

Useful Websites

www.supportgroupscentral.com/psi
www.babycenter.com
www.zerotothree.org
www.laleche.org
www.dodparenting.org
www.lucieslist.com
www.kellymom.com

Facebook

- Kirtland AFB Mom to Mom Support Group
- Kirtland AFB Information Central
- Kirtland Mommies
- Kirtland Spouses

Useful Apps

- AF Connect
- What to Expect
- Period of PURPLE Crying
- Babies on the Homefront
- CDC Milestone Tracker
- My Pregnancy A-Z

The New Parent Support Program (NPSP) is a free educational home visitation program provided by the Family Advocacy Nurse. Services are conducted anywhere in the Albuquerque area.

Eligibility:

- Military family with TRICARE
- Expectant and/or child up to 36 months
- Not just for first-time parents

Services:

- Pregnancy support
- Infant/child growth and development
- Community resources

Contact:

Deborah O'Sullivan, RN, MSN, CLC
(505) 846-6743
deborah.j.osullivan.civ@health.mil



New Parent Support Program



Healthy Families on Track

Kirtland AFB

What is WIC?

WIC is the special supplemental food program for pregnant women, infants, and children under 5 years. The WIC office at KAFB is open on Wednesdays. Please call (505) 846-0729 for additional information.

Bundles for Babies

This free 2.5 hour class offers important information for expectant parents. AD USAF, USN, and USMC families will receive a BX gift card to help them get ready for baby. Call (505) 846-0741 to sign up. Dates for 2023: 27 Jan, 31 Mar, 19 May, 21 Jul, 15 Sep, and 17 Nov.

Classes

- Baby Basics--3rd Tuesday 0900-1100
- Dads 101--2nd Tuesday 1300-1500

Call (505) 846-0139 for information and to register



Additional Resources

Lactation Support

Visit www.tricare.mil for information on purchasing breast pumps. The NPSP nurse has information on TRICARE vendors and can assist with lactation questions.

Childcare

- portal for military daycare:
www.militarychildcare.com
- community daycare:
<https://www.nmececd.org/child-care-assistance/>



Parents Night Out/Give Parents a Break

Held at Gibson Child Development Center one Friday evening a month. Please call (505) 846-1103 for additional information or to register.

Playgroup

This group meets every Tuesday from 1000-1100 at Gravity.

DEERS/TRICARE

As soon as possible after infant birth:

- Enroll in DEERS. Submit letter of live birth to
377FSS.FSPS.Workflow@us.af.mil
- Enroll in TRICARE (Prime or Select). Call 1-844-866-9378