

STEPS FOR EXPECTING PARENTS

1. HEALTH CLINIC

Pregnancy Test
OB Referral(s)
Occupational Health

2. PRENATAL CARE

3. ARMY COMMUNITY SERVICE

New Parent Support Program
Baby Boot Camp
AER Car Seat Grant (Up to \$250)

4. WOMEN, INFANTS & CHILDREN

5. HOST NATION HOSPITAL TOURS

Weiden: 1st Wednesday of the month
Amberg: 2nd Tuesday of the month
Sulzbach: 4th Wednesday of the month

6. HEALTH CLINIC

In-Patient referral for chosen hospital
(if required, 34-36 Weeks)

7. DELIVERY

Birth Announcement and Fee
Clinic Mini-Registration

8. HEALTH CLINIC

Newborn Check-up (Post Hospital Discharge)

9. RATHAUS (CITY HALL)

Amberg/Weiden/Sulzbach
German Birth Certificate

10. HEALTH CLINIC

Well Child Exams

11. DOCUMENTATION

Passport Office (B244, Tower Barracks)
• SSN, DEERS, Passport
• Command Sponsorship
• Report of Birth Abroad
Health Clinic
• Tricare Prime Enrollment

12. HEALTH CLINIC

Well Baby Visits
Immunizations

CONTACT INFORMATION



FAMILY ADVOCACY

Rose Barracks: 09662-83-2650
Tower Barracks: 09641-83-8371
Hohenfels: 09472-83-4860
Garmisch: 08821-750-3777
Note: Hohenfels and Garmisch classes may differ

CHILD ABUSE REPORTING

Military Police: 09662-83-3398
Emergency: 114

24/7 DOMESTIC VIOLENCE HELPLINE

Mobile: 0162-296-0661
Emergency: 114



U.S. ARMY
MWR
USAG BAVARIA



U.S. ARMY
GARRISON
BAVARIA



NEW PARENT SUPPORT PROGRAM



AVAILABLE TO ALL ID CARD HOLDERS

ARMY
COMMUNITY
SERVICE

SERVICES ANY CONCERNS FROM 0-3

HOME VISITATION

Our professional and certified staff can provide one-on-one assistance and support pre and post delivery in the comfort of your home both on and off the installation.

- Education and support during pregnancy and after the delivery of your baby.
- Improve communication skills, stress management and decrease conflict.
- Solutions for age appropriate discipline, temper tantrum, biting and potty training.
- Providing connections to local services

LACTATION CONSULTING

Our home visitors are Certified Lactation Counselors (CLC) and can provide one-on-one consultations.

GROWTH AND DEVELOPMENTAL ASSESSMENTS

Our staff can assess if your child is reaching appropriate growth and developmental milestones for their age.

INFANT MASSAGE

Bond with your infant while learning techniques to help relieve tension, gas and colic through relaxing infant massage.

FLEXIBLE HOURS TO MEET YOUR SCHEDULE!



MIGHT NEW PARENT SUPPORT BE HELPFUL TO ME?

- Do you need/want breastfeeding support?
- Is this your first baby, second, third... ?
- Are you new to Germany and pregnant?
- Are you having trouble navigating the local health system?
- Will your partner be gone during your delivery or shortly after?
- Do you have a new infant who is fussy?
- Is your child potty training?
- Do you have concerns about your child's development?
- Are you interested in ideas about adjusting to a new routine?

TO SCHEDULE AN APPOINTMENT CALL:

Vilseck (Rose Barracks): 09662-83-2650

Grafenwoehr (Tower Barracks): 09641-83-8371



CLASSES



BABY BOOT CAMP

All day community collaboration class to obtain information on prenatal nutrition, newborn care, hospital care in Germany, breastfeeding and more!

NEWBORN NETWORK SUPPORT GROUP

Parents engage in discussing parenting topics while babies enjoy sensory learning and gross motor activities. For infants up to one year of age.

WIGGLES & GIGGLES PLAYGROUP

Connect with other parents while spending time with your child doing age-appropriate activities. For toddlers ages 1-3 years.

LIL' SPROUTS GARDEN PROJECT

Embrace nature in a weekly hands-on outdoor experience. Learning about gardening and healthy food.

May to September

PARENTING COURSES

- Love & Logic
- Scream Free Parenting
- Positive Parenting Programs

