

Newborn and Infant Support in Washington, D.C.

Developmental, Parenting and Coping Support

BabyCenter.com

- Provides information about pregnancy, development from pregnancy through toddler years, virtual groups, articles about health and wellness. App available for Apple or Android.
- <https://www.babycenter.com/>
- Spanish: <https://espanol.babycenter.com/>

Canopie

- Evidence-based program aims to help expecting and new parents feel better with emotional support and provides practical tips to help with common challenges such as sleep, feeding and bonding.
- Free for DC residents and for caregivers experiencing financial concerns.
- App is available for download on Android or iOS: <https://www.canopie.app/download>
Content is available in English and Spanish.

Help Me Grow

- Free, confidential telephone access for parenting support. Links every family in DC to a care coordinator who will answer questions and address concerns about their pregnancy or child's development 0-5, connect with service in their community and follow up to ensure a connection is made.
- 1-800-MOM-BABY (1-800-666-2229)
<https://helpmegrow.dc.gov/>

Mahmee

- Free virtual support groups, postpartum recovery, sleep support and breastfeeding support with many articles.
- <https://www.mahmee.com/dchealth>

Mamatoto Village

- Access to a variety of classes and support groups, breastfeeding assistance, referrals to community assistance and access to essential maternity and postpartum mother and baby supplies, including breastfeeding supplies, clothes and newborn essentials.
- Eligibility: DC and Prince George's County mothers who have DC Medicaid. There are a limited number of pro-bono spaces for people who are uninsured or not covered by these health plans.
- 202-248-3434
- <https://www.mamatotovillage.org/pregnancy-postpartum/>

March of Dimes-Compass

- Free app for Android and iOS
- <https://www.marchofdimes.org/compassbymarchofdimes>

Mindful Mommas

- Scholarship program available for mothers experiencing a financial challenge.
- App offers evidence-based practices in maternal mental health and mindfulness. App is available for download on Android or iOS: <https://mindfulmamasclub.com/about-us>

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MotherToBaby.org

- Free and confidential information from experts about medications and other exposures during pregnancy and breastfeeding by phone, text, email and chat.
- 866-626-6847
- www.mothersnobaby.org
- Spanish: <https://mothersnobaby.org/es/>

National Maternal Mental Health Hotline

- Confidential support (English and Spanish) before, during and after pregnancy by phone and text 24/7
- 1-833-852-6262

National Parent Helpline

- 1-855-4A-PARENT (1-855-427-2796)

Peanut

- Free platform to connect with other women at a similar stage in life during pregnancy and motherhood to build community and find support
- App available for Apple or Android
<https://www.peanut-app.io/>

Postpartum Support International

- Free virtual support groups on multiple topics and targeting specific interests and populations
- www.postpartum.net/get-help/psi-online-support-meetings

Shades of Blue- I.N.S.P.I.R.E. Support Groups

- Free virtual support groups for people of color. Group categories include: Pregnant and Postpartum, Teen Moms, Single Moms, Loss At Any Stage, LGBTQ+, General Mental Health, Teen and Young Adults
- View groups: www.shadesofblueproject.org/online-support-groups
- Complete Crown Assessment to register for groups: www.shadesofblueproject.org/crown-assessment

Small Moments Big Impact

- Free interactive website or app that focuses on building a relationship with baby from birth to six months and how that feels when parenting a baby.
- IOS App: <https://apps.apple.com/us/app/small-moments-big-impact/id1495749073>
- Website: <https://www.smallmomentsbigimpact.com/>

Text4 Baby

- Provides texts to remind of upcoming appointments, information about baby's development, safety information and parenting tips.
- Text BABY (or BEBE for Spanish) to 511411 receive free text messages three times per week until baby's first birthday.
- <https://www.text4baby.org/>

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The Family Place

- Provides bilingual support for low-income immigrant families who are pregnant or parenting children under 5 years old. Services include case management services to assist with accessing healthcare and other community resources; two early childhood education classes for children of adult learners; diapers, wipes, food, clothes, car seats, strollers and furniture may be available on an emergency basis; home Instruction for Parents of Preschool Youngsters (HIPPI) home visiting program. Services are available in English and Spanish to DC residents
- 3309 16th St. NW, Washington, DC 20010
- 202-265-0149
- <https://www.thefamilyplacedc.org/>

