Airman & Family Readiness Center 723-3950
Bunche for Babies - Held monthly
Get tips on budging for your new baby! Find out what support services are available. Learn more about parenting and the chores that come with it from other parents. PNC will assist in child care during the last 6-8 weeks of pregnancy. Enrollment is limited.

Childbirth & Bridewealth Basics - Contact AFRIC for dates
Prepared to help you through the birth process. This program allows the parents up to four hours of free classes twice a month at the Child Development Center. Ongoing support is available through the Airman & Family Readiness Center for more information.

Nursing Area
Private space is provided for nursing mothers out of the classroom at the CDC.

New Parent Orientation - Second-Saturday of each month
Come to the CDC at noon and meet the CDC Director and find out information about the programs.

CYP MFLC
(701) 425-7905
The Child and Youth Behavioral Military Family Life Consultant is available for new parents needing assistance in dealing with the stress of a new born.

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Family Advocacy/New Parent Support Program
Located at the 5th Medical Group in the MAF Thursday Clinic POC Leslie Mikel RN, BSN CLC 723-3999.

NISP - Design to give you the confidence to bring home and care for your newborn. Becoming a parent comes with many obstacles that you may or may not have been aware of. Help answer your questions so well as the free valuable information about raising one of your baby.

Breastfeeding - Help for mothers who have decided they want to breastfeed or mothers who want more information about breastfeeding. Education on the many techniques to use with your new born. Assistance accurate information and support that you need to gain confidence and start an amazing bond with your baby.

Happiest Baby in the Block - DVD program instruction, FAP Lending Library
Lactation Room - Class, space, and pleasant room with running water and electrical outlets for breastmilk expressed breastmilk for their babies while mothers are at work. Located in parentheses at the 5th Medical Group.

Infant Sign Language - DVD program instruction, FAP Lending Library
Little Critics Play Group - Tue. 9:30am-11:00 MP Chapel Basement No sign up needed.

Parking the Basics - Every month Call for schedule
Home Visits - Available upon request.

Rough Riders Pizza
LSP Playedley Sunshine: Every month
Deadline: 1 month prior to event.

Tap, Ballet, & Jazz Classes for children ages 2 & up. $40 for members.
Tap, Ballet, & Jazz classes for children ages 2 & up. $40 for members.

Lending Library
POC Linda Miller, RN, BSN, CLC 723-5096.

Library
Every Thursday - Every Wednesday to 10:00am Children under the age of 7 join the library for friendly story times and crafts.

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Fitness Center
272-2145
Parent & Tot Fit Kids - See Fitness Class Schedule for times.

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OFFERINGS FOR EXPECTANT/NEW MOTHERS

Airmen & Family Readiness Center
723-3900

Child Development Center
723-3750

CYB MFLC
(701) 425-7905

Domestic Abuse Victim
Advocate Information
723-5484 or (701) 557-9466

Family Advocacy/New Parent Support Program
723-5996

Fitness Center
723-2145

Family Child Care
723-6442

Base Library
723-3344

Rough Riders Pizza
723-4377

WIC (Women, Infants & Children)
723-2118

Youth Center
723-2838

Family Child Care (FCC) Programs 723-6662

- Dependent Child Care (DCC)
- Salary (SL)
- Extended Day Care (EDC)
- Supplementary Child Care (SCC)
- Home Child Care
- Deployment Child Care Support
- Pre-Deployment Child Care (PDCC)
- Pre-Deployment Home Care (PHHC)
- Returning Home Care (RHC)
- Medical Care (MC)
- Medical Care 2 (MC2)
- Emergency Medical Care (EMC)
- Child Care Support for Fallen Warriors (BC)
- Child Care Support for Family Members (FMC)
- Air Force Aid Society Child Care for PCS (AFAS PCS)
- Family Child Care for Fallen Warriors (BC)
- Community Based Child Care Programs

Please contact Family Child Care for more information.