

Newborn and Infant Supply Resources in Washington, D.C.

Diapers

Bread for the City (BFC) Diaper Program

- DC Residents can receive free diapers once a month through BFC. Diapers are available for pickup by appointment only at the Southeast Center.
- 700 Good Hope Rd. SE, Washington, DC 20003
- Appointments available 10 a.m.–2 p.m. on Tuesdays and Thursdays. Call to make an appointment.
- 202-301-1657

Dupont Park Seventh Day Adventist Diaper Hub

- Provides diapers and food weekly in drive through service. No appointment necessary, come as often as is needed.
- 942 Alabama Ave. SW, Washington, DC 20020
- Must provide proof of baby's birth date.
- Diaper distribution: 1st, 2nd, 4th and 5th Tuesday and 3rd Sunday of each month: 10 a.m.–12 p.m.
- Food distribution available on Tuesdays
- 202-583-7416
- dpc@dupontpark.org

Francis on the Hill

- Bell Lincoln School/Columbia Heights Educational Campus (CHEC) provides up to 100 diapers per month.
- Meridian Hill Park: 16th and Irving St. NW
- Eligibility: Bring proof of child's date of birth and zip code; must be in Columbia Heights
- Third Friday of month 9:15 a.m.–10:15 a.m.; First come first serve so arrive early; line forms around 8:15 a.m.
- www.followingfrancis.org/francisonthehill

Little Lights Urban Ministry

- Provides diapers to DC residents
- 714 12th St. SE, Washington, DC 20002
- Eligibility: Must bring a valid ID and the child's hospital discharge paperwork or birth certificate.
- Pickup available Wednesdays and Fridays. from 10 a.m.–2:30 p.m.
- <https://littlelights.org/family-and-economic-empowerment/#diaperdistribution>

Martha's Table

- DC Residents can receive a month's supply of diapers once a month. Note: there is also grocery distribution.
- The Commons Lobby Market
2375 Elvans Rd. SE, Washington, DC 20020
- Eligibility: must bring baby documentation such as birth certificate, insurance card, daycare documents, pediatrician bill/immunization records or hospital discharge paperwork.
- Diaper Distribution: Mondays, 11a.m.–2 p.m.
- 202-328-6608
- Grocery distribution: <https://marthastable.org/operations/>

Books

Books from Birth

- Enrolled children in Washington, D.C., receive a free book mailed to their home each month from birth until they turn five.
- Eligibility: All children under the age of five who live in Washington, D.C., can enroll in the program
- <https://www.dclibrary.org/booksfrombirth>
- Spanish: <https://www.dclibrary.org/>

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **childrensnational.org/visit/resources-for-families/family-services/social-work**

DISCLAIMER: This list of resources is intended for informational purposes only and was up to date at the time of printing. It does not constitute endorsement by Children's National Hospital Department of Family Services–Social Work Services for any of the resources listed.

Last Revised: June 2023

Newborn and Infant Supply Resources in Washington, D.C.

Clothing and Baby Supplies

A Wider Circle

- Provides baby supplies and equipment, clothes and household furniture.
- 400-A Atlantic St. SE, Washington, DC 20032
- Eligibility: contact agency directly or by referral from a partner agency.
- 301-608-3504
- contact@awidercircle.org
- <https://awidercircle.org/>

Capitol Hill Pregnancy Center (faith-based)

- Provides prenatal and parenting classes, maternity and baby clothing supplies and a fatherhood initiative program.
- 713 Maryland Ave. NE, Washington DC 20002
- 202-546-1018
- <https://capitolhillpregnancycenter.org/services.html>

Freecycle

- Trade and gift items for free.
- <https://www.freecycle.org/>

Metropolitan Police Department Car Seat Installation and Inspection

- DC residents can obtain a car seat voucher through the District Department of Transportation by calling 202-409-0234 or emailing carseatsDC@dc.gov
- No appointment necessary, must be a DC resident.
- 501 New York Ave. NW, Washington, DC 20001
- https://ddot.dc.gov/sites/default/files/dc/sites/ddot/page_content/attachments/2022%20CarSeat%20Card%20Information%20092022.pdf
- <https://ddot.dc.gov/page/car-safety-seat-program>

Northwest Pregnancy Center (faith-based)

