



**TOTAL
NAVY SAILOR**
FIT TO FIGHT

PARENTHOOD AND PREGNANCY ROADMAP 2026



1

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](#)

3

DETAILING

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

5

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](#)

7

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](#)



FOR MORE INFORMATION

SCAN HERE

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

Overarching Parenthood and Pregnancy Instructions

[SECNAVINST 1000.10B](#)

[OPNAVINST 6000.1D](#)

2

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](#)

4

UNIFORMS

- ▶ Request maternity uniform clothing allowance (for Enlisted Sailors only)
 - [DoDFMR Vol 7a, Chapter 29, Article 5.2.1.3](#)

6

CONVALESCENT & PARENTAL LEAVE

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

8

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](#)