

Parent Information



Baby Basics

This 1/2 day class educates expecting parents on budgeting, nutrition and infant safety. All participants will receive a free "bundle" of goodies consisting of a blanket, books and other baby items. This class is held every other month. To schedule this class please contact the Airman & Family Readiness Center at 228-5690.

Time for Tots

This playgroup for pre Kindergarten and under meets each Wednesday from 9:30 AM to 10:30 AM at the Desert Dove Chapel. Contact the Airman & Family Readiness Center at 228-5690 for more information.

Special Education Roundtables

Monthly forum for parents with a child in or entering special education to ask questions and get answers from field professionals and peers. A great time to share challenges, opportunities and experiences. Contact the Airman & Family Readiness Center at 228-5690 for more information.

New Parent Support Program

Description: The thrill of a new baby is one of life's most wonderful and challenging experiences. However, parenthood is the role we are least prepared for. The NPSP's goal is to ease the transition by providing education and support to parents during the pregnancy, birth and up through the first three years of childhood.

Services: Voluntary program consisting of home visits by family advocacy nurse specialist providing education on pregnancy, baby and toddler care, literature, videos, basic parenting classes, referral to community resources, couples communication skills classes, family counseling, and support groups.

Those who could benefit: Active Duty Families with children 3 years or under; Single parents, with no local support or family, parents with difficult children, expectant or new parents needing support, stressed out individuals due to financial or marital issues, those with limited or no knowledge/experience of care for babies, those experiencing frequent TDY's or a remote tour, colicky/ fussy, or high needs baby, parents having discipline problems.

Child Development Center

Whether your child is six weeks old or five years of age, the Child Development Center

(CDC) provides a quality care program to assist you.

The CDC accepts children with reservations and on a space-available, drop-in basis. Your child may stay for a few hours or an entire day, on a limited basis. The center also has an active sublet program for parents seeking temporary care. For more information please contact 228-6463 [Child Development Center](#).

Dad's Baby Boot Camp

Children unfortunately don't come with a book of instructions; Dad's Baby Boot Camp is an informative class taught by volunteer instructors who are also new/experienced fathers. This class is designed to build confidence and prepare first time fathers for the challenges of parenthood. Fathers will be taught how to care for their new baby as well as how to help with after-care for mom (Post-Partum Depression, etc.).

Parenting Skills

PARENTING PROGRAM

This program is presented once weekly for 6 sessions. Sessions cover such core topics as: parents as teachers; communicating and how to change behavior, preventative teaching; setting your child up for Success, teaching expectations, and corrective teaching; responding to problem behavior, and teaching self control; responding calmly when your child wants to argue and yell.

Youth Center

The Youth Center assists active duty personnel and DoD civilians by offering a safe learning environment for youths ages 6 to 18. The Youth Center is affiliated with the Boys and Girls Clubs. For information please contact 228-8844 [Youth Programs](#).