- Baby clothes and supplies are available.
- **Step Up program:** For pregnant women and families with infants. Monthly meeting to create/ assess goals, receive material assistance (e.g. diapers, formula) and get connected to community resources (e.g. prenatal care, childcare, job help). Participants can continue the program until the child is two and a half years old.
- **Car Seat distribution:** Must be a DC resident in eighth month of pregnancy and beyond.
- 2702 Ontario Rd. NW, Washington, DC 20009
- 202-483-7008
- <https://northwestcenter.org/pregnancy-center/>

Clothing and Baby Supplies

So Others Might Eat (SOME) Clothing Closet

- Offers clothing, shoes, accessories and small home goods to those in need. Items are seasonally appropriate and provided free of charge. Special room for children's clothing and associated items. Adult and children's clothing are available in pre-made bags by size. Hygiene kits are also available, which contain soap, shampoo, lotion, deodorant, toothbrush, toothpaste, razors and feminine hygiene products.
- 71 O St. NW, Washington, DC 20001
- Eligibility: ID required for adults. A Social Security card or birth certificate must be presented per child receiving items, children do not need to be present.
- **Clothing pickup:**
Tuesdays and Thursdays: 9-11 a.m.
- **Hygiene kit pickup:**
Monday, Tuesday, Thursday, Friday: 7:30 a.m.
At the front desk
- 202-797-8806
- <https://some.org/get-help/>

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **childrensnational.org/visit/resources-for-families/family-services/social-work**

DISCLAIMER: This list of resources is intended for informational purposes only and was up to date at the time of printing. It does not constitute endorsement by Children's National Hospital Department of Family Services-Social Work Services for any of the resources listed.

Last Revised: June 2023

Newborn and Infant Supply Resources in Washington, D.C.

Clothing and Baby Supplies

The Family Place

- Provides bilingual support for low-income immigrant families who are pregnant or parenting children under 5 years old. Diapers, wipes, food, clothes, car seats, strollers and furniture may be available on an emergency basis.
- 3309 16th St. NW, Washington, DC 20010
- 202-265-0149, Bilingual
- <https://www.thefamilyplacedc.org/>

Lactation

Community of Hope (COH) Family Health and Birth Center

- COH participants receive breastfeeding support: home or hospital visits, phone calls and drop-in office visits.
- 202-540-9857
- <https://www.communityofhopedc.org/healthcare/family-health-and-birth-center>

East of the River Lactation Support Center

- Provides lactation support and guidance during pediatric appointments at Children's Health Center Anacostia. Consultations with a lactation consultant can also be requested by providers at any Children's Pediatrician Office, any community providers or a caregiver can self-refer.
- Consultations can occur by phone, virtual or in-person. All services are free.
- 2101 Martin Luther King, Jr. Ave. SE Washington, DC 20020
- Request services by phone: 202-476-9641
- Breastfeeding Classes: 2nd and 4th Thursday of the month (virtual).
- lactationsupport@childrensnational.org
- <http://www.dcbfc.org/eastRiverLactation.php>

DC Breastfeeding Coalition

- DC Breastfeeding Resource Guide
 - **English:** http://dcbfc.org/pdfs/2021_New_Resource_Guide_English.pdf
 - **Spanish:** http://dcbfc.org/pdfs/2021_New_Resource_Guide_Spanish.pdf

DC WIC breastfeeding program

- Free Breastfeeding classes are offered for anyone interested in breastfeeding.
- Services provided: Trained breastfeeding personnel ready to assist mothers in making informed decisions about their infant feeding choice; Breastfeeding peer counselors to provide support and counseling to WIC mothers; Breastfeeding aids, such as manual and electric pumps or referrals to these items; Referrals to lactation consultants. Participants who only breast-feed their babies receive additional food vouchers.
- **Bfed DC Texting Program:** Messages provide helpful tips and up-to date information about breastfeeding and text with any questions directly to the WIC Peer Counselor bfed DC.
- **Free Pacify membership:** Provides on-demand, video-enabled access to a nationwide network of Lactation Consultants, available 24/7. <https://www.pacify.com/dc-wic/#form>
- **WIC Breastfeeding Information and Videos:** <https://wicbreastfeeding.fns.usda.gov/>
- Apply to WIC online or call 202-442-9397 <https://www.dcwic.org/>

Howard University Breastfeeding Support Group

- Breastfeeding support group Thursdays @ 7 p.m. on Zoom
- Contact Gwendolyn West to sign up
 - 202-865-3505
 - Gwest@huhosp.org

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **childrensnational.org/visit/resources-for-families/family-services/social-work**

Newborn and Infant Supply Resources in Washington, D.C.

