



Embarking In The Far East:

NAVIGATING NAVY CHILD CARE EXCELLENCE

PREPARED AND PRESENTED BY
COMMANDER, NAVY REGION JAPAN
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INTRODUCTION

Commander, Navy Region Japan (CNRJ) is committed to the support, readiness, and quality of life of military families. CNRJ is dedicated to exceeding expectations in caring for every member's need.

Installation programs can offer care to families arriving attending Area Orientation Briefs to get acquainted to life overseas.

This document is an overview of child care resources that may be available at your installation, that are at the disposal of servicemen and servicewomen, to best meet the needs of their families. Navy Child and Youth Programs (CYP) provide high-quality educational and recreational programs for children and youth, which include: Child Development Centers, Family Child Care Homes, School Age Care Programs, Youth Sports and Fitness, Teen Programs, and Child & Youth Education Services. Additional resources include Military OneSource, MilitaryChildCare.com, Dependent Care Flex Spending and more.

CHILD & YOUTH PROGRAMS



CHILD & YOUTH PROGRAMS

SUMMARY - The Navy's Child and Youth Programs (CYP) is a vital part of a nationally-recognized child and youth development system that increases the quality, availability and affordability of child care for military and Department of Defense (DoD) families worldwide. CYP provides high-quality educational and recreational children's programs that respect families' cultures and values. Caring, knowledgeable CYP Professionals plan and facilitate developmentally appropriate offerings that are responsive to all children's ages, abilities, and interests. CYP is committed to serving children of all races, ethnicities, and abilities, with an emphasis on respectful, positive interactions that foster each child's development and growing independence. CYP supports Navy children, families, CYP Professionals and local communities, by providing a safe environment for your child to explore and learn. Navy CYP provides a variety of programming experiences, including custodial child care, hourly care, school readiness and recreational programming in support of the military and DoD family.

<https://www.navycyp.org>



CHILD DEVELOPMENT CENTERS

ABOUT - Child Development Centers (CDCs) provide high-quality child development programs for children ages 6 weeks to 5 years in facilities that are accredited by the National Association for the Education of Young Children (NAEYC) and are DoD-certified. CDCs provide full- and part-day classroom options in a center-based environment. Infants, pretoddlers, toddlers, and preschoolers are cared for in age and developmentally appropriate learning environments that focus on school readiness, individualization, and social/emotional growth. Navy CDCs offer research-based curriculum and apply best practices in early learning to foster children's cognitive, physical, social, emotional, and creative development through a mixture of staff and child-led activities.



CHILD AGE CARE PROGRAMS

ABOUT - School Age Care (SAC) programs provide quality recreational “out-of-school” activities for children who have started kindergarten through 6th grade, which typically includes children 5-12 years old. SAC programs are designed to enhance (rather than duplicate) the school day, are affiliated with the Boys & Girls Clubs of America (BGCA), and offer 4-H programs. SAC programs are DoD-certified and nationally accredited by the Council on Accreditation (COA). CYP Professionals engage children in before/after school programs, holiday/summer camps, sports, and recreational activities that focus on exploring interests, developing skills, and experiencing success.



HOURLY CARE



ABOUT - Hourly care offers eligible families temporarily available CYP spaces in CDC or SAC programs for on-demand, flexible, short-term, and intermittent child care solutions. Parents agree to pay the established hourly rate per child, per hour. Families can make reservations up to 30 days in advance on a first-come, first-served basis.

A SERVICE PROVIDED BY CYP:
HOURLY CARE

3 WAYS TO MAKE OR CANCEL RESERVATIONS:

- Via **CYP ONLINE SERVICES**
- Over the **PHONE**
- Visit in person, at your installation's **CYP CENTER**

<https://myffr.navyaims.com/cyms.html>

INTERESTED IN A POSITION IN CHILD AND YOUTH PROGRAMS

Go to; [USAJOBS](#) - The Federal Government's official employment site

Keywords search CYP and Location Japan

- Spouse and Family Member priority hiring for qualified candidates
- On the job training
- Paid leave and holidays
- Tuition Assistance
- Career Advancement available
- Employee Transfer Program available for Direct Care Staff



FAMILY CHILD CARE

ABOUT - Navy-certified Family Child Care (FCC) Providers offer high-quality care for eligible children in a small-group, multi-age home environment. FCC Providers are self-employed individuals operating a child care business in their own home, and often have previous early childhood education experience. They undergo regular inspections and receive ongoing programming support and extensive training. They're here to promote overall social, emotional, cognitive, and physical growth – all while building school readiness skills. Program options may include full- or part-time care, emergency care, respite care, hourly care, extended hours, overnight care, and special needs care. The programs are DoD-certified.

