

New Parent Support

2012



(301)342-4911



***Personalized Prenatal, Infant and Toddler Parenting Instructional Home Visitations**

To Schedule Call: (301)342-4911

FREE

Amazing Newborns

Discussion and hands-on instruction
infant care class for parents-to-be

Receive a FREE "Baby Go To Sleep"
'Heartbeat Lullabies' CD & a copy of
"Your Baby's First Year"

March 6	6 to 8 pm
June 5	6 to 8 pm
August 9	6 to 8 pm
December 13	6 to 8 pm

Breastfeeding Assistance

Pump Loan & Lactation

Stations call: 301-342-4911

Breastfeeding, Prenatal and Birthing Classes

Classes at St. Mary's Hospital

Call Health Connections at
St. Mary's for dates and times:
301-475-6505

Budget for Baby

Navy/Marine Corps Relief Program

***NOW OPEN TO ALL
GRADES**

**RECEIVE A JR SEA BAG
WORTH \$100**

Wednesdays 10 to 12am

January 25	May 23	September 26
February 22	June 27	October 31
March 28	July 25	November 28
April 25	August 22	

Play Group

*** Wednesdays***

Glen Forrest Community
Center

1-2-3-4 Parents!

Parenting Workshop for 1-4 year olds
NEW!!! Hours... Three sessions per
year...watch our calendar for
scheduled dates.

BREAST FEEDING SUPPORT INFORMATION

Breast feeding is natural for you and your baby, but it is a skill that needs to be learned. Speak up and ask questions about breastfeeding before your baby is born and while you are in the hospital. This will help you continue to breastfeed after you go home.

St. Mary's Hospital: The Breast Feeding Basics class is offered by the Parents-To-Be Program staff at St. Mary's Hospital Health Connections. Breast feeding education and support are also provided in the Hospital after delivery. After discharge to home, mothers can continue to receive breast feeding assistance with a Lactation Consultant by phone and through a support group that meets at the Health Connections office near the hospital. Private consultation is also available- there is a fee charged for private consultation. Breast pumps can be rented or purchased through Health Connections. Please call 301-475-6019 for more information.

Calvert Memorial Hospital: The ABCs of Breast Feeding class is offered by the staff of Nurturing Necessities. Breast feeding education and support are also provided in the hospital after delivery. After discharge to home, mothers can continue to receive breast feeding assistance with a Lactation Consultant by phone or through a support group sponsored by Nurturing Necessities. Private consultation is also available –there is a fee charge for private consultation. Breast pumps can be rented or purchased through Nurturing Necessities. Please call 410-414-5414 for more information.

Walter Reed National Military Medical Center Bethesda, Maryland: Mothers attend a new OB orientation program and are given a prenatal folder with breast feeding literature and class schedule. A Lactation Consultant is available in the hospital after delivery and by phone after discharge. After discharge to home, please call the Pediatric Clinic at 301-295-9959 for breast feeding support.

Andrews Air Force Base Malcolm Grow Medical Center Women's Health Center: Mothers attend a new OB orientation program and are given a prenatal folder with breast feeding literature and class schedule. Delivery will take place at Southern Maryland Hospital in Clinton, Maryland. A Lactation Consultant is available in the hospital after delivery. After discharge to home, the Women's Health Center Malcolm Grow Medical Center can assist with additional breast feeding support. Please call 240-857-2979..

New Parent Support at the Fleet and Family Support Center NAS Patuxent River: Lolita Tyler-Lockett RN, New Parent Support, can assist with breast feeding education and support. Please call her at 301-757-1862.

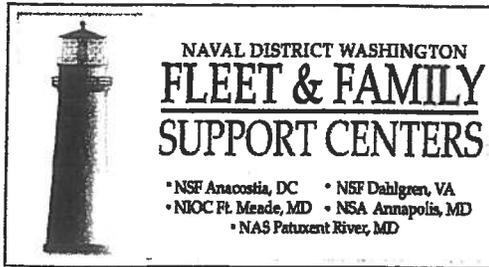
**There are a limited number of Madela Lactina electric breast pumps available for loan from New Parent Support NAS Patuxent River. Please contact Lolita Tyler-Lockett RN at 301-757-1862 for more information.