Parenting Classes

Breastfeeding Center for Greater Washington

- Classes from childbirth through toddlerhood, and all the stages in between! All classes are currently live, virtual classes. Most classes are either free or covered by insurance. Financial Assistance may be available.
- <https://www.breastfeedingcenter.org/classcalendar>

Georgia Avenue Family Support Collaborative Families Growing Stronger Together (FGST) Course

- FGST is a combined support group/parenting class for parents who are 25 years of age or under, or ANY parent residing in DC who is parenting a child between the ages of 0-12 years of age. FGST currently works with any parent who is not child welfare involved to build protective factors and to facilitate family strengthening and positive parent-child relationships. Participants receive incentives for continued participation and program completion. Earn \$500 for completing the program.
- <https://www.dcfapac.org/fgst-program/>

Home Visiting Programs

Bright Beginnings

- Provides free year-round and early childhood education for children from birth to five years old. Home-based program offers support for children and families in their home environments. Specialized resources for pregnant mothers and a fatherhood program.
- 3418 4th St. SE, Washington, DC 20032
- 202-842-9090
- <https://www.bbidc.org/>
- Application: <https://www.childplus.net/apply/en-us/49758F99A4913D6F7C0ED34BF83C2230/20AA573CA9ADC426C7E76C814B790834>

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Home Visiting Programs

CentroNia Early Head Start Home-Visiting Program

- Home visiting program partners with Early Head Start (EHS) Program
- Services include virtual home visiting, family support, health and development support, parent education, mental health coordination, assistance with supplies such as diapers, wipes and formula. Support workers speak English, Spanish and Amharic.
- Eligibility: pregnant women and families with children birth to age 3 years who are at or below the federal poverty level. Enrollment from pregnancy until child is 3 years old.
- Requirements: Proof of pregnancy or birth certificate, copy of immunization record, copy of child's insurance card, proof of address, proof of income (2 pay stubs, W-2 or statement from employer)
- <https://www.centronia.org/programs/early-childhood-education>
- 1288 Upshur St. NW, Washington, DC 20011
- Sarita Torres: 202-590-8946
storres@centronia.org
- 1345 University Blvd., Takoma Park, MD 20912
- Henry Figueroa: 301-543-8040
hfigueroa@centronia.org

Martha's Table Home Visiting Program

- Weekly Home visiting program
- Eligibility: DC residents who are pregnant or parenting children up to 3 years old of Ward 7 and 8 (unless experiencing homelessness), required documents are needed to register.
- Family Visitors provide parenting

guidance and family support services including connecting families with workforce development, health, mental health and disability services. Services also available include at least 50 diapers per month and \$1000 Children's College Savings Account investment at graduation. Application

- <https://marthastable.org/education-programs/>

Mary's Center

- Home visiting and parent support programs serve Washington, D.C., and parts of Prince George's County, Maryland.
- Five unique programs with differing services and eligibility criteria
- Services are free and voluntary
- Provide information, resources, skills and hands-on support in the comfort of your home, virtual visits are offered. Develop plans to reach your personal and family goals; Support you in accessing healthcare services for yourself and your family; Play games with your baby that promote healthy development and school readiness; Build intentional healthy relationships with each other and others close to you.
- HomeVisitingManagement@maryscenter.org
- Register: <https://www.maryscenter.org/social-services/family-support-programs/home-visiting/>

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Home Visiting Programs

Parent Education and Home Visitors Program - Community Family Life Services

- Parent Education and Home Visitor's Program is focused on families living in Wards 5, 6, 7 and 8. Caregivers with children from birth to teens are eligible.
- Parent education sessions and home visits build strong relationships with parents and support them in establishing nurturing parenting skills. Parenting curriculum is available in Spanish and they hope to have an interpreter service soon.
- Jasmine Vice
jvice@cflsdc.org, 202-864-6300
- Tamara Brooks
tbrooks@cflsdc.org, 202-733-3011
- <https://www.cflsdc.org/parenting>

Parenting Support Program (PSP) Georgetown University Center for Child and Human Development

- Home visiting program designed to support the need of parents with intellectual disabilities who are pregnant or parenting young children through age 5. Personal visits within the home and/or community settings.
- Parent and child screenings on growth and development (ASQ3 & ASQ:SE2), health, mental health and wellbeing.
- Individualized education and using Parents As Teachers (PAT) materials and resources and the Health & Wellness Curriculum for At Risk Families.
- Health information based on parent need in a format they prefer.