CURRICULUM AND ASSESSMENT

FCC Providers are trained on developmentally appropriate practices and required to use a developmentally appropriate curriculum. In addition, we support Providers' professional growth and development through ongoing assessments and quality improvement plans.

ACCREDITATION & CERTIFICATION

FCC Providers must demonstrate annually that they meet all of the Navy certification requirements before they are approved to operate a Family Child Care home. All certified FCC Providers are eligible and encouraged to obtain accreditation through the National Association for Family Child Care.

<https://www.navycyp.org/programs-services/family-child-care-program>

BECOME A FAMILY CHILD CARE PROVIDER



INTERESTED IN BECOMING A FCC PROVIDER?

The FCC Program team will work with you through every step of the certification process. We provide you with mentors, training opportunities, and access to high-quality educational materials and equipment to help you set up a nurturing and fun early learning environment.

NO DEGREE? NO EXPERIENCE? LET US TRAIN YOU.

On-the-job training (OJT) is an important part of success – yours and ours. OJT helps Providers gain the skills they need to perform their job duties safely and efficiently. FCC Providers receive FREE orientation, annual training, in-home coaching, mentoring, OJT, and feedback to grow as a professional.

Learn and apply your skills in a comfortable and supportive environment. Our training helps Providers become more confident in their abilities and perform better in their roles. Join our team and we'll work with you every step of the way to ensure you keep growing and advancing.

INTERESTED IN BEING A FCC PROVIDER?

Complete the FCC Provider Interest Form. After submitting the form, someone from the FCC Program will contact you with more details about being a provider and how to apply.

Apply Here:

<https://militarychildcare.csd.disa.mil/sms/registration/register#>



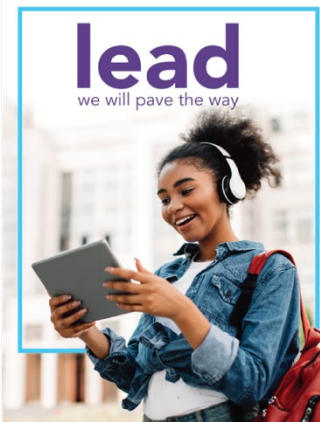
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/become-an-fcc-provider>

TEENS PROGRAMS



ABOUT - Once your child moves into the preteen and teen stage, we know schedules get busy. Our Teen Programs not only offer fun learning activities that go above and beyond the regular school day, but they also provide a sense of community and a social outlet. Teen Programs are recreational programs that provide quality “out-of-school” activities for teens, which typically includes children 13-18 years old. Teen Programs are designed to enhance (rather than duplicate) the school day, are DoD-certified, affiliated with Boys and Girls Clubs of America (BGCA), and offer 4-H programs.

Teen Programs provide important opportunities for teens to mature socially emotionally through programs that build leadership skills, enhance educational experiences, learn and use technology, explore career choices, and expand health and life skills. CYP Professionals help children incorporate sports, fitness, and the arts into their daily lives and provide quality experiences to expand their horizons. Teen programs are also designed to support children in achieving academic goals by offering quiet spaces and supplies for academic growth.



<https://www.navycyp.org/programs-services/youth-programs>

YOUTH SPORTS & FITNESS

ABOUT - Youth Sports & Fitness (YSF) programs provide sports and fitness opportunities for children 3-18 years old. YSF programs are designed to help families balance the demands of family life and military readiness by providing opportunities for youths to engage in rewarding physical activity and by exposing children to positive lifestyle behaviors. YSF programs are DoD-certified and affiliated with the National Alliance for Youth Sports (NAYS).

GET INVOLVED!

Youth Sports is operated on base and primarily supported by volunteer coaches from the community.

Contact your Local CYP for parent involvement or volunteer opportunities such as coaching, chaperoning, supporting a classroom or showcasing your skills and expertise.



