



BEYOND BOOT CAMP - What Happens After PIR?

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I'm Kathryn Galaway, and I am **THRILLED** to be a resource for you. I am a mom of five, two of which are sailors. Sailor #1 is already out in the fleet, and Sailor #2 is still going through school (as of this writing). We've been through almost all of the phases: enlistment, boot camp, A-School, and underways.

When Sailor #1 went through enlistment and boot camp, I was a **TOTAL** mess. I share a lot more about that experience in my blog. When Sailor #2 enlisted, I thought, "I have to do this differently this time." So, I did. In doing so, I realized that my passion is helping Navy Moms "Military Mom their way to peace." At the end of this ebook, you'll find all the ways I can support you.



1 - WHAT HAPPENS AFTER PIR?

YOU'VE GOTTEN THAT HUG - THE MOST AMAZING HUG EVER...NOW WHAT?

Congratulations! You no longer have a Seaman Recruit. You have a UNITED STATES SAILOR! Your sailor's next port of call is A-School. Let's talk about that, shall we?

Boot Camp is basic training where they learn (yes, you guessed it...) the basics. But there is so much more that your sailor has to learn before reporting for the chosen job. There is also more you have to learn, and that's one of the ways I love to support Navy Moms.

So, next stop, A-School! A-School is short for Advanced Training. The length of training beyond boot camp depends on a sailor's rate (job). Sometimes there is even more schooling after A-School. If a sailor is serving on a submarine, they often (but not always) go to Groton, VA for sub training after A-School. If they are a nuke, all of their training will be in Goose Creek, SC.

Some sailors will stay in Great Lakes, and others will go on to one of the other 23 A-Schools throughout the country. Once your sailor reports to A-School, they can be in a holding pattern until there are enough sailors to make a class, or they may jump straight into it. If they are placed in a holding pattern, it can be frustrating because after boot camp, most of the sailors are ready to cut their teeth and learn more about the job that they chose or were assigned. Sailor #2, my younger sailor, has a buddy that had to wait a couple of months before he started A-School. As you might have already surmised, there is always a best-case scenario, but there are no absolutes in the military.



2 - WHAT IS A-SCHOOL LIKE?

A-School is job-specific training like a technical school. It is very fast-paced. You can compare it to taking a summer course versus a course in the Spring or Fall semester of college. The good news about A-School is that your sailor will have more freedom than they did at Boot Camp. They will still be living on base, but they have their cell phones, and THAT means you can talk to them! Whoo hoo! The caveat here is that there are rules and mandatory study hours until the sailors prove themselves. Don't let your feelings get hurt if the communication isn't as often as you'd like. There are a lot of new things for your sailor to get accustomed to, so don't put a lot of pressure on them to stay in frequent contact. I do want to come back to the topic of communication, but first, let's talk more about A-School.

One commonly asked question is about the sailors having access to their cars during A-School. In both of my sons' cases, they were not allowed to have cars right away. They have to Uber or rideshare. (Speaking of Ubering, if you are wondering what to give your new sailor, an Uber gift card is a wonderful idea!) They were able to drive before they graduated A-School, but not right away.

The duration of your sailor's A-School will vary, depending on the job. Some last as few as 5 weeks, and SEAL training is 50 weeks. There might even be more schooling after A-School. If you have a nuke, you're looking at 16-18 months of total training!