- Referrals to community resources
- Wendy Jones, ParentingSupportProgram@georgetown.edu
- PSP Referral form: <https://ucedd.georgetown.edu/documents/Fillable%20Community%20Referral%20Form.pdf>
- <https://ucedd.georgetown.edu/psp.php>

Rosemount Center Home-Based Visiting Program

- Home-Based Visitors conduct weekly 90-minute sessions, providing dual language (Spanish/English) education and support services
- Eligibility: Pregnant women and families with children ages 0 – 3 enrolled in Rosemount's Early Head Start Program families in Wards 1-8 of Washington, D.C., who have an income below the poverty level.
- Visitors act as a liaison and an advocate, referring families to essential community resources.
- Program Director, Cornett Roberts-Njoku at 202-265-9885 ext. 109
- Home-Based Program Coordinator, Ms. Caryn Swierzbis at 202-265-9885 ext. 118
<https://www.rosemountcenter.com/programs-services/home-based-program/>

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The Family Place Home Instruction for Parents of Preschool Youngsters (HIPPY)

- The program consists of a 30, 1 hour home visits for parents with children ages 3 to 5.
- Parents are provided with a set of carefully developed curriculum, books and materials designed to strengthen their children's cognitive skills, early literacy skills, social/emotional and physical development.
- Program is available in English and Spanish
- 3309 16th St, NW, Washington, DC 20010
- 202-265-0149
- info@thefamilyplacedc.org
- <https://www.thefamilyplacedc.org/hippy-home-visiting>

United Planning Organization (UPO) Home Visiting

- Qualified home visitors perform weekly 90-minute home visits (virtually or in-person) with parents and their children.
- Eligibility: DC residents who are pregnant until baby is three years old. Will need proof of pregnancy or child's birth certificate, DC identification, DC Medicaid card, paystub or notarized letter of support from someone or that parent is not working.
- Parenting and developmental support. Support with health, nutritious meals, breastfeeding, school readiness, shared community resources. Assists with diapers and sometimes clothing.
- Apply by emailing or contact Yanet Hernandez at yhernandez@upo.org or 202-238-4605
- <https://www.upo.org/oel/>

Parenting Youth

Healthy Generations Program

- Family-centered healthcare for teen parents and their children provided at the Children's Health Centers at Anacostia, Columbia Heights, Shaw Metro, and THEARC.
- Newborn care, well-child physicals, immunizations, developmental assessments, breastfeeding support, case management, family planning and birth control services, gynecologic care and prescription refills.
- Additional Services: Diapers distributed at every well child visit, Parenting support, Connections to school-based services like WIC and breastfeeding support.
- Eligibility: Enroll young parents up to 19 years old and younger, services continue through age 21. Accepts DC and Maryland Medicaid.
- 202-436-3072
- Referral form: https://childrensnational.formstack.com/forms/healthy_generations
- <https://childrensnational.org/departments/healthy-generations-program>

Healthy Babies Project Teen Parent Empowerment Program (TPEP)

- Evidence-based, long-term case management and mentoring for pregnant/parenting youth and their children
- Serves families during pregnancy until children are up to three years old.
- Staff visits during and after pregnancy to provide emotional support, health education, access to health care, weekly parenting classes and practical support
- 202-396-2809
- hbpprograms@gmail.com
- <http://www.healthybabiesproject.org/services/services/>

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Parenting Youth

Generation Hope

Scholar Program: Provides teen parents with mentoring, tuition assistance, a peer community and other vital, wrap-around services to help them earn their degrees.

- Scholars who have children under 6 are also eligible for Next Generation Academy.
- Scholars receive trainings on topics such as life balance and academic planning, as well as free tutoring, mental health supports, and career preparation.
- Scholars have access to family-friendly events and our annual Hope Conference, which provides life and career advice from experts within the community.

Next Generation Academy: Early childhood program provides robust literacy, academic and social-emotional supports so that the children of Scholars enter kindergarten ready to thrive.

- A Hope Coach: Home visiting and case management. Early literacy support-culturally-relevant, age-appropriate books to every monthly home visit.
- Mental health support: provide free virtual support - both individual sessions and group sessions for Scholars and their children.
- A Resource Family: matched with a family in the community who can support you with resources and connections to assist with family needs.
- Childcare support: Scholars receive up to \$200 per month towards enrolling their child in high-quality childcare or other enrichment activities.

