## FAP class enrollment:

[jblmafcs.checkappointments.com](http://jblmafcs.checkappointments.com)

