Offerings for Expectant/New Mothers

Airman & Family Readiness Center 723-3950

Bundles for Babies - Held monthly
Get tips on budgeting for your new baby! Find out what support programs are available in the Minot area. Learn more about parenting skills and meet other expectant parents. The class is open to all ranks and is not limited to a first pregnancy. Attendees will receive a free gift for their new baby, courtesy of the Air Force Aid Society.

Childbirth & Breastfeeding Basics - Contact A&FRC for dates
Presented by a LPN from Trinity Family Birth Center, this FREE class is held on four consecutive Wednesdays from 7pm-9pm. Classes should be attended during the last 6-8 weeks of pregnancy. Enrollment is limited.

Child Development Center 723-3750

Give Parents a Break - Held twice per month
This program is designed to relieve the stress that accompanies parenthood when a member is deployed, TDY more than 30 days, or in unique circumstances as determined by Commanders/First Sergeants. This program allows the parent to receive four hours of free childcare twice a month at the Child Development Center or School Age Program/Youth Program. Please contact 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 Wednesday of each month
Come to the CDC at noon and meet the CDC Director and find out information about the program.

CYB 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.

Family Advocacy/New Parent Support Program 723-5096

Located at the 5th Medical Group in the Mental Health Clinic.
POC Linda Miller, RN, BSN, CLC 723-5096.

NPSP - Design to give you the confidence to bring home and care for your new baby. Becoming a parent comes with many obstacles that you may or may not have been aware of. Help answer your questions as well as five you reliable information about taking care 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 baby. Receive accurate information and support that you need to gain confidence and start an amazing bond with your baby.

Happiest Baby on the Block - DVD program instruction, FAP Lending Library

Lactation Room - Clean, secure, and pleasant room with running water and electrical outlets for working mothers and visitors to use to pumpiexpress breastmilk for their babies while mothers are at work. Located in pediatrics at the 5th Medical Group.

Infant Sign Language - DVD program instruction, FAP Lending Library

Little Critters Play Group - Tues. 9:30am-11:30 NP Chapel Basement
No sign up needed.

Parenting the Basics - Every month-Call for schedule

Home Visits - Available upon request

Bomber Bistro 723-4377

Lil' Riders Playland - Everyday, April-Dec, 10:30am-8pm
This newly renovated indoor playground features, new flooring, and the addition of modern soft play structures and more. This is a unique space for mothers with young children to network and build friendships. Lil' Riders Playland opens 1 hour earlier Jan-Mar.

WIC (Women, Infants & Children) 723-2118

The Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for eligible pregnant & postpartum women, as well as infants and children up to the age of 5 found to be at nutritional risk. Located in Airman & Family Readiness.

Youth Center 723-2838

Dance Classes - Tuesday, Thursday, Friday & Saturday
The Youth Center has Mommy and Me, Creative Movement, as well as Tap, Ballet,& Jazz classes for children ages 2 & up. $40 for members. Please contact the Youth Center to register your child.

New Family Orientation - Every 3rd Thursday, 11:30am
Open to new families of the Minot AFB looking for information about Youth Sports, School Age Programs and Youth Center Programs available to youth at Minot Air Force Base.

Library 723-3344

Story Time - Every Wednesday at 10:30am. Children under the age of 7 Join the Library for friendly story time and crafts.

The second Saturday of every month at 1pm the Base library has a theme inspired reading and crafts for families.

Fitness Center 723-2145

Parent & Tot Fit Kids - See Fitness Class Schedule for times
This family friendly class is specifically designed for your little one. Parents are involved in all parts of this high energy class. Kids will balance, strengthen, roll, move, jump and engage in active games. Ages 0-4 are welcome with parent or guardian. This class is 45 minutes you can join anytime!

Parent/Child Workout Room - Mon-Fri, 6am-9pm; Sat-Sun, 8am-4pm
This room is on a first come, first serve basis. Parents with children have priority on all fitness equipment over adults without children.

Family Child Care (FCC) Programs 723-6662

Expanded Child Care (ECC)
Subsidy (SUB)
Extended Duty Care (EDC)
Supplemental Child Care (SCC)
Home Community Care)
Deployment Child Care Support
-Pre Deployment Child Care(PDCC)
-Deployment Child Care(DCC)
-Returning Home Care (RHC)
Missile Care (MC)
Missile Care 2 (Mc2)
Emergency Medical Care (EMC)
OCONUS Respite Care (ORC)
Wounded Warrior Care (WWC)
Child Care Support for Fallen Warriors (BC)
Air Force Aid Society Child Care for PCS (AFAS PCS)
PCS Child Care for Army, Navy, and Marines assigned to AF led Installations (PCSCC)
Air Force Aid Society Child Care for Volunteers (AFAS VOL)
Community Based Child Care Programs

Please contact Family Child Care for more information.

Minot AFB

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Child Development Center
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CYB MFLC
(701) 425-7905

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

Family Advocacy/New Parent Support Program
723-5096

Fitness Center
723-2145

Family Child Care
723-6662

Base Library
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