

Information For Marines and Sailors Having a Child



**Third Battalion Tenth Marines
Second Marine Division**

Last Updated: 07 January 2011

From your Family Readiness Officer

Congratulations! Whether your pregnancy comes to you as a surprise or your plans of starting a family have finally begun, it's important that you know what needs to and should be done before and once your little bundle makes his / her debut. There is a plethora of resources available at Camp Lejeune and our surrounding area for parents-to-be and new parents. This packet outlines some of the valuable resources available. If at anytime you have questions, please feel free to contact the Battalion Family Readiness Officer.

O: 910-450-8295

C: 910-554-1039

We sincerely hope you have a wonderful and healthy pregnancy!

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Prenatal Care

What is prenatal care?

Prenatal care is the health care you get while you are pregnant. Take care of yourself and your baby by:

- Getting **early** prenatal care. If you know you're pregnant, or think you might be, call your doctor to schedule a visit.
- Getting **regular** prenatal care. Your doctor will schedule you for many checkups over the course of your pregnancy. Don't miss any they are all important.
- Following your doctor's advice

Why do I need prenatal care?

Prenatal care can help keep you and your baby healthy. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.

Doctors can spot health problems early when they see mothers regularly. This allows doctors to treat them early. Early treatment can cure many problems and prevent others. Doctors also can talk to pregnant women about things they can do to give their unborn babies a healthy start to life.

The above information was obtained from the following website:

<http://womenshealth.gov/faq/prenatal-care.cfm>

FREE Workshops

New Parent Support Program (NPSP)

The New Parent Support Program (NPSP) is a professional team of social workers and nurses who provide educational and supportive services to military families. Their trained, supervised staff has extensive knowledge of the issues encountered by today's parents. Home visitors are sensitive to the unique challenges facing military families. The NPSP helps families cope with stress, isolation, pre and post-deployment, reunions, and the everyday demands of parenthood through a variety of programs.

The NPSP Helps You...

- To prepare for parenthood
- To become more confident as a parent
- To understand the ages and stages of your child's development in order to make wise choices
- To develop common ground with your spouse in the area of parenting
- To improve your relationship with your children
- To develop new friendships
- To make parenting fun
- To be a better parent to your children
- To feel more at home in the military community

For more information about the NPSP, please Call (910) 449-9501.

Mom's Basic Training and Daddy's Baby Boot Camp

Moms and Dads learn how to make a smooth transition into parenthood. This is a hands-on experience for parents who are pregnant or have new arrivals. Class will cover information from birth up to 1 year.

2011 Schedule

12-13 Jan	19-20 Jan	26-27 Jan
2-3 Feb	9-10 Feb	16-17 Feb
2-3 Mar	9-10 Mar	16-17 Mar
6-7 Apr	13-14 Apr	20-21 Apr
4-5 May	11-12 May	18-19 May
1-2 Jun	8-9 Jun	15-16 Jun
6-7 Jul	20-21 Jul	27-28 Jul
3-4 Aug	10-11 Aug	17-18 Aug
7-8 Sep	14-15 Sep	21-22 Sep
5-6 Oct	12-13 Oct	19-20 Oct
2-3 Nov	9-10 Nov	16-17 Nov

30 Nov-01 Dec	14-15 Dec	
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Call 910-449-9501 to pre-register or visit their office located at Building LCH4012-B, next the Midway Park CDC in the Midway Park Housing Area.

Parenting Classes

Classes provide "hands-on" information for parents to make informed and responsible decisions about their toddlers and young children. For meeting times and locations please Call (910) 449-9501.

21-24 Mar 2011	20-23 Jun 2011
26-29 Sep 2011	5-8 Dec 2011

Baby and Me

Baby and Me is a wonderful bonding opportunity for parent and child through a number of interactive activities to include: playtime, story time, finger play, nursery, and songs. A number of topics will also be discussed such as: adjusting to a new infant, safety proofing for babies, and a trained staff will field developmental questions that you, as parents may have. PLUS LOTS MORE!