- Eligibility: Teen parents up to age 20 who reside within 50 miles of DC and are FAFSFA eligible
- More information: <https://www.generationhope.org/scholar-program/#next-gen>

Teen Alliance for Prepared Parenting (TAPP)

- Provides healthcare, parenting education, counseling and skill building to adolescent parents.
- Eligibility: Pregnant and 21 years or younger DC residents. Young fathers can enroll if they are expecting a child or if they have a child under 5 years old. Once enrolled youth may continue to participate in the program until 23 years of age.
- Services and support: Obstetrics and gynecologic services, prenatal education, parenting education (individual and workshops), individual and group counseling, workshops in communication, conflict resolution, life management skills, support to continue education and entering group prenatal care.
- Locations: Washington Hospital Center, Georgetown University Hospital, Anacostia High School and Roosevelt High School
- 202-877-0755
- <https://www.medstarhealth.org/services/teen-alliance-for-prepared-planning>

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Information for Fathers

- Postpartum Support International: <https://www.postpartum.net/get-help/help-for-dads/>
- Postpartum Health Alliance: <https://postpartumhealthalliance.org/get-help-for-dads/>
- Advice for new dad's- Videos & interviews: <https://www.menexcel.com/advice-for-new-dads/>
- Postpartum Dads: <http://postpartumdads.org/>
- Postpartum Stress Center: <https://postpartumstress.com/for-families/a-note-to-dads/>
- Therapy for Black Men: <https://therapyforblackmen.org/blog/postpartum-depression-in-men-is-real/>

Support for Fathers

Bright Beginnings: Fatherhood Program

- The Bright Beginnings Fatherhood Initiative is a comprehensive fatherhood program designed to support fathers while improving their parenting skills and increasing their knowledge of effective fathering. The program focuses on building self-awareness and self-care, plus fathering and relationship skills through a 12-week culturally responsive course that includes individual coaching sessions. Fathers attend weekly courses, engage in the community, volunteer in the child's classroom and attend field trips and center programs.
- Child must be enrolled in DC Bright Beginnings Early Head Start.
- <https://www.bbdc.org/fatherhood-program>

Breastfeeding Center of Greater Washington

- New Dads Group led by therapist and dad Adam Angel
- This group is most helpful for dads who would like to meet and connect with other new dads, want a space to talk to other dads about parenting methods or want a space to talk to about how to communicate with partners and co-parents
- 10 session weekly group for first-time dads with babies 0-1yr old. \$23/session, capped at 10 attendees.
- Register: <https://www.breastfeedingcenter.org/classcalendar>

Chats for Dads

- This is a place where dads, partners, extended family members or other support people, and professionals can find some answers and support from an expert – and from other men. Honest and compassionate talk about the adjustment to parenthood, and some advice.
- Chat Number: 1-800-944-8766
Participant Code: 73162#
- More Info: <https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/>

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Support for Fathers

Hand to Hold: NICU Dads

- The NICU Dads group is a safe place for all NICU dads to share their personal NICU experiences.
- This group is for current and NICU graduate fathers and offers open discussion, as well as topics relevant to shared experiences: <https://www.facebook.com/groups/NICUdads/>
- Podcast: <https://handtohold.org/resources/podcasts/nicu-dad-discussions/>

New Dads Boot Camp for New Dads®

- Paid father-to-father, community-based workshop to support fathers to become confidently engaged with their infants, support their co-parenting partner and personally navigate their transformation into dads.
- <https://www.bootcampfornewdads.org/>

Postpartum Support International Dad Support Group

- Free online space for fathers to connect and gain practical tips from managing stress, adjusting to parenting, Daddy Blues or trying to figure out how best to support your partner.
- First Friday of the month at 10 a.m.
- Third Friday of the month at 8:30 p.m.
- Register: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

PSI Specialized Coordinators:

- PSI's Specialized Coordinators for Dads provides understanding and support for fathers who are struggling. Not for clinical consultation.
- Juan Irby 980-216-6661 (call or text)
cooldadnow@gmail.com
- Joshua Maze 317-721-1359 (call or text)
joshua.psidads@gmail.com

The Center for Men's Excellence: Basic Training for New Dads

- Register for virtual classes (fee-based):
<https://www.menexcel.com/classes-for-new-parents/>

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.

