



WELCOMING YOUR NEW CHILD



Resource Guide



Replace Your Vital Records

www.usa.gov/replace-vital-documents

Birth of U.S. Citizens and Non-Citizen Nationals Abroad

<https://travel.state.gov/content/travel/en/international-travel/while-abroad/birth-abroad.html>

Department of Defense DEERS Enrollment and ID Card Issuance

https://www.cac.mil/Portals/53/Documents/required_docs.pdf

ID Card Office Online

<https://www.dmdc.osd.mil/rsl/appj/site>

MyArmyBenefits: Exceptional Family Member Program (EFMP)

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-\(EFMP\)-?serv=122](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-(EFMP)-?serv=122)

Army MWR: Exceptional Family Member Program

<https://www.armymwr.com/programs-and-services/personal-assistance/exceptional-family-member-program>

Military OneSource: Free Orderable or Downloadable Products

<https://www.militaryonesource.mil/products/#!/detail/143>

Special Care Organizational Record for Children with Special Health or Educational Needs (Downloadable)

<https://www.militaryonesource.mil/products/special-care-organizational-record-for-children-with-special-health-or-educational-needs-downloadable-143/>

Preparing Your Family Care Plan

<https://www.militaryonesource.mil/family-relationships/relationships/parents-%20guardians/preparing-your-family-care-plan/>

Family Care Plan

https://armypubs.army.mil/pub/eforms/DR_a/pdf/DA%20FORM%205305.pdf

Army National Guard Implementation Guidance for the Army Military Parental Leave Program

<https://smtc.dodlive.mil/files/2019/02/PPOM-19-003-Corrected-ARNG-Implementation-Guidance-for-the-Parental-Leave-Program.pdf>

MyArmyBenefits: Military Parental Leave Program (MPLP)

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Military-Parental-Leave-Program-\(MPLP\)?serv=122](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Military-Parental-Leave-Program-(MPLP)?serv=122)

Army Directive 2019-05 (Army Military Parental Leave Program)

https://www.army.mil/e2/downloads/rv7/families/ad2019_05_military_parental_leave_program.pdf

MyArmyBenefits: Adoption Assistance

<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Adoption-Assistance?serv=122>

Department of Defense Financial Management Regulation (DoD FMR)

<https://comptroller.defense.gov/FMR/fmrvolumes.aspx>

Supplemental Nutrition Assistance Program (SNAP): SNAP Eligibility

<https://www.fns.usda.gov/snap/recipient/eligibility>

Army Emergency Relief

<https://www.armyemergencyrelief.org/>

AnnualCreditReport.com

<https://www.annualcreditreport.com/index.action>

TransUnion: Active Duty Military Credit Center

<https://www.transunion.com/active-duty-military-credit-monitoring>

Equifax: Active Duty Credit Monitoring

<https://www.equifax.com/personal/military-credit-monitoring/>

Experian: Active Military Members Free Credit Report and Monitoring with Experian IDnotify™

<https://www.experian.com/lp/military.html>

myPay

<https://mypay.dfas.mil>

IRS: Tax Withholding Estimator

<https://www.irs.gov/individuals/tax-withholding-estimator>

Military OneSource: Tax Resource Center

<https://www.militaryonesource.mil/financial-legal/tax-resource-center/>

TRICARE

<https://www.tricare.mil/>

TRICARE: Dental Care

www.tricare.mil/dental

TRICARE Dental Program

www.tricare.mil/CoveredServices/Dental/TDP

BENEFEDS

<https://www.benefeds.com>

TRICARE: Vision Care

<https://www.tricare.mil/CoveredServices/Vision>

Family Servicemembers' Group Life Insurance (FSGLI)

www.va.gov/life-insurance/options-eligibility/fsgli/

milConnect

<https://milconnect.dmdc.osd.mil/milconnect/>

SGLI Online Enrollment System (SOES)

<https://www.benefits.va.gov/INSURANCE/SOES.asp>

Veterans Benefits Administration: Insurance Needs Calculator

<https://insurance.va.gov/NeedsCalculator>

The HEART Act

<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/The-Heart-Act>

Survivors' and Dependents' Educational Assistance (DEA)

<https://www.va.gov/education/survivor-dependent-benefits/dependents-education-assistance/>

Fry Scholarships

<https://www.va.gov/education/survivor-dependent-benefits/fry-scholarship/>

Burial and Memorial Benefits

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Burial-and-Memorial-Benefits-
?serv=124#:~:text=VA%20will%20pay%20up%20to,buried%20in%20a%20national%20cemetery](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Burial-and-Memorial-Benefits-?serv=124#:~:text=VA%20will%20pay%20up%20to,buried%20in%20a%20national%20cemetery)

MyArmyBenefits: Survivor Benefit Plan (SBP)

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Survivor-Benefit-Plan-\(SBP\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Survivor-Benefit-Plan-(SBP))

Social Security

<https://secure.ssa.gov/RIL/SiView.action>

Army Ready and Resilient (R2)

<https://www.armyresilience.army.mil/ard/R2/index.html>

Financial Readiness Program

<https://www.financialfrontline.org/>

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