

Prenatal Checklist

1st Trimester

- Check eligibility for WIC
- Attend smoking cessation programs
- Attend New Parent Resource Awareness Workshop (active duty military only)
- 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.

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.
- Attend Infant CPR class provided by the local American Red Cross chapters
- Attend Baby Boot Camp/Parenting Preparation
- 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
- 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
- Obtain the information necessary for the American Red Cross to send notification of the birth to the father if he is deployed
- E-mail address for PAO to send pictures to the father if he is deployed
- Decide on a name for your baby

After You Get Home

- Call Tricare (1-866-645-4584) for your first well baby appointment. The appointment should 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 ("Page 2" in Navy speak)
- Verify/Update DEERS Enrollment
- Verify Tricare Prime Enrollment
- Mail "Application for Birth Certificate" form with 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/schedules.asp>
Detailed descriptions of the classes are available on the OB website at <http://www-nmcp.med.navy.mil/FCMIC/classes1.asp>