



# PARENTHOOD AND PREGNANCY ROADMAP 2026



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## FAMILY PLANNING

- ▶ Enroll in New Parent Support Program via Fleet and Family Support Center
- ▶ Attend Budget for Baby Workshop at Navy Marine Corp Relief Society
  - [New Parent Support](#)
  - [Budget for Baby](#)



Overarching Parenthood and Pregnancy Instructions

[SECNAVINST 1000.10B](#)

[OPNAVINST 6000.1D](#)

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## DETAILING

- ▶ Notify detailer of pregnancy
- ▶ Execute operational deferment orders
  - [NAVADMIN 006/24](#)



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## PREGNANCY NOTIFICATION

- ▶ Confirm pregnancy with military Health Care Provider
- ▶ Notify your command by 20 weeks gestation
- ▶ Notify your CFL of pregnancy for PFA deferment
  - [ALNAV 017/23](#)
  - [PFA Guide 8](#)



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## ADMINISTRATION

- ▶ Draft Family Care Plan
- ▶ Update DEERS and establish TRICARE eligibility
- ▶ Consider enrolling in childcare immediately after pregnancy confirmation
- ▶ If eligible, apply for Women, Infants, and Children (WIC) Program
  - [Military OneSource ChildCare-Options](#)
  - [WIC Online](#)



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## UNIFORMS

- ▶ Apply for the Maternity Uniform Pilot Program (available until 1 June 2026)
- ▶ Request maternity uniform clothing allowance (for Enlisted Sailors only)
  - [NAVADMIN 176/23](#)
  - [DoDFMR Vol 7a, Chapter 29, Article 5.2.1.3](#)



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## BREASTFEEDING & LACTATION

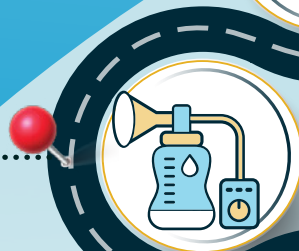
- ▶ Request Breastfeeding Supplies Reimbursement on TRICARE website
- ▶ Locate command's designated lactation space and cool storage for expressed milk
  - [Breast Pumps and Supplies](#)
  - [BUMEDINST 6000.14B](#)
  - [NAVSUP P486 Volume 1](#)



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## CONVALESCENT & PARENTAL LEAVE

- ▶ Take convalescent leave immediately following childbirth
- ▶ Request parental leave in NSIPS (birth and non-birth parents)
  - [DoDI 1327.06](#)



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## PHYSICAL FITNESS

- ▶ Follow exercise guidance as recommended by your Health Care Provider
- ▶ Enroll in the Noom Digital Health Program
- ▶ Begin medical clearance when 12-month deferment expires
- ▶ Complete a PARFQ when 12-month PFA deferment ends
  - [OPNAVINST 6110.1L](#)
  - [NOOM](#)



FOR MORE INFORMATION  
**SCAN HERE**

<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Parenthood-Pregnancy/>