<https://www.navycyp.org/programs-services/youth-programs>

CHILD EDUCATION & YOUTH SERVICES



ABOUT - Child & Youth Education Services (CYES) help “level the playing field” for school-age children dealing with a family member’s Permanent Change of Station (PCS), Temporary Duty (TDY), or deployment. School Liaisons (SLs) prepare local schools for transitioning students, and also provide Navy families with a range of resources for academic success. SLs facilitate smooth communication between home and school, while helping families plan and prepare for post-secondary options. Families are provided the assurance that their children’s academic well-being is a Navy priority. CYES also supports special education navigation, partnerships in education, homeschool linkage and support.



YOUTH SPONSORSHIP PROGRAMS

Youth sponsorship programs are designed to facilitate the integration of dependent children of members of the armed forces into new surroundings when moving to a military installation. Youth sponsorship initiates contact with incoming school-age children through outreach, provides a newcomer orientation and connects them with participating children through peer-to-peer interactions.

Connect with an Installation SL and request a Youth Sponsor at:

<https://installations.militaryonesource.mil/search?program-service=12/view-by=ALL>



<https://www.navycyp.org/programs-services/child-and-youth-education-services>



MILITARY CHILDCARE dot com

ABOUT - The DoD created MilitaryChildCare.com (MCC) to streamline the search for child care process and connect families to information and quality child care resources. MCC places families in the driver's seat of their child care search. Families can conduct unlimited, customized searches to find child care providers close to home or work and request care at any time, from any location. This flexibility allows families to identify all available child care options, wherever their mission takes them.



CREATE AN ACCOUNT

If you don't already have an account, go to [MilitaryChildCare.com](https://militarychildcare.com) to create one. Once you create an account, set up a Household Profile so you can conduct a search for care at any time from any location.

SEARCH FOR AND REQUEST CARE

MilitaryChildCare.com allows you to search the full range of military child care options. Search for care, and if available, submit a request for Military Child Care in Your Neighborhood for each of your children.

MANAGE YOUR REQUESTS

Log into [MilitaryChildCare.com](https://militarychildcare.com) to update or cancel your requests for care. You will receive an email notification if space becomes available. Keep your email address up-to-date in your Household Profile so you do not miss these important messages.

<https://militarychildcare.com>

MILITARYCHILDCARE.COM -FAQ

How far in advance should I sign up?

Families should request child care at their new duty installation as soon as they know where they will be going—official orders are not required—or as soon as they know a new child will be joining their family. This is especially important when moving to a large installation or metro area that has a large demand for child care. Families should consider placing a request for care at any program that they think may meet their needs. If the family does not know the exact date they will arrive, they can place the request with their best guess and update this once a firm date is known.

How does the waitlist work?

Families are sequenced based on their DoD Priority, the date they place their request, and the date they need care. Families populate on the waitlist as immediate need once they are within 30 days of their date of care. Wait times for care on the installation vary based on each family's DoD priority and current waitlist at the installation.

What is DoD Priority?

Military programs must serve the highest priority families first to ensure the most mission-critical families receive access to military child care. To ensure programs meet this requirement, DoD prioritizes your family based on your family type. For more information about the DoD Priority System, visit:

<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/family-eligibility-priority-guidelines>.

How long will I have to wait to receive an offer for care?

Families requesting care at a CDC will be able to view their Anticipated Placement Time (APT) in MCC. APT is an estimate of how long you can expect to wait for a child care space in the requested program. APT is not a guaranteed placement time and may be adjusted because of changes to the request, your family type, or the requested program.

<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/faq>



FLEET & FAMILY SUPPORT PROGRAM

ABOUT - The Fleet & Family Support Program (FFSP) promotes self-reliance and resiliency to strengthen the military and its family members, supports mission readiness, and assists commanders in planning for and responding to family readiness needs. The FFSP aims to deliver the best services at the right time and in the right place.

THE NEW PARENT SUPPORT PROGRAM

The New Parent Support Program provides military families who are expecting or who have young children (under the age of 4) with comprehensive parenting and early child development education to help foster healthy parenting practices and enhance their ability to thrive as healthy families.

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program>

EXCEPTIONAL FAMILY MEMBER PROGRAM

The Exceptional Family Member Program (EFMP) provides customized support to meet the needs of EFM families, including: information and referral, systems navigation, family-needs assessment, development and maintenance of service plans, and non-medical case management.