Meetings: Every other Tuesday, 1000-1130 at the Religious Education Center on Tarawa Terrace. Open to parents with children 12 months and under. For more information, Call (910) 449-9501.

Playmornings

Playmornings are held 0930-1100 every other Monday at the Stone Street Youth Pavilion and every other Thursday from 0930-1100 at New River Air Station. Playmornings is a structured interactive play time for parents and children. Toys and stories are all part of the fun planned. Registration is required.

To register, Call 449-9501.

Children, Youth, and Teens Programs (CYT)

Registration must be completed prior to using any of these services. Registration is taking place at Bldg. 1966, Monday-Friday, 0800-1600. Bring your child's shot record, LES/Pay Stub (only necessary if registering for full-time or part-time care), and Health Assessment (Physical Exam Form).

****You CAN register if you are pregnant.** This will greatly reduce the wait time for part-time and full-time daycare if it is needed.

The Camp Lejeune Children, Youth, and Teen Programs offer affordable options to meet the needs of military families. After registering, you have access to the following

programs:

- *Full-time childcare for 6 weeks to 12 years of age
- *Hourly Care
- *Family Child Care
- *Saturday Night Care
- *Before/After School Care
- *Boys & Girls Clubs of America Programs at Youth Pavilions

<http://www.mccslejeune.com/images/marinefamilyservices/expecting.jpg>

Navy Marine Corps Relief Society (NMCRS)

Budget for Baby Workshop

The **Layette program**, run entirely by Volunteers, is designed to help new, or prospective, parents learn about the impact that a new baby can have on the financial situation of the family unit. Through a program of preventive education, clients learn about variations in pay and increased expenses, common consumer pressures targeted to new parents, and entitlements available through both government and private sources.

The Layette (also known as a Junior Seabag) is issued to any eligible recipient who has recently had a baby or whose child will be born within six months. It consists of a coordinated set of bedding and clothing, a baby book, and a handmade item (a sweater set, afghan or quilt), packed in a tote or duffel bag. Layettes will be given to recipients after they attend a "Budget for Baby" class or complete an individual budget session with a Society caseworker.

To obtain a layette, eligible recipients should contact the NMCRS Office at Camp Lejeune at (910) 451-5346 to register for a "Budget for Baby" class or make an appointment to see a caseworker.

Visiting Nurse Program

The NMCRS has a Visiting Nurse Program comprised of paid Registered Nurses at some of its field sites. The main function of the Visiting Nurse is to provide health education and information about health-related resources.

The Society's Visiting Nurse Program has published the *Your Baby and You: Birth to One Year* - a publication designed to provide useful information on how to care for a child at home and also help decide when the child should be seen by a healthcare provider.

The Visiting Nurse is available to make hospital or home visits to eligible clients in the interest of improving their quality of life by promoting understanding of information about the individual's health issues. Visits are frequently made to new mothers and infants, to patients recovering from surgery, and to patients with chronic health problems. The Visiting Nurse will see patients of any age.

Referrals to the Visiting Nurse may be made by military or civilian doctors, nurses, or social workers, or the patient may contact the Visiting Nurse directly by calling the local Society office.

All Navy and Marine Corps members, active duty or retired, their family members, and their survivors, within a 25-mile radius of the program site may be eligible for Visiting Nurse services. The Visiting Nurse may be able to offer resource information by telephone or mail to individuals outside the driving area.

Society Visiting Nurses make more than 35,000 patient contacts each year.

As with all of the Society's programs, Visiting Nurse services are delivered free of charge.

To contact or visit the NMCRS at Camp Lejeune:

400 MCHugh Boulevard
Camp Lejeune, NC 28547-2519
Email: Gini Schopfel @ gini.schopfel@nmcrrs.org

Phone: (910) 451-5346
Hours: Mon-Thurs 0800-1600
Fri 0800-1500

Naval Hospital Camp Lejeune

100 Brewster Blvd; Camp Lejeune, NC 28547

Pregnancy Exercise Program: The program is an innovative physical fitness program designed to assist pregnant women to maintain wellness and fitness and to deliver a healthy baby. Participants will exercise for one-hour, 2 days a week to include low-impact aerobics, walking, cycling, aqua fitness, and/or total body conditioning. After delivery the goal shifts toward assisting the participants to return to a state of fitness. Call Health Promotion at 451-3712 to register.

