



New Parent Support Newsletter

July 2026

Calendar Highlights

Mommy Daddy 102

- Our class for parents of newly or soon to be 1 year olds to learn about the new safety concerns and milestones
- Friday, July 17th @ 10:00-11:30 AM in ACS Building
- *Registration Required*

Fair Play Equitable Parenting

- Learn how to share household and parenting responsibilities more equitably, strengthen communication, and create a more balanced, less stressed family life together
- Tuesday, July 28th @ 17:00-18:15 in the ACS Building
- *Registration Required*

Play in the Playground with WIC

- "Active Play Every Day"– There will be music, a dance, and fun!
- Wednesday, July 15th @ 10:00-11:00 AM @ WCSC Cottage Playground (formally USO Cottage Playground)

Parenting Tip of the Month

Long Haul Trip Tips

- Opt for overnight flights
- Book a bulkhead row with bassinets (infants) or a window seat (toddlers)
- Pack enough for 24 hours (diapers, wipes, and snacks) and a spare outfit for yourself
- Buy cheap new toys wrapped like gifts and hand out one at a time
- Feed baby or give toddler straw cup or lollipop during take off and landing

Contact Us!

- **Christina Knepley**, DNP, RN
 - christina.e.knepley.ctr@army.mil
- **Nicole Mortimer**, BSN, RN, CLC
 - nicole.c.mortimer.ctr@army.mil
- **Riley Reveles**, BSN, RN
 - riley.e.reveles.ctr@army.mil
- Call **ACS** @ 0611-143-548-9201 or 0611-143-548-9202

We are also available for one-on-one Home Visits, where you can talk with a professional about any questions you have about parenting your young children in the comfort of your own home.

All DoD ID card holders are eligible for our services.



Do you have older children? Is your child aging out of our program?
Contact **Family Advocacy** at 0611-143-548-9201 or scan the QR code to connect.

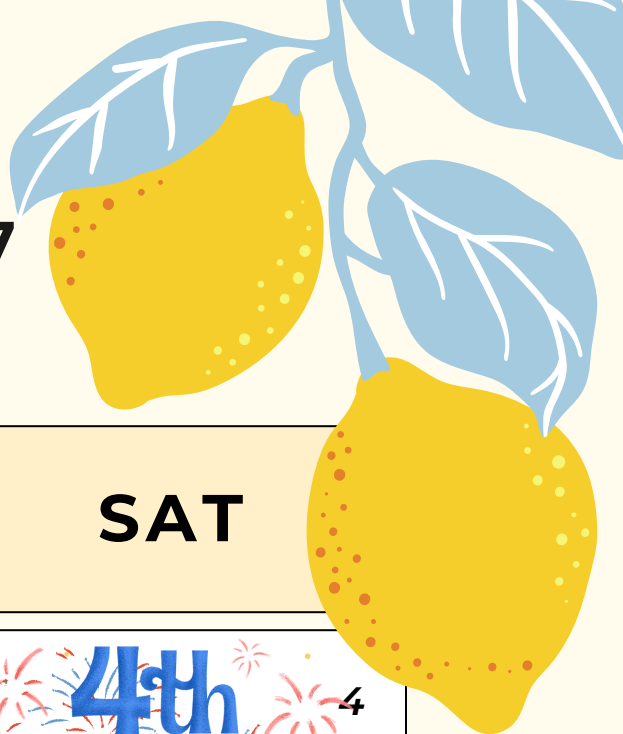




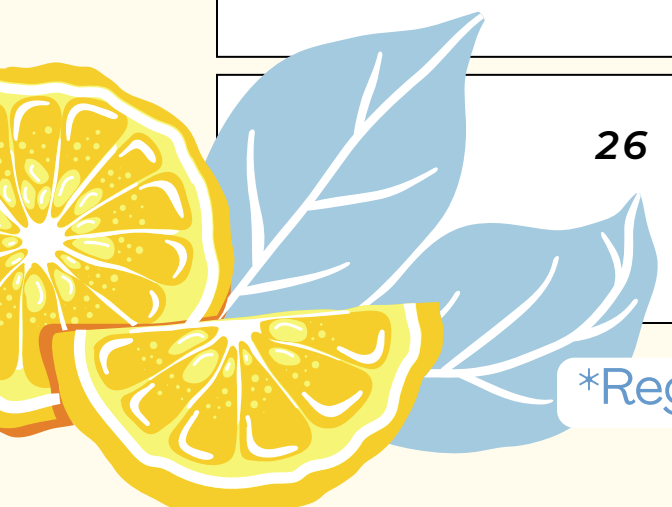
2026

July

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SUN	MON	TUE	WED	THU	FRI	SAT
			Newborn Network ¹ @ 1300-1400	2	3	4 ⁴ 4 th of July
5	6	7	8	9	10	11
12	13	14 Mommy Daddy 101* @ 0900-1200	15 Play in the Playground @ 1000-1100 Newborn Network @ 1300-1400	16 Pop Up: Stroller Walk @ 1000-1100 (weather pending)	17 Mommy Daddy 102* @ 1000-1130	18
19	20	21	22	23	24	25
26	27	28 Fair Play Equitable Parenting* @ 1700- 1815	29 Play in the Playground @ 1000-1100 Newborn Network @ 1300-1400	30	31	



*Registration Required for all classes - Call ACS @ 0611-143-548-9201 or scan QR code for more information and registration