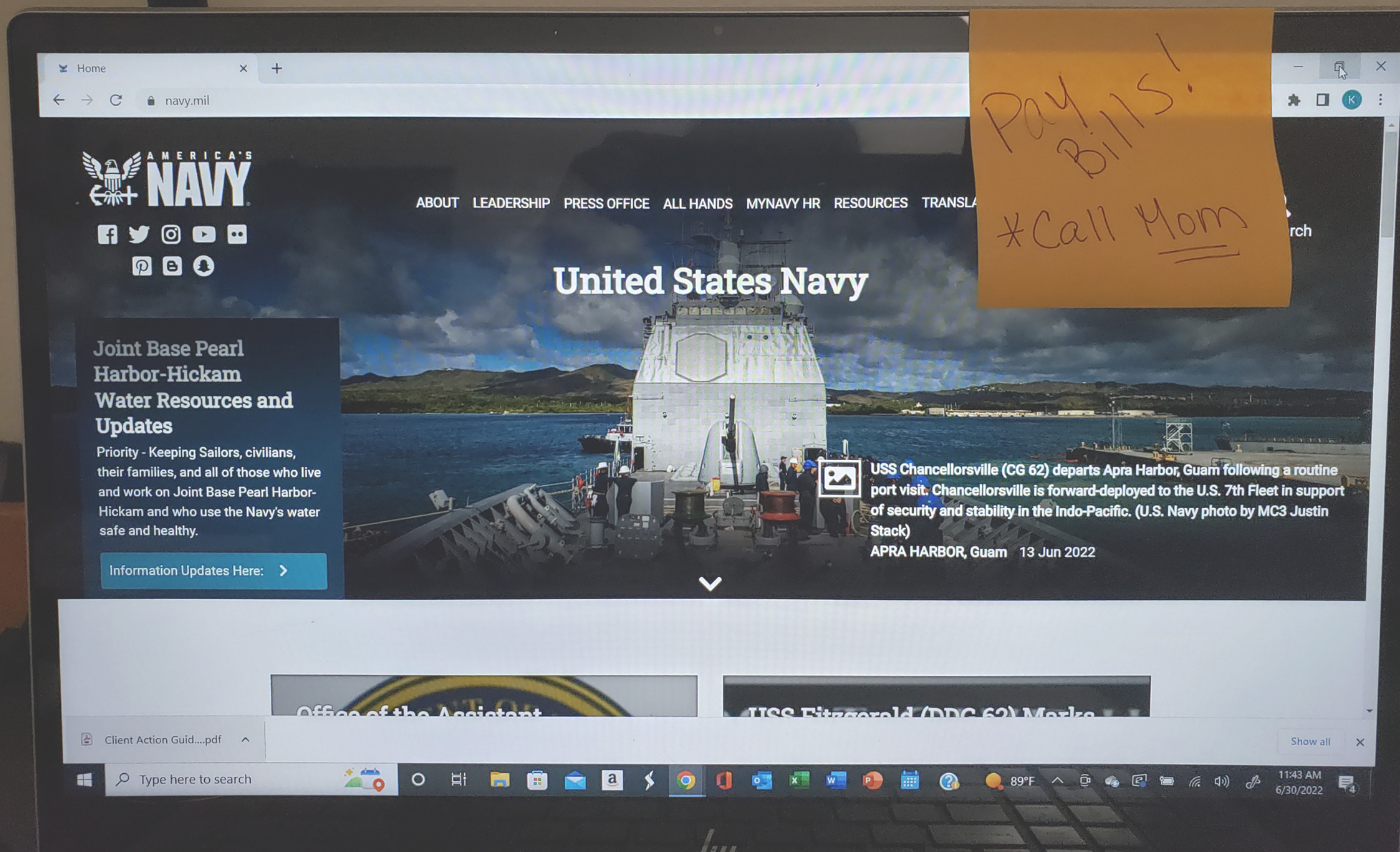
3 - HOW CAN I BEST SUPPORT MY SAILOR DURING A-SCHOOL?

As I mentioned, I want to talk more about communication, so here it goes. I believe there is a fine line here. Yes, it is very important to stay in touch, as they may need a little extra love and encouragement from you. While you may be tempted to become involved, your sailor is going to have to trust themselves and those with whom they serve. Make sure they have autonomy. Send them care packages, letters, etc, just don't go overboard. (Yes, I went there!)

Mama, you have a new job. Are you ready? While it might feel really great to have your sailor rely on you again, you now have a great opportunity to help your sailor learn to trust their gut. Ask them questions so that they can arrive at the right answer themselves, as this is a skill that they are going to need to master before getting out in the fleet. If they are feeling anxious or really stressed, have them take a couple of slow, deep breaths; breathe with them. This helps reset their nervous system. Then ask them, "What does your gut tell you to do?" Remember that no good decision is made based on fear or in a stressed state.

I contact my sailors once a week. That doesn't sound like much, but I am giving them space to create their lives. That's not a "rule," that's just what works for us. When Sailor #1 lived at home, he wasn't much of a talker. Now, when we talk, it's usually for over an hour. We have talked more in the last three years than we have the rest of his life combined! It is such a wonderful feeling, and it feels great to see them adulting.

Speaking of "adulting," let's talk about finances.



4 - WHEN SHOULD WE TRANSITION THEIR BILLS TO THEM?

This is a total side note. Did you know that if your sailor is a member of Navy Federal Credit Union, you and the other siblings are also eligible? I LOVE Navy Federal! (That was not a paid promotion!)

At some point, they can start taking over some or all of their bills. Just make sure the expectations are clearly communicated. We continued paying for our sailors' phones until they were finished with all of their schooling. When they were heading out into the fleet, we have them take over, and we communicated this after boot camp. As for the phones, if your sailor is stationed overseas, they will need to have control over their phone account so they can do what they need to do to ensure they have service. We didn't want to be responsible for additional charges if they didn't do it correctly.

It's likely that now that they have money coming in, they are going to want a car. Encourage them to talk to their instructors before they go car shopping. Some dealerships will take advantage of sailors, and their instructors will likely know which ones are honest. (There is a naughty list!) Sailor #2 knew exactly which ones to avoid because he asked. Command takes it very seriously when their sailors are ripped off. Sailor #1 bought a car from another sailor who was heading to his next duty station. He paid cash for his car, and that is another GREAT option.

Helping people understand and meet their tax responsibilities

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5 - TAXES AND INSURANCE

When should we stop claiming our sailor on our income taxes?