EFM RESPITE CARE

CYP contracts with Child Care Aware of America (CCAOA) to administer the Exceptional Family Member Respite Care program. This program is available as a benefit to Navy families who have a child enrolled in the Navy EFMP and meet the prescribed eligibility criteria. EFM Respite Care provides parents the opportunity to rest and rejuvenate with peace of mind, knowing their EFM child will be well cared for.

- The Sponsor is active duty or a Reservist on active duty orders.
- The EFM child (birth through 18 years) resides with the sponsor and has a current enrollment in the EFMP as a Category 4 or 5.

<https://www.childcareaware.org/fee-assistancerespite/military-families/navy/exceptional-family-member-program-efmp-respite-care/>

MILITARY ONESOURCE



MILITARY ONESOURCE

ABOUT - Military OneSource from the DoD is your 24/7 gateway to trusted information, resources and confidential help. When military life happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive. Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.

Dependent Care Flexible Spending Account

<https://www.militaryonesource.mil/benefits/dependent-fsa>

<https://fsafeds.com/explore/usmdcfsa>

MILITARY ONESOURCE SERVICES FOR CHILDREN, YOUTH & TEENS



Military and Family Life
Counseling Program >



Health & Wellness
Coaching for Teens >



Education Specialty
Consultation >

FEATURED BENEFITS, RESOURCES & PRODUCTS



Benefits

[College Scholarships for Military
Teens](#)

[DODEA Schools for Military-
Connected Children](#)

[Military Child Care Programs](#)

[Military Youth and Teen Programs](#)

[National Guard Youth Challenge
Program](#)

[SEE ALL BENEFITS >](#)



Resources

[Boys & Girls Club - Military Youth
of the Year](#)

[Our Military Kids](#)

[We Can! Child Health Education
Program](#)

[SEE ALL RESOURCES >](#)



Products

[Defense Department School
Liaison Program Information
Card](#)

[Cliques Phonics & Other
Baloney](#)

[Military OneSource: Parenting
Resources Flyer](#)

[Thrive Social Media Toolkit for
Service Providers and Leaders](#)

[What Can I Do if My Child
Exhibits Cautionary Sexual
Behavior](#)

[SEE ALL PRODUCTS >](#)

<https://www.militaryonesource.mil>

DEPENDENT CARE FLEXIBLE SPENDING ACCOUNT

DEPENDENT CARE
FLEXIBLE SPENDING ACCOUNT



U.S. Department of Defense

OPM U.S. Office of
Personnel Management

FSA
FEDS



Dependent Care FSA for Uniformed Service Members



WHAT IS A DCFSA?

A Dependent Care Flexible Spending Account (DCFSA) is a pre-tax account used to pay for eligible dependent care services such as child or adult day care.

WHO IS IT FOR?

Enrollment in a DCFSA is open to DoD civilians, regular (active) component service members, and Active Guard Reserve members on Title 10 orders who have dependents with eligible expenses.

WHY ENROLL?

Keep more of your money in your pocket! Contributions go straight from your paycheck into your DCFSA before taxes are deducted. This reduces the amount of your income subject to taxes.

Dependent care costs can be high. A DCFSA can help you set aside earnings tax-free to pay for such expenses. Is a DCFSA right for your family?



QUICKLY DETERMINE ELIGIBILITY

- + You must have an eligible dependent and use eligible dependent care services to allow yourself and your spouse (if applicable) to work, look for work or attend school full-time.
- + Your dependent must be claimed on your tax return for the year you are enrolling in a DCFSA.
- + If your spouse is a full-time student or incapable of self-care, for purposes of DCFSA eligibility, your spouse is considered to have \$250 per month in earned income for your first dependent, and \$500 per month in earned income if you have two or more dependents.

COMMON ELIGIBLE EXPENSES

- + Preschool & After-School Care
- + Day Care
- + Day Camp

ELIGIBLE DEPENDENTS

-  Children under age 13 who are claimed as dependents for tax purposes
-  Spouse or dependent of any age who is physically or mentally incapable of self-care

INELIGIBLE EXPENSES

- ✗ School tuition expenses (kindergarten and above)
- ✗ Services provided by one of your dependents
- ✗ Night-time babysitting (unless you work nights when the expenses are incurred)
- ✗ Overnight camps
- ✗ Nursing homes, medical care or other residential care centers

HOW MUCH CAN I CONTRIBUTE?

