



Pregnancy and Parenthood Mobile Application

***Now Available for Download to Apple iOS and
Google Android Mobile Devices!***

An official US Navy mobile application, produced by the Navy PMW 240 Program

What is the Pregnancy and Parenthood Application?

The Pregnancy and Parenthood mobile application provides important Navy administrative guidance for Servicemembers who are starting or expanding their families, as well as guidance for their Command leadership.

Pregnancy and parenthood can be compatible with a successful military career when Servicemembers and the Command both understand their roles and responsibilities. This app makes that task easier by identifying regulations, instructions, and references from a wide variety of sources and offering them in one easy-to-use app. The app includes information regarding assignments, retention, separation, standards of conduct, and much more.

Sailors and Command leadership are responsible for understanding Navy policies and procedures regarding pregnancy and parenthood. This app is a resource to help all naval personnel understand relevant actions required of Servicemembers and Commands.

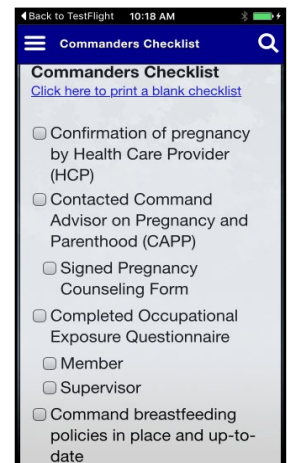
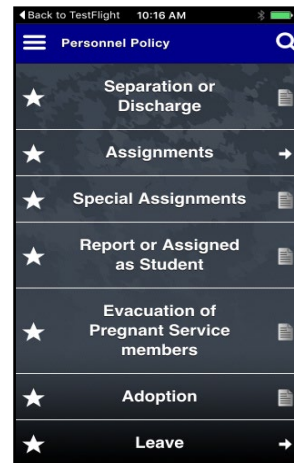
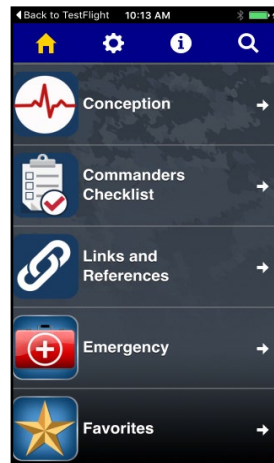
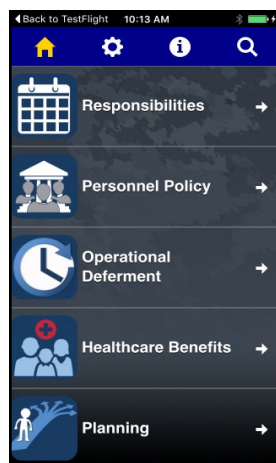
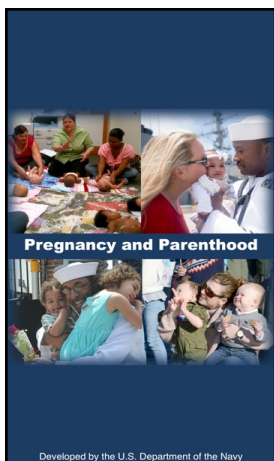
1. Servicemembers will find

Information regarding many of the personal and professional responsibilities that come with parenthood while serving in the Navy. Sailors will understand what needs to happen when and how to accomplish it.

2. Commanding Officers and Supervisors will find ...

Information regarding their roles, appropriate expectations, and required actions when advising Servicemembers who are starting or expanding a family. This app will help Command leadership support Servicemembers while also minimizing impacts on overall operational readiness.

Some of the topics included in the Pregnancy and Parenthood app include roles and responsibilities, planning, contraception, pregnancy, pregnancy loss, healthcare benefits, breastfeeding, physical readiness, maternity uniforms, adoption, leave, operational deferment, and separation from service. The app also offers a selection of references and resources.

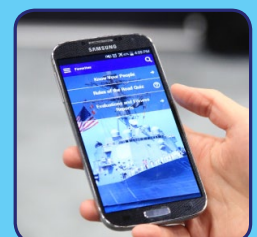


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