

PARENTING PROGRAM

INDIVIDUAL FAMILY SUPPORT

- One-to-one support from trained parent volunteers.
- Available for the first three months of your baby's life.
- Communication can be via phone, email, text or in-person.
- Volunteers receive extensive training at Beaumont.
- Help coping with day-to-day concerns such as sleep, feeding, crying, parents' emotional changes and infant development.

PARENT GROUPS

- Parent groups begin meeting when babies are two to five months old.
- The purpose is to bring new parents and their babies together for education and social support.
- Topics include adjustments to parenthood, feeding, CPR and development and temperament.
- Most groups meet every other week for six months in community facilities or group members' homes.
- Choose the group that works best for you. Your options include: morning, evening, single moms or multiples families.

By providing a safe place for parents to learn and grow together, we help increase confidence, reduce isolation and fortify the family foundation.



ABOUT THE PROGRAM

The award-winning Parenting Program at Beaumont Children's has been committed to serving new families through no-cost support and education since 1980.

Our parent volunteers are available to help with your questions or concerns. Sometimes it's nice to have someone to listen and support without judgment.

If you did not register while you were in the hospital, you can call or email to register.

Services are offered at the Beaumont Hospitals in Grosse Pointe, Royal Oak and Troy.

PROGRAM BLOG

Subscribe to the Beaumont Parenting Program Blog at beaumontparenting.wordpress.com.



**BEAUMONT
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