\$100-\$5,000 Pre-tax Earnings

- You may contribute a minimum of \$100 and a maximum of \$5,000 per household, or up to the amount of your total earnings if you earn less than \$5,000 per calendar year into a DCFSA.
- However, your marital and tax filing status may impact the amount you are able to contribute.

DEADLINES

- You may only enroll in a DCFSA during the Federal Benefits Open Season, typically held mid-November through mid-December each year, or when you have experienced a Qualifying Life Event (QLE) such as the birth or adoption of a child, a divorce, or relocation.
- The DCFSA operates on a calendar year basis, starting January 1 and ending December 31.
- There is a grace period through March 15 of the following year to incur expenses. Claims can be submitted through April 30 of the following year.
- Any funds remaining in a DCFSA after April 30 of the following year are forfeited.

ADDITIONAL RESOURCES

DEPARTMENT OF THE NAVY CIVILIAN EMPLOYEE ASSISTANCE PROGRAM

ABOUT - To support you and the challenges that you face, the Department of the Navy provides a comprehensive Civilian Employee Assistance Program (DONCEAP), which includes work/life benefits as well as support for a variety of issues (to include child care, finances, eldercare, identity theft, legal services, alcohol and substance abuse, and more) - at no charge.

Services are offered as a FREE benefit from the Department of the Navy to you and your family members, and are confidential within the limits of the law.

MILITARY AND FAMILY LIFE COUNSELING

ABOUT - The Military and Family Life Counseling (MFLC) program supports service members, their families and survivors with confidential non-medical counseling where they are stationed. Non-medical counseling can help individuals address issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss.

Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, as well as by phone and video. They also provide group support with briefings and topic-specific presentations to the military community both on and off the installation. Contact the CYP center to find your imbedded CYP or school based MFLC Counselor.

ADDITIONAL RESOURCES



**BOYS & GIRLS CLUBS
OF AMERICA**

AFFILIATED

**MILITARY
YOUTH PROGRAMS**
BETTER TOGETHER

MISSION YOUTH OUTREACH - The BGCA and the U.S. Armed Services have partnered to provide support and services to military-connected youth on- and off- installation. BGCA helps military connected youth gain access to specialized opportunities, cultivate lifelong friendships, and develop the necessary resilience to build great futures. BGC or BGCA - affiliated Youth Centers can be found in all 50 states and 16 countries worldwide.



<https://www.bgca.org/about-us/military/>

ADDITIONAL RESOURCES

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY (DoDEA):

- **DoDEA Europe:**

DoDEA Europe operates 64 schools, 3 Districts located in 8 countries across 4 time zones.

- o <https://www.dodea.edu/Europe/index.cfm>

- **DoDEA Pacific:**

DoDEA Pacific operates 45 schools, 3 Districts in 2 countries, one territory 3 time zones.

- o <https://www.dodea.edu/Pacific/index.cfm>

- **DoDEA Americas:**

DoDEA Americas operates 50 schools in 2 Districts located in 2 countries, 7 states, and one territory across 3 time zones.

- o <https://www.dodea.edu/Americas/index.cfm>

- **DoDEA Virtual School (DVS):**

DVS is comprised of: DoDEA Virtual High School (DVHS) Supplemental, DVHS Expanded Eligibility Pilot Program (E2P2), Non-DoD Schools Program (NDSP), and the Domestic Transition Program.

- o <https://www.dodea.edu/dvs/index.cfm>

- **DoDEA – Non DODDS School Program (NDSP):**

The purpose of NDSP is to provide educational support and financial assistance to defray costs of education and to facilitate educational continuity in international locations where there is no DoDEA school.

- o <https://www.dodea.edu/nonDoD/index.cfm>

<https://www.dodea.edu>

TUTOR.COM MILITARY

ABOUT - Tutor.com for U.S. Military Families, provides on-demand, online tutoring and homework help at no cost to eligible service members, civilian personnel, and their dependents with over 3,000 expert Tutors in 150+ subjects.

<https://military.tutor.com/home>

INSTALLATION WEBSITES

- Atsugi** <https://www.navymwratsugi.com/>
- Sasebo** <https://www.navymwrsasebo.com/>
- Singapore** <https://www.navymwrsingapore.com/>
- Yokosuka** <https://www.navymwryokosuka.com/>



**ANCHORED BEGINNINGS:
NAVIGATING NAVY CHILD CARE EXCELLENCE**