This is a very personal decision and one that I am not qualified to advise. I can tell you that our family rule has been that if our child was not under our roof for six months or more, we would let them claim themselves on their taxes. Whatever you decide, consult your tax professional, and make sure you have this conversation with your recruit well before April 15th!

What's the scoop on health insurance?

Your sailors have medical insurance in the military, so you can probably go ahead and remove them from your health insurance policy after boot camp or A-School. Just make sure you double-check with your sailor and your insurance provider to ensure there are no blips.

What about car insurance?

Don't take them off your car insurance until they pick up their own. If you do, they will be considered an uninsured driver, and it will be much more costly for them when they are buying insurance. When my son was going through getting his insurance, he had to get his own through an insurance company that was local to that state. In other words, we weren't able to insure him under our policy. Again, just make sure they ask the questions!



Safe Homes for Traveling Military Personnel



6 - CONNECTING WITH OTHER NAVY MOMS

Now that the business part is over, what about connecting with other Navy Moms? You might already be connected to some of the mom groups. They can provide so much great information and support! Here's my list from Facebook and some additional recommendations. There's even a bonus recommendation for when your sailor is assigned to a boat or ship!

- **Navy Moms:** This is the one I connect with most often
- **Beyond the Talisman:** I'm starting my own network of moms, so if you want a very small intimate group, let's do it!
- **Safe Homes for Traveling Military:** I love this one. It's for people who are willing to host traveling military personnel and/or their families
- **Navy Moms-Surviving the Journey:** I just started connecting with this group
- **Your sailor's A-School:** Check and see if they have a family facebook page! Mine does!
- **Your sailor's ship:** Once your sailor has a ship, they will have a private facebook group, but your sailor will have to put you on a list that the ombudsman will monitor. Each sailor is allowed to have 3 members. If you aren't on the list, you can't be in the group. You can find them by searching the ship's name and ombudsman as well as the ship's name and FRG (Family Resource Group). (EX: USS Alaska ombudsman; USS Alaska FRG) If there are 2 crews each one will have their on groups. My son's boat has a blue and a gold crew.



7 - WHAT ABOUT NAVY DADS???

If you are a Navy Dad, there are some Navy Dad Facebook groups as well. I cannot recommend any specifically because I am, obviously, not a member of any.

You are more than welcome to sign up for my emails. I'm coming from a mom's point of view, but so much of the information I share is valuable for both parents. You must be BEAMING with pride!

Bravo Zulu to all you dads out there!!



Remove geotags from photos



Don't mention dates or times



Be careful how your sailor is portrayed in images.

- Talk about what has already happened
- Don't mention rate or ship info
- Don't discuss movement
- Limit who sees your posts

8 - KEEPING YOUR SAILOR SAFE ON SOCIAL MEDIA

I have been told that there are all sorts of eyes out there trying to glean information about our sailors. Here are some tips to keep your sailor and your family safe on social media.

1. Make sure all of your social media accounts are private so that only friends can see your posts and make sure that your sailor and other family members do the same
2. NEVER EVER post specific dates of movement
 - a. YES: My sailor is coming home soon!
 - b. NO: My sailor is coming home tomorrow! (too specific)
3. Remove metadata from images (specifics on that image like where and when it was taken) - just google it; it's easy to do, but if you can't figure it out, text me!
4. Never post your sailor's job, ship/boat, or place of deployment
5. Know and follow OPSEC (Operational Security) and PERSEC (Personal Security) rules
6. If in doubt, leave it out
7. Be careful about posting pictures in uniform - that uniform contains a lot of info about your sailor

Most Facebook groups are private groups, and the moderators try to keep moles (people who don't have servicemen/women) out. In an effort to do that, they will ask you some personal information about you and your sailor, but there is some information that you don't want to divulge:

- Sailor's full name
- Sailor's rate/job
- Ship out dates
- Return dates



9 - WHAT ARE SOME ADDITIONAL RESOURCES?

ME!!

I would love to be a resource for you, and there are several ways to do this.

- Monthly blog posts, which you can find on my website and via my emails
- Weekly emails
- Support programs - set up a free Discovery Session
- Connect on Facebook (Beyond the Talisman)
- Email me directly: NavyMom@BeyondTheTalisman.com

Hopefully, this guide will get you on your way to having calm seas through A-School. If you want more, let's set up a free Discovery Session! You can do so by emailing me:

NavyMom@BeyondTheTalisman.com

Via my website: BeyondTheTalisman.com

If you want to learn more about me, look at the My Story tab on my website.

Anchors Aweigh!

Your Navy Mom,
Kathryn Galaway

Thank you for allowing me to share my journey.

My mama's heart is with you on your journey. To schedule time together, scan the QR code below and set up your appointment. You are also welcome to email or text me!

Lots of Love - HOOYAH!
Navy Mom, Kathryn Galaway

Certified Health & Life Coach
Certified Transformational Coach
Certified Mastery Coach

**Scan to sign up
for discovery
session**



**Scan to go to
my website**



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