

New Parent Support home visits can support you with any of the following:

- Tour of Ansbach Hospital
- Giving birth in Germany
- Pregnancy support, including nutrition and understanding bodily changes
- Proven tips to reduce tantrums
- Proven techniques to reduce crying
- Baby proofing your home
- Learning how to help baby sleep longer
- Newborn care
- Newborn baby gift bag
- Breastfeeding support and encouragement
- Understanding your child's developmental needs and milestones
- Learning exciting and appropriate play activities for your child
- One-on-one consultations with a home visitor
- One session or more, all voluntary services
- Activities for young children

Come in or call **ACS** to set up an appointment

New Parent Support Program Office
Army Community Service

Bldg. 5817A, Room 209
Katterbach Kaserne
DSN: 314-467-7777 or 2883
CIV: 09802-83-7777 or 2883

Closed weekends &
U.S. Federal Holidays

Visit Ansbach.ArmyMWR.com
for the latest information!

U.S. Army Garrison Ansbach

New Parent Support Program (NPSP)



About Us

The New Parent Support Program (NPSP) helps military Families to enhance parent and infant attachment, increase knowledge of child development, and provide connections to the support services that allow parents to become nurturing and capable caregivers.

The NPSP staff consists of licensed social workers and registered nurses who provide in-home parenting education, support, resource linkage and referral services to community agencies.

No matter how many children you have, with the addition of each child in your life, you become a new parent!

Our services are geared towards children ages 0-3.



Services



Home Visitations: Our professional staff can provide one-on-one assistance and support pre and post delivery in the comfort and privacy of your home. The home visitor can also connect first time parents with ways to get funds to help with fulfilling the baby's needs.

Ages & Stages: You will be surprised how quickly babies grow! Our staff can assist you with various ages and stages, discipline, nutrition, potty training, crying, sleep problems, stress management, child safety and many more helpful parenting skills.

All NPSP services are no cost.

Classes

Baby Bootcamp: This is the class that answers questions books do not. It is geared for expecting parents, and covers topics such as the birth certificate process in Germany, breastfeeding, expectations, bringing baby home, and more. Learn about the on/off post resources available to improve parent and baby quality of life.

Daddy Matters: Calling all dads! This class focuses on the importance of fathers in a child's life. Learn ways to bond with your baby and much more

Scream Free Parenting: This class gives you the skills to effectively communicate in a positive manner with your child. Learn to respond to parenting challenges rather than react.

Playgroup: Let your babies come together to play and interact! Parents learn ways to be active and engage with children. Playgroup is for children ages 0-3. Groups held weekly on Katterbach and Bleidorn Kaserne.