Lactation

La Leche League USA

- Provides free meetings led by volunteer leaders who are experienced with breastfeeding and are accredited by La Leche League International.
- Helps parents learn about the ages and stages of breastfeeding; Offers support between meetings for breastfeeding challenges, such as positioning and latch, soreness, pumping and milk storage; Creates a community of support by bringing breastfeeding families together.
- **Helpline:** 1-877-452-5324
- La Leche League of Maryland, Delaware and the District of Columbia: <https://lllofmd-de-dc.org/local-groups-1>
- La Leche League locator: <https://lllusa.org/locator/>

Mamatoto Villiage

- International Board-Certified Lactation Consultants (IBCLC) and Certified Lactation Consultants assist with breastfeeding.
- Home visiting lactation services may be available.
- The Milk Bar free in-person lactation support (virtual for infants under 4 weeks) on the 2nd Thursday of the month and the last Saturday of the month at 11a.m.
- Participants with DC Medicaid (Amerihealth, Carefirst Community Health Plan, Medstar Family Choice and HSCSN) receive services at no cost.
- Families that deliver at Medstar Washington Hospital Center in Safe Moms Safe Babies program may be eligible for grant-funded services.
- Other families may be eligible for grant-funded services or have an out-of-pocket expense for services.
- Must preregister on Instagram or go to Eventbrite <https://www.eventbrite.com/o/mamatoto-village-6039255925>
- 202-248-3434
- Cassietta Pringle: cassietta@mamatotovillage.org

National Breastfeeding Helpline, Office of Women's Health

- Trained breastfeeding peer counselors are available by phone. Information about breastfeeding and pumping
- 1-800-994-9662
- Monday through Friday: 9 a.m.-6 p.m.
- Support is available in English and Spanish.
- <https://www.womenshealth.gov/breastfeeding>

The Breastfeeding Center for Greater Washington

- Provides one on one prenatal, lactation and follow-up consultations with IBCLCs (International Board of Lactation Consultant). Provides a variety of classes on topics including breastfeeding, childbirth, infant sleep, baby care, nutrition and more.
- In-person, home and virtual services available. Phone consultations are available in English and Spanish.
- Most classes are free or insurance-covered: <https://www.breastfeedingcenter.org/classcalendar>
- Accepts Aetna, Blue Cross and Blue Shield, Carefirst, DC Medicaid and United/GEHA.
- Online and telehealth support group- English only.
- <https://www.breastfeedingcenter.org/>

Portable Cribs and Safe Sleep Education Collaborative Solutions for Families

- Safe Sleep classes provide parents with safe sleep education to prevent the risk of SIDS (a leading cause of death for infants). Available in English and Spanish.
- <https://www.wearecsc.org/family-services>

Safe Sleep

- English: <https://safetosleep.nichd.nih.gov/>
- Spanish: <https://espanol.nichd.nih.gov/actividades-proyectos/sts>

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at childrensnational.org/visit/resources-for-families/family-services/social-work

DISCLAIMER: This list of resources is intended for informational purposes only and was up to date at the time of printing. It does not constitute endorsement by Children's National Hospital Department of Family Services-Social Work Services for any of the resources listed.

Last Revised: June 2023

Newborn and Infant Supply Resources in Washington, D.C.

Portable Cribs and Safe Sleep Education

DC Health Safe Sleep Program

- DC residents can receive safe sleep education and a portable crib for their infant to ensure infants are sleeping safely. Putting a baby to sleep face up, alone and in a crib reduces the chance of death caused by unsafe sleep practices.
- **The Safe Sleep Program (SSP)** provides education for parents and caregivers, education for community partners, safety approved portable cribs and referrals to community programs and services.
- Parents and/or caregivers must participate in a safe sleep education session and must be DC residents to receive a portable crib.
- **Agencies Providing Safe Sleep Education & Portable Cribs:** (Please call to set up an appointment)
 - **CentroNia** (Habla español), Ward 1: 202-332-4200
 - **The Northwest Center** (Habla español), Wards 1-8: 202-483-7008
 - **East River Family Strengthening Collaborative**, Ward 7: 202-397-7300
 - **Far Southeast Family Strengthening Collaborative**, Ward 8: 202-889-1425
 - **Children's National Hospital** can provide sleep education and portable cribs to inpatient/outpatient families through family services and/or social work.
- <https://dchealth.dc.gov/service/safe-sleep-program>

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

