



RHUMB LINES

Straight Lines to Navigate By



June 01, 2010

Supporting a Prepared Navy Family

"As America asks more of [military] families, they have a right to expect more of us. This is our moral obligation. It's also a matter of national security. The readiness of our Armed Forces depends on the readiness of our military families."
– Michelle Obama, First Lady of the United States of America

The Navy is committed to supporting the varying needs of Navy families throughout a Sailor's continuum of service by regularly adapting its programs and policies to reinforce the six dimensions of a prepared Navy family.

Supporting the Six Dimensions of a Prepared Navy Family

Life: [Navy Knowledge Online](#) offers Navy eLearning; Navy family community pages, which host topics such as family employment, education and Individual Augmentee (IA) family support; and references other community pages, which offer audio and eBooks, finance information, journals, magazines and more.

- Navy [School Liaison Officers](#) assist families with school transfers and help level the playing field for military children and youth. The [Military Child Education Coalition](#) provides numerous tools for parents to obtain information about schools to include academic requirements and availability of extra curricular activities prior to executing permanent change of station orders.

Health: [Fleet and Family Support Centers](#) (FFSCs) prepare and equip Sailors and Navy families to become adaptable, resilient and well informed through services, programs and resources to include [deployment support](#) and by offering short-term, confidential [clinical counseling](#) to assist Sailors and families with addressing today's stressors.

- [FOCUS](#) (Families OverComing Under Stress), created by the Navy Bureau of Medicine and Surgery, offers family deployment support through resiliency training to strengthen skills to meet challenges commonly experienced by military families.

Work & Career: [FFSCs](#) address the career challenges of military spouses by offering workshops that aid in job search, career planning, resume writing, interview techniques, federal employment, self-assessments and goal setting.

- [Military OneSource](#) Spouse Education and Career Consultants are available (1-800-342-9647) to provide education and training, career exploration, assessment, employment readiness and career search assistance.
- The [Navy Individual Augmentee website](#) provides a wealth of information for families of IA Sailors, including the *IA Family Handbook*, which is a comprehensive family guide to the IA mobilization process.
- [Sittercity.com](#) is a DoD resource for parents and care-givers to locate subsidized, in-home child care, full or part-time nannies and babysitters, senior care and house-sitting.

Finances: [Command Financial Specialists](#) are the first line of defense in planning and executing responsible financial management. Additional assistance is available through [FFSC financial specialists](#), [Navy Marine Corps Relief Society](#) and [Military Saves](#).

Community: The Fleet and Family Support Program [Facebook](#) page connects families and provides the latest information on family programs. [NAVYForMoms.com](#) allows loved ones of members currently serving, or considering service in the Navy, to contribute to more than 6,000 discussion forums that lend advice and support. [TroopTube TV](#) provides a venue for families to upload videos and remain connected throughout physical separation.

Key Messages

- Navy families include spouses, children, parents and other loved ones. Every family member who stands in support of our Sailors is appreciated.
- The Navy is committed to supporting the needs of our Sailors and their families throughout the continuum of service.

Facts & Figures

- More than \$600 million is expected to be spent on Navy family support programs in fiscal year 2010.
- Monthly Family Grams on Navy family programs and benefits are posted online at www.npc.navy.mil.