Infant Care Class: Never held a baby or changed a diaper? Learn the basics of infant care before your baby is born. Class includes demonstrations on holding, diapering and bathing a baby. Newborn characteristics and behaviors are also explained. Classes are held on the fourth Tuesday of the month at Health Promotion, Bldg 4 from 2:00 - 4:00. Call Health Promotion at 451-3712 to register.

Siblings Class: The sibling class is designed for children between the ages of 3 and 9. Children are encouraged to express their feelings about having a baby brother or

sister. Topics explored in the class include: what to expect when the baby arrives home; how to help Mom and Dad care for the new baby; a craft project and a tour of the Coastal Carolina Mother Baby Unit and Labor and Delivery. Classes are held the third Thursday of each month from 1000 - 1130 across from OB/GYN in conference room. Call Health Promotion at 451-3712 to register.

Birth Education Preparation Classes: A five-week childbirth preparation class designed for first time expectant parents. Parents learn techniques to physically prepare the body for labor, learn strategies for effective coping during labor, and to prepare to meet the challenges of the "unexpected". The class covers: discomforts of the last trimester; stages of labor; pain management; relaxation, visualization and breathing; post-partum; the newborn; breastfeeding; and a tour of the new Coastal Carolina Mother Baby Unit and Labor and Delivery. Spouses or support companions are encouraged to attend with mother. It is recommended that participants begin class between 28-32 weeks. Classes are Monday evening starting @ 1630 at the Russell Building. To register, please call 450-4561. Please register EARLY!

All of the above information was obtained from the Naval Hospital Camp Lejeune main website: <http://www.med.navy.mil/sites/nhcl/Pages/default.aspx> Call the Naval Hospital at (910) 451-3712 for more information.

Naval Hospital Breastfeeding Classes: Open to all pregnant women at least 28 weeks gestation. Fathers / Guests are strongly encouraged to attend. Now offering night classes! To Enroll call 910-450-4561

*1 st Tuesday Day Class	1000-1200	*2 nd Tuesday Night Class	1800-2000
*3 rd Tuesday Day Class	1000-1200	*4 th Tuesday Night Class	1800-2000

Important Phone Numbers for the Camp Lejeune Naval Hospital:

OB Clinic	450-4561
Family Medicine	450-4698
Nurse Advice Line	450-4357 (Option 2)
Post Partum Care	450-4449
Labor & Delivery Triage	450-3003

Website: <http://www.med.navy.mil/sites/nhcl>

Weekly e-mail to New and Expecting Parents!

Free online resource for pregnancy, labor and delivery, and toddlerhood. Includes customized information, news, resources, announcements from our staff; access to hospital classes; and tour information – all delivered to your email box.

Sign up now at: <https://www.theparentreview.com/signup.do>

Programs and Assistance

Women, Infants, and Children (WIC)

WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

The local WIC office contact information:

If you live on base call: 347-2154 (Office is located in Tarawa Terrace next to the gym)

If you live off base call: 353-0022

FSSA – Family Subsistence Supplemental Allowance

What is FSSA?

The Family Subsistence Supplemental Allowance (FSSA) is a program to increase the Basic Allowance Subsistence (BAS) and remove military families from the food stamp program.

Eligibility is based on the *income* for all members of the household and the *number* of people living in the household.

DoD Instruction 1314.11

Website to assess eligibility: <https://www.dmdc.osd.mil/fssa/>

Website for more information on the FSSA Program:

<http://www.ftrucker.mwr.com/Family%20Subsistence%20Supplemental%20Allowance.htm>

SNAP – Supplemental Nutritional Assistance Program

SNAP is formerly known as the Federal Food Stamp Program. To check eligibility and for more information, go online to: <http://www.fns.usda.gov/fsp/>

IPAC

451-5008

If the Service Member checked into Camp Lejeune more than 45 days ago, then the record jacket would be located in Bldg 60 and the Service Member would need to go to IPAC in Bldg 60 to update.

If the Service Member checked into Camp Lejeune 0 – 45 days ago, then the record would be located in Bldg 59 and the Service Member would need to go to IPAC in Bldg 59 to update.

Bring the following documents as applicable:

Birth Certificate

Picture ID (Service Member)

Defense Enrollment Eligibility Reporting System (DEERS) / ID Card Center

If your child is born at the Naval Hospital, hospital personnel will enroll your newborn into DEERS. The service member then has **30 days** to submit a copy of the hospital birth certificate (also called the mother's copy) to the DEERS office. Please be sure to bring your military ID card when visiting the DEERS office. The service member will then have 90 days to submit a copy of the newborn's social security card. A hospital representative should provide to you the paperwork to sign in order to apply for a social security card for your newborn. The time it takes to actually obtain the card can be up to 12 weeks, or exactly 90 days. You can always go to the local social security office and request paperwork stating what the child's social security number is.

If your newborn is born at Onslow Memorial Hospital, they will have a similar process of starting the paperwork for the child's social security card, but you will need to make sure that the child gets enrolled into DEERS in order for the child to be covered under your health insurance (Tricare).

**** Failure to complete these two tasks within the allotted time will result in disenrollment from DEERS and therefore the child will not have health care coverage.**

Note: If the service member is not married to the mother of the child and wishes to enroll the child, the service member needs to also provide the DEERS office with a notarized voluntary statement of paternity or an affidavit through the court which states paternity (this will be notarized).

For more information please call the Camp Lejeune DEERS office: 451-1005 or 451-2727

Operating Hours:

M-TH 0630 – 1800

F 0630 – 1600

Located in Bldg 59

Molly Pitcher Drive

Camp Lejeune, NC 28542

To make or cancel an appointment online:

www.lejeune.usmc.mil

Click on: CAC / ID Card Center

TRICARE / Military Health Care

1-877-874-2273

Located in Bldg 59; Room 132

Molly Pitcher Road

Camp Lejeune, NC 28542

TRICARE is the Department of Defense's worldwide health care program for active duty and retired uniformed services members and their families.

TRICARE consists of:

- TRICARE Prime (a managed care option)
- TRICARE Extra (a preferred provider option)
- TRICARE Standard (a fee-for-service option)

Log on to the TRICARE website for information on each TRICARE option:

www.tricare.mil

TRICARE Dental Plan / United Concordia

1-888-622-2256

The TRICARE Dental Plan is a voluntary dental care program comprised of licensed, civilian dentists who provide a wide range of diagnostic, preventative, and restorative services (exams, x-rays, cleaning, fluoride applications, fillings, root canals, crowns, orthodontics, anesthesia, etc.)

To enroll, complete and submit a TDP enrollment form to United Concordia Companies, Inc (UCCI) along with your first month's premium payment. Enrollment

applications can be obtained by calling the number listed above, visiting the nearest military treatment facility Beneficiary Counseling and Assistance Coordinator (BCAC), or enroll on-line at UCCI's website at <http://www.ucci.com/was/uccweb/tdp/tdp.jsp>

W-4

To update your W-4, and decrease your Federal Tax withholdings, log on to: <http://mypay.dfas.mil> and update.

Will(s)

This document is extremely important, particularly for those Service Members with family members. The primary purpose of a will is to ensure that minor children are cared for and personal property is distributed as you desire. Without a will, the state law decides how personal property is distributed and if children are involved, they could possibly become wards of the state. It is important that an individual's will reflect his / her current state of affairs, so keeping it up to date is critical. Overlooking this important document could directly affect the security of your family.

Contact the Staff Judge Advocate Legal Assistance Desk for more information on creating and updating your Will(s).

451-7085

For Updating a Will:

- Bring in old Will to SJA Bldg 56 Front Desk
- Pick up Will worksheet
- Complete worksheet and return to SJA
- Pick up updated Will in 2-3 weeks (SJA will provide a pick-up date)

For Creating a New Will:

- Must Attend "The Wills and Power of Attorney Brief"
 - Mondays, Wednesdays, Fridays from 1000 – 1100 at Bldg 56
 - Tuesdays from 1300 – 1400 at the base theatre
 - No registration required, just show up
- Once you complete the brief, you will receive a Will worksheet to complete
- Return completed Will worksheet to SJA Bldg 56 Front Desk
- Pick up completed Will in 2-3 weeks (SJA will provide a pick-up date)

Exceptional Family Member Program (EFMP)

EFMP is a mandatory enrollment program (MCO P1754.4A) for all active duty personnel with family members with special needs. The goal of EFMP is to assist military families in managing the dual demands of a Marine Corps career and the special needs of a family member. An exceptional family member includes a family member enrolled in DEERS who possesses a diagnosed physical, intellectual or emotional need that requires specialized medical or educational services. Enrollment in the EFMP program is designed to assist the sponsor with assignment to a duty station where appropriate services necessary to support the family member(s) are available. Installation EFMP Specialists are available to assist sponsors and their family members with the enrollment process, resource, referral, and support before, during and after Permanent Duty Station transitions. Specialists also serve as advocates for EFMP families to ensure access to vital medical, educational and community services. For more information about the EFMP program please contact your installation specialist.

The EFMP Team

Maria Ready	EFMP Branch Head
Tresa Livingston	Specialist 910-451-4105
Nancy Rice	Specialist 910-451-4104
Jerome Foster	Specialist 910-449-9715
Tricia Bowers-Young	Specialist 910-451-8982
Ellen Poirier	Administrative Assistant 910-451-4394
Amanda Taylor	Training, Education & Outreach Specialist 910-451-4103

**More information on family planning and having a child is included in the 3/10 "Having a Child" booklet. Please visit the Family Readiness Officer to obtain this unique booklet and for more information.

Family Care Plans MCO 1740.13a

A Family Care Plan is the responsibility of all Marines who are single parents; dual military couples; Marines who otherwise bear sole responsibility for the care of minor children; or Marines with family members who are unable to care for themselves in the Marine's absence. The plan outlines the legal, health care, logistical, educational, monetary, and religious arrangements for the care of the Marine's family member(s) or ward, to include Wills, Power of Attorney, Certificates of Guardianship or Escort, family contacts, Special Letters of Instruction and any other documentation reasonably necessary for the caregiver's use. There are classes available to aid in understanding and completing Family Care Plan paperwork.

Contact MCFTB for registration information at 451-0176

Marine Corps Exchange Programs

Baby and Me

The parents of a newborn are eligible for a \$10.00 MCX gift card! Proof in the form of a birth certificate must be brought into the main store within 30 days of the birth to receive the gift card.

Free Night of Childcare

When customers shop at the main exchange and spend \$50.00 or more they are eligible for a free night of childcare! Customers must show their MCX receipt at the customer service desk and for every \$50.00 they have spent, they will be issued a childcare coupon redeemable at the Tarawa Terrace Child Development Center for Saturday night only childcare.

Kid's Shoe Club

When customers purchase five pairs of children's shoes, they will receive the sixth pair FREE! The value of the sixth pair is an average cost of the first five purchased. This offer is valid up to one year from the purchase of the first pair of shoes, so your purchases accumulate! Meaning, you don't have to buy all five pairs at once. Just remember to get your card punched each time you purchase a pair of kid's shoes!

Operation Special Delivery

Operation Special Delivery (or OSD), provides trained volunteer doulas for pregnant women whose husbands or partners have been severely injured or who have lost their lives due to the current war on terror, or who will be deployed at the time that they are due to give birth.