**TRICARE does cover the cost of an electric breast pump for premature infants while hospitalized and during the immediate post partum period with a physician referral.

**TRICARE does not cover the cost of breast pumps of any type for reasons of personal convenience. They must be rented or purchased by the member.

PLEASE FOLLOW THESE INSTRUCTIONS TO ENROLL YOUR NEWBORN IN DEERS AND TRICARE, REGISTER IN OUR MEDICAL RECORDS DEPARTMENT AND SCHEDULE YOUR FIRST APPOINTMENT. PLEASE DO THIS AS SOON AS POSSIBLE.

1. St. Mary's Hospital, Calvert Memorial Hospital, Civista Medical Center, Southern Maryland Hospital Center, other civilian and Military hospitals will give you a card or form that has your baby's name and birth date on it.
2. Please bring this information to the PSD office on base to start the newborn DEERS enrollment. Your newborn will be assigned a "pseudo/temporary" Social Security number for administrative purposes. Please remember this number. You need it to register your newborn in Medical Records at the NHC Patuxent River.
3. After you have completed the DEERS enrollment at PSD, please go to the TRICARE Service Center located in the Naval Health Clinic near the Quarterdeck where you can enroll your newborn into TRICARE PRIME and choose a Primary Care Provider. Our TRICARE Service Center will be able to give you a current list of available Primary Care Providers. After your newborn's enrollment is completed, please register your baby in our Medical Records Department.
4. To schedule a routine or urgent appointment for your newborn, please call our appointment line at 301-342-1506 for assistance.
5. When you receive your newborn's official Birth Certificate and Social Security card in the mail, you must return to PSD to update the DEERS enrollment. Failure to do so might affect your ability to make future appointments.



Dear Expectant Parent(s):

My name is Lolita Tyler-Lockett, and I am a maternal-child specialty nurse and the coordinator for the New Parent Support Program (NPSP) under The Fleet and Family Support Center at NAS Patuxent River. I first would like to take this time to offer congratulations on the news of your pregnancy. Whether this is your first or your "new addition," this is a very special time for you and your family.

The Patuxent River New Parents Support program provides education and support services to expectant families and new parents with infants and toddlers. It was established to assist new parents in coping with the demands of parenting and military life, increase their knowledge and skills, and enhance the lives of newborns and military children.

Through a variety of programs, including intensive home visits, support groups, and parenting classes the NPSP will help new parents cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. Overall, we offer a program that is developed to assist military families in many ways that friends and family often do back home.

Home visits are also arranged, when possible, at your convenience. It can be an opportunity to form a warm, caring friendship to talk about whatever concerns you in the privacy of your home. In addition, guidance and some assistance can be provided with postpartum and newborn care.

Please feel free to contact me or come by. It is a delight for me to meet parents, parents-to-be and families. I am located at the Fleet and Family Support Center on Patuxent River Naval Air Station in building 2090, 21993 Bundy Road, next to the Child Development Center. My office number is (301) 757-1862 or (301) 342-4911.

My very best wishes to you,

Lolita D. Tyler-Lockett, RN



The Navy-Marine Corps Relief Society
Presents

Budget for Baby

Active duty or retired Navy or Marine Corps service members and their spouses (regardless of paygrade), if you're expecting, just had a baby or even if you are thinking about having a child, our Budget for Baby Class is for you. This Class will help you prepare financially for birth and beyond.

