

## Resources

Navy **New Parent Support** can provide additional information, as well as more resources for you and your family. Contact us today!

- ABC's of Having a Military Baby at Naval Medical Center San Diego (NMCSO) 619-532-7150
- Active Duty Pregnancy Resource Workshop at FFSC, 866-923-6478
- Breastfeeding Basics Class at NMCSO 619-532-5261
- Breastfeeding WarmLine: Telephone Hotline for Questions & Concerns 619-532-5261
- Boot Camp for New Dads: Training for Dads-to-Be, 619-532-6896
- Budgeting for Baby at Navy- Marine Corps Relief Society, [www.nmcrs.org](http://www.nmcrs.org)
- Child & Youth Programs: Military Childcare Options, [www.militarychildcare.com](http://www.militarychildcare.com)
- Infant/Child CPR at NMCSO, 619-532-6912
- Labor & Delivery Tour of NMCSO 619-532-7082
- Military OneSource: Resources & More [www.militaryonesource.com](http://www.militaryonesource.com)
- Mom's Survival Training at NMCSO 619-532-6896
- Sibling Class at NMCSO: Preparing Children for a New Sibling, 619-532-6896
- Women, Infants & Children (WIC) 800-500-6411
- YMCA Childcare Resource Service 800-481-2151

## Locations

navylifesw.com

**NAVAL BASE CORONADO**  
Buildings 318, Sauffley Road  
San Diego, CA 92135-7138  
619-545-6071

**NAVAL BASE POINT LOMA**  
Buildings 211 & 212, 140 Sylvester Road  
San Diego, CA 92106-3521  
619-553-7505

**NAVAL BASE SAN DIEGO**  
Building 271, 3005 Corbina Alley, Suite 1  
San Diego CA, 92136-5190  
619-556-7404

**NAVAL BASE SAN DIEGO**  
3147 Eel Alley, Bldg. 271  
San Diego, CA 92136  
619-556-8809

**BAYVIEW HILLS BRANCH**  
1967 Sky Harbor Road  
San Diego, CA 92139  
619-267-1720

**GATEWAY VILLAGE BRANCH**  
3207 Rosecrans Place  
San Diego, CA 92110  
619-222-5548

**VILLAGE AT SERRA MESA BRANCH**  
3141 Afton Road  
San Diego, CA 92123  
858-505-1369

**KEARNY MESA BRANCH**  
3950 Calle Fortunada  
San Diego, CA 92123  
619-987-9449



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## New Parent Support Home Visitation Program

(NPSHVP)



Naval Base San Diego  
3147 Eel Alley, Bldg. 271  
San Diego, CA 92136  
619-556-8809

# Home Visitation Program



(NPSHVP)

## New or Expectant Navy Parent?

Fleet and Family Support Center (FFSC) New Parent Support Home Visitors offer support, referrals and education services for expectant and new parents.

You are eligible for this program if single or married active duty, or an eligible family member.

This program is for you if you can access services at a military medical treatment facility whether you are expecting your first child or your family includes a child under the age of four.

### Services:

- Free and confidential assistance
- Individualized home visitations, consultation, and Nurturing Parent education
- Military and civilian resource referrals
- Special support to active duty moms-to-be on getting ready for maternity leave and parenthood while active duty

*Through family-centered care,  
we can help you give your baby  
the best gift of all...*

*Loving, Nurturing &  
Happy Parents!*



## Nurturing Parent Program

### What is taught in the Nurturing Program?

- Enhancing self-awareness
- Building empathy
- Exploring discipline alternatives
- Developing age appropriate expectations
- Promoting bonding and attachment

### Who should use the Nurturing Program?

- Any family that wants to get along better, communicate more and feel closer to each other.
- The program works for all kinds of families: two-parents, single parent, foster, adoptive and blended families with children under the age of four.

### What will you gain?

- Nurturing routines for meal times, bed times, chores, etc.
- Effective discipline techniques, such as redirection, choice and consequences, family rules and praise.
- Enjoy your family and have more fun together.