What is a doula? A doula is specially trained to give informational, emotional, and physical support to women during childbirth. A doula does not perform medical tasks, but is trained to provide uninterrupted support to a mother in labor.

Why military moms? Because OSD believes that no one should give birth without support, especially the women who are giving birth while these fathers are making such a great sacrifice for our country and our freedom. We just want to try to give back in appreciation

CAPPA

Operation Special Delivery

Attn: Mary Beth Nance, CD, CLD

97 Watson Rd

Delta, PA 17314

Call: 1-888-MY-CAPPA or 1-888-692-2772

Email: osd@cappa.net

JRC Photography

910-526-2875

While your Marine is deployed, JRC photography will take your child's picture for FREE. You must book an appointment in advance. This free service is only conducted the first Tuesday of each month between the hours of 1100-1700. A white background only is used and you can have your baby wrapped in a yellow bow. A text message at the bottom of the picture is free of charge and your photo is provided to you on a CD with a copyright release for you to do whatever you want with it!

USO – "Smiles Over Miles"

The USO of Jacksonville has created the Smiles over the Miles program to maintain the bond between a deployed service member and their family and help to alleviate the emotional strain of the deployment.

On the first Thursday of each month, the Jacksonville Center hosts "Smiles Over the Miles." Families with deployed loved ones are invited to the USO for a free pizza party, complete with games and prizes for the kids.

As part of the event, families may record a free DVD Video message which the USO will ship to the deployed service member at no cost to the family. We thank Pioneer Services and Pizza Hut for their gracious support of this program!

USO of North Carolina Jacksonville Center

9 Tallman Street
Jacksonville, NC 28540
Phone: 910-455-3411
Fax: 910-455-1341

Contact:
Center Director
Tammy Price

Additional Online Resources of Interest::

<http://womenshealth.gov/faq/prenatal-care.cfm>
www.babycenter.com
www.tricareonline.org

www.crystalcoastparent.com
www.kellymom.com
www.camplejeuneparent.com

Phone Numbers for Resources in Jacksonville and Aboard Camp Lejeune:

Community Counseling Center	451-2864	
CREDO	451-2900	
Child Development Center	450-1315	(Camp Lejeune)
	449-6712	(New River MCAS)
Child Care Resource and Referral	938-0336	
Navy-Marine Corps Relief Society	451-5346	
DEC Developmental Evaluation Center	938-0336	
Exceptional Family Member Program	451-9372	
Early Childhood Intervention	353-5118	
Family Service Centers	451-3212	(Camp Lejeune)
	449-6110	(New River MCAS)
Marine Corps Family Team Building	451-0176	
Onslow county Health Depot.	347-2154	
Onslow Co. Head Start Program	455-4184	
LINKS	451-1299	
Naval Hospital General information.	450-4300	
Naval Hospital Appointment and Advice Nurse Line	450-4357	
Onslow Memorial Hospital General Information	577-2345	
PEERS	938-5447	
Tri-Care	800-931-9501	
WIC	347-2154	(if you live off base)
	353-0022	(if you live on base)
Armed Forces YMCA	451-9569	
USO	455-3411	
Kids Are Great	451-2864	
American Red Cross	451-2182	
All numbers are area code 910 unless otherwise noted		

What does a Baby's safe sleep environment look like?

Lower the risk of Sudden Infant Death Syndrome (SIDS)

Place baby on tummy for supervised play time.



A firm mattress covered by a fitted sheet should be used in a safety-approved crib.

No stuffed toys or loose bedding where your baby sleeps.

Always place your baby on back when sleeping or napping.

Use a light one piece sleeper instead of a blanket in the crib.

To avoid overheating, keep the room temperature comfortable for an adult. (68 - 72 degrees recommended)



No pillows, blankets, or soft bumpers where your baby sleeps.

Nothing should cover your baby's head.

Never allow smoking around your baby.



Need safety info, a home visit or parenting class?
Call the New Parent Support Program for more info
910-449-9501 • Bldg LC4012B
Midway Park Marine & Family Services Annex