Some of the topics discussed:



- ❖ Military Income
- ❖ Monthly Expenses
- ❖ Baby's Impact on your Budget
- ❖ Understanding Debt
- ❖ Wise Consumerism
- ❖ Legal Issues for Parents
- ❖ Insurance



Upon completion of the class *eligible recipients receive a Baby Seabag filled with a layette package from Gerber containing a set of bedding, baby towel, and clothing items. Also in the bag is baby book and a beautiful handmade afghan and other items. The Afghanes are knitted and crocheted by Navy-Marine Corps Relief Society Volunteers.

Classes are held the last Wednesday of each month
from 1000 to 1200 in building 401 - Religious Program Building
(next to the base chapel)

You must R.S.V.P. for the class at 301-342-4911

If you should have any questions regarding the Budget for Baby Class, please call the Patuxent River Office of the Navy-Marine Corps Relief Society at 301-342-4739.

INSTRUCTIONS FOR NEW OB PATIENTS ENROLLED TO NMC PATUXENT RIVER

- 1. Prenatal vitamins:** They have been ordered for you and will be available for pick up in 3 business days at our Pharmacy located in the Navy Exchange lobby. Pharmacy phone number: 301-757-2605. For refills call 1-800-377-1723. Hours of operation: Mon, Tues, Thurs, Fri 0800 -1800. Wed 0800-1200. CLOSED Saturday, Sunday, Holidays.
- 2. Scheduling your first OB appointment:** You can schedule your first OB appointment now with a network provider. Tell the provider's office you will be working with Health Net Federal Services to get your OB authorization number.
- 3. OB Authorization:** Your Primary Care Provider has approved a referral for your OB care. You should receive a letter from Health Net Federal Services within 5-7 business days with your OB authorization number. Please bring this authorization number with you to your first OB visit.
If you do not receive the authorization number in the mail prior to your first appointment, please call Health Net Federal Services at 1-877-874-2273, speak to a Customer Service Representative and ask for your authorization number. If you have any difficulty with this process, please call me for assistance
- 4. Information you will need to bring to your first OB appointment:**
 - Military ID card
 - Drivers license
 - Copy of your pregnancy test and most recent Pap test.
 - Copy of your previous OB records and any other important medical record information related to your overall health. Our Medical Records Department can assist you in obtaining information. Their phone number is 301-757-4649 or 301-342-3082.
Hours of operation: Mon, Tues and Thurs 0700-1530. Wed and Fri 0700-1600.
They will need the name of the Doctor or hospital who has your records, their address, phone and fax number. Please stop by the Quarterdeck for directions to their office.
- 5. When to call your OB Doctor:**
Please call your OB Doctor at their office for questions about your pregnancy. If office is closed, a recorded message will tell you how to contact your OB Doctor for urgent problems.
- 6. When to call your Primary Care Doctor at NHC Patuxent River:**
Please call your Primary Care Provider for all health care concerns other than OB.
Please call 301-342-1506 during regular business hours Mon, Tues, Thurs 0700-1800;
Wed 0700-1200; Friday 0700-1600.
Active Duty please call Military Medicine at 301-342-1429
- 7. After Hours Telephone Advice at NHC Patuxent River for Urgent problems (NO OB):** Telephone Advice for urgent problems is available after close of business weekdays, on weekends and Holidays. Please call 301- 342-1418 and ask to speak to the Duty Doctor.
- 8. If you are receiving your OB care at Walter Reed National Military Medical Center or Andrews Air Force Base Malcolm Grow Medical Center Women's Health Center:**
Please keep the phone number for your Military OB clinic with you in case you need emergency care at one of our local hospitals. This will allow the ER and the OB Doctor on call to contact your OB clinic and care for you more efficiently.

Please call me for further assistance.

Judy Rudy, RN-BC OB Case Manager Phone 301-757-2353

Pax River's Play Group!

at Glen Forrest's Community Club

House



Wednesdays

10:00 - 11:00

Come on
out!!!

Meet other
parents, kids
and have

FUN!

POC: Lolita Tyler-Lockett, RN

301-342-4911

