

Prenatal Checklist

1st Trimester

- Check eligibility for WIC
- Attend smoking cessation programs
- Attend New Parent Resource Awareness Workshop
- Attend Single Parenting in the Military
- Make a plan for someone to care for your other children. Emergencies can happen any time during pregnancy, labor and delivery. Be prepared as hospital personnel have other duties and cannot babysit for you.

2nd and 3rd Trimester

- Attend Budgeting for Baby
- Complete Pre-admission paperwork between 20-34 weeks at NMCP's, Admissions Office, Bldg. 2, First floor. This office is conveniently open 24/7.
- Attend Infant CPR class provided by the local American Red Cross chapters
- Attend Baby Boot Camp (all parents are encouraged to attend to learn the latest, evidenced-based baby care and to know when your baby is sick or well)
- Attend Prepared Childbirth (first time moms) or Labor & Delivery Tour (experienced moms)
- Attend Breastfeeding Basics Class
- Attend Breastfeeding and Working Class
- Complete Birth Plan (NMCP website)
- Child Safety Seat
 - Purchased Installed Inspected (Free Inspections via Fire Departments)
- Pack bags to be ready to go
- Arrange transportation to NMCP
- Plan an alternate route to NMCP without a tunnel and/or during hurricane season
- Call the American Red Cross re: notification of the birth for deployed Dad's.
Weekdays from 8:00-4:30 pm, Call 757-953-5435 or afterhours, holidays, and Weekends, Call 1-877-272-7337
- Decide on a name for your baby to complete the birth certificate
(The Common Wealth of Virginia has strict time limits re: submission)

After You Get Home

- Call Tricare (1-866-645-4584) for your first well baby appointment. The appointment will be approximately 2 weeks after the birth of your baby unless otherwise directed by the doctor.

30-40 days After the Birth

Personnel Office Paperwork

- Update of SGLI
- Update DD form 93 ("The Page 2" in Navy speak)
- Enroll your baby into DEERS at your local PSD
- Enroll your baby into Tricare Prime (see above phone number)
- Mail the "Application for Birth Certificate" form with a copy of ID and \$12 each.

When You Receive the Social Security Card

- Update DEERS Enrollment with your child's SSN at the ID card section of your supporting personnel office (within 3 months of birth).

A list of class dates, locations and times are available at each OB clinic and on the OB website at <http://www-nmcp.med.navy.mil/FCMIC/Schedule.doc>
Detailed descriptions of the classes are available on the OB website at <http://www-nmcp.med.navy.mil/FCMIC/